

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Omelette)	Whole Eggs (large)	2	13.00	1.00	10.00	145.50
	Egg Whites (large)	4	14.40	1.00	0.20	62.90
	Mushrooms (g)	40	1.36	0.16	0.16	7.44
	Red Capsicum (g)	40	1.44	3.36	0.16	18.96
	Red Onion (g)	35	0.61	1.58	0.00	7.96
	Avacado (whole)	0.5	1.50	6.40	11.00	127.40
	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)	3	0.00	0.00	3.00	27.00
	Green Tea Extract (caps)	2	0.00	0.00	0.00	0.00
Snack	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Cashews (g)	20	3.93	0.92	10.93	117.34
	Almonds (g)	20	3.93	0.92	10.93	117.34
	Fish Oil (High EPA/DHA)	3	0.00	0.00	3.00	27.00
Meal 2	Chicken or Turkey (g)	115	26.45	0.00	3.22	134.78
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	80	0.64	4.00	0.08	17.28
	Cucumber (g)	120	0.48	2.56	0.16	12.32
	Celery (g)	80	0.48	0.96	0.08	6.00
		Almonds (g)	20	3.93	0.92	10.93
	Fish Oil (High EPA/DHA)	3	0.00	0.00	3.00	27.00
Snack	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Cashews (g)	20	3.93	0.92	10.93	117.34
	Almonds (g)	20	3.93	0.92	10.93	117.34
	Fish Oil (High EPA/DHA)	3	0.00	0.00	3.00	27.00
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)	30	27.00	1.13	1.13	122.06
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Meal 3	Red Meat (g)	190	33.44	0.00	19.00	304.76
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	80	0.64	4.00	0.08	17.28
	Cucumber (g)	120	0.48	2.56	0.16	12.32
	Celery (g)	80	0.48	0.96	0.08	6.00
Before Bed	Protein Powder (g)	30	27	1.125	1.125	122.06
	Glutamine (g)	5	0	0	0	0
Total			227.06	42.84	115.74	2099.83
Ratio			58.88%	11.11%	30.01%	



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