

		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)	55	1.87	0.22	0.22	10.23
	Red Capsicum (g)	55	1.98	4.62	0.22	26.07
	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)	160	36.80	0.00	4.48	187.52
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	110	0.88	5.50	0.11	23.76
	Cucumber (g)	160	0.64	3.41	0.21	16.43
	Celery (g)	110	0.66	1.32	0.11	8.25
	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)	260	45.76	0.00	26.00	417.04
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	110	0.88	5.50	0.11	23.76
	Cucumber (g)	160	0.64	3.41	0.21	16.43
	Celery (g)	110	0.66	1.32	0.11	8.25
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			304.48	59.03	154.16	2812.00
Ratio			58.82%	11.40%	29.78%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

Like us @ www.facebook.com/MuscleCoachCooparoo

OR Text LIKE MUSCLECOACHCOOPAROO to 32665