

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	80	8.40	48.80	6.40	262.00
	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	2	13.00	1.00	10.00	145.50
	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Frozen Berries (g)	90	0.63	10.89	0.36	43.88
	Water (mls)	250	0.00	0.00	0.00	0.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Meal 2	Chicken or Tuna (g)	154	42.35	0.00	4.62	210.98
	Green Vegetables (g)	88	4.58	12.32	0.00	61.42
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Meal 3	Chicken or Tuna (g)	154	42.35	0.00	4.62	210.98
	Green Vegetables (g)	88	4.58	12.32	0.00	61.42
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Meal 4	Chicken or Tuna (g)	154	42.35	0.00	4.62	210.98
	Pasta or Brown Rice (g)	44	4.84	30.80	0.88	135.08
	Green Vegetables (g)	88	4.58	12.32	0.00	61.42
Pre-Workout	Pre-Workout (g) - Approx.	10	2.80	0.40	0.00	12.60
	Creatine (g)	5	0.00	0.00	0.00	0.00
During Workout	BCAA's (g)	10	0.00	0.00	0.00	0.00
Post-Workout	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Carbohydrate Powder (g)	30	0.00	30.00	0.00	105.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Meal 5	Red Meat (g)	220	38.72	0.00	22.00	352.88
	Green Vegetables (g)	88	4.58	12.32	0.00	61.42
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	18	5.30	1.17	9.00	106.30
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	Total		301.04	202.72	74.88	2587.55
	Ratio		52.03%	35.03%	12.94%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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