

		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)	45	1.53	0.18	0.18	8.37
	Red Capsicum (g)	45	1.62	3.78	0.18	21.33
	Red Onion (g)	40	0.70	1.80	0.00	9.10
	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)	135	31.05	0.00	3.78	158.22
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	90	0.72	4.50	0.09	19.44
	Cucumber (g)	140	0.56	2.99	0.19	14.37
	Celery (g)	90	0.54	1.08	0.09	6.75
		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)	220	38.72	0.00	22.00	352.88
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	90	0.72	4.50	0.09	19.44
	Cucumber (g)	140	0.56	2.99	0.19	14.37
	Celery (g)	90	0.54	1.08	0.09	6.75
Before Bed	Protein Powder (g)	30	27	1.125	1.125	122.06
	Glutamine (g)	5	0	0	0	0
Total			237.82	45.59	119.43	2185.76
Ratio			59.03%	11.32%	29.65%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

Like us @ www.facebook.com/MuscleCoachCooparoo

OR Text LIKE MUSCLECOACHCOORPAROO to 32665