

		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)	100	0.70	12.10	0.40	48.75
	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)	161	44.28	0.00	4.83	220.57
	Green Vegetables (g)	92	4.78	12.88	0.00	64.22
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Meal 3	Chicken or Tuna (g)	161	44.28	0.00	4.83	220.57
	Green Vegetables (g)	92	4.78	12.88	0.00	64.22
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Meal 4	Chicken or Tuna (g)	161	44.28	0.00	4.83	220.57
	Pasta or Brown Rice (g)	46	5.06	32.20	0.92	141.22
	Green Vegetables (g)	92	4.78	12.88	0.00	64.22
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)	230	40.48	0.00	23.00	368.92
	Green Vegetables (g)	92	4.78	12.88	0.00	64.22
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	19	5.30	1.24	9.50	111.02
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			309.70	207.63	77.09	2659.27
Ratio			52.10%	34.93%	12.97%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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