

| | | QTY | Protein | Carbs | Fats | Calories |
|--------------------------|--------------------------|------|---------------|---------------|---------------|----------------|
| Meal 1 (Omelette) | Whole Eggs (large) | 3 | 19.50 | 1.50 | 15.00 | 218.25 |
| | Egg Whites (large) | 5 | 18.00 | 1.25 | 0.25 | 78.63 |
| | Mushrooms (g) | 60 | 2.04 | 0.24 | 0.24 | 11.16 |
| | Red Capsicum (g) | 60 | 2.16 | 5.04 | 0.24 | 28.44 |
| | Red Onion (g) | 45 | 0.79 | 2.03 | 0.00 | 10.24 |
| | Avacado (whole) | 0.75 | 2.25 | 9.60 | 16.50 | 191.10 |
| | Carnitine (g) | 3 | 0.00 | 0.00 | 0.00 | 0.00 |
| | Multi-Vitamin | 1 | 0.00 | 0.00 | 0.00 | 0.00 |
| | Fish Oil (High EPA/DHA) | 4 | 0.00 | 0.00 | 4.00 | 36.00 |
| | Green Tea Extract (caps) | 2 | 0.00 | 0.00 | 0.00 | 0.00 |
| Snack | Protein Powder (g) | 40 | 36.00 | 1.50 | 1.50 | 162.75 |
| | Cashews (g) | 25 | 4.92 | 1.15 | 13.67 | 146.67 |
| | Almonds (g) | 25 | 4.92 | 1.15 | 13.67 | 146.67 |
| | Fish Oil (High EPA/DHA) | 4 | 0.00 | 0.00 | 4.00 | 36.00 |
| Meal 2 | Chicken or Turkey (g) | 170 | 39.10 | 0.00 | 4.76 | 199.24 |
| | Tomato (whole) | 1.5 | 0.90 | 3.60 | 0.15 | 17.55 |
| | Carrot (g) | 120 | 0.96 | 6.00 | 0.12 | 25.92 |
| | Cucumber (g) | 170 | 0.68 | 3.63 | 0.23 | 17.45 |
| | Celery (g) | 120 | 0.72 | 1.44 | 0.12 | 9.00 |
| | Almonds (g) | 25 | 4.92 | 1.15 | 13.67 | 146.67 |
| | Fish Oil (High EPA/DHA) | 4 | 0.00 | 0.00 | 4.00 | 36.00 |
| Snack | Protein Powder (g) | 40 | 36.00 | 1.50 | 1.50 | 162.75 |
| | Cashews (g) | 25 | 4.92 | 1.15 | 13.67 | 146.67 |
| | Almonds (g) | 25 | 4.92 | 1.15 | 13.67 | 146.67 |
| | Fish Oil (High EPA/DHA) | 4 | 0.00 | 0.00 | 4.00 | 36.00 |
| Pre-Workout | Fat Burner (g) - Approx. | 10 | 2.80 | 0.40 | 0.00 | 12.60 |
| | Carnitine (g) | 5 | 0.00 | 0.00 | 0.00 | 0.00 |
| | Green Tea Extract (caps) | 2 | 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) | 40 | 36.00 | 1.50 | 1.50 | 162.75 |
| | Glutamine (g) | 5 | 0.00 | 0.00 | 0.00 | 0.00 |
| Meal 3 | Red Meat (g) | 280 | 49.28 | 0.00 | 28.00 | 449.12 |
| | Tomato (whole) | 1.5 | 0.90 | 3.60 | 0.15 | 17.55 |
| | Carrot (g) | 120 | 0.96 | 6.00 | 0.12 | 25.92 |
| | Cucumber (g) | 170 | 0.68 | 3.63 | 0.23 | 17.45 |
| | Celery (g) | 120 | 0.72 | 1.44 | 0.12 | 9.00 |
| Before Bed | Protein Powder (g) | 40 | 36.00 | 1.50 | 1.50 | 162.75 |
| | Glutamine (g) | 5 | 0.00 | 0.00 | 0.00 | 0.00 |
| Total | | | 311.01 | 61.14 | 156.55 | 2866.97 |
| Ratio | | | 58.83% | 11.56% | 29.61% | |



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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