

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Omelette)</b>	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)	50	1.70	0.20	0.20	9.30
	Red Capsicum (g)	50	1.80	4.20	0.20	23.70
	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
<b>Snack</b>	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
<b>Meal 2</b>	Chicken or Turkey (g)	145	33.35	0.00	4.06	169.94
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	100	0.80	5.00	0.10	21.60
	Cucumber (g)	150	0.60	3.20	0.20	15.40
	Celery (g)	100	0.60	1.20	0.10	7.50
		Almonds (g)	20	3.93	0.92	10.93
	Fish Oil (High EPA/DHA)	3	0.00	0.00	3.00	27.00
<b>Snack</b>	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
<b>Pre-Workout</b>	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
<b>During Workout</b>	BCAA's (g)	10	0.00	0.00	0.00	0.00
<b>Post-Workout</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Meal 3</b>	Red Meat (g)	240	42.24	0.00	24.00	384.96
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	100	0.80	5.00	0.10	21.60
	Cucumber (g)	150	0.60	3.20	0.20	15.40
	Celery (g)	100	0.60	1.20	0.10	7.50
<b>Before Bed</b>	Protein Powder (g)	30	27	1.125	1.125	122.06
	Glutamine (g)	5	0	0	0	0
<b>Total</b>			<b>244.35</b>	<b>47.70</b>	<b>121.82</b>	<b>2240.73</b>
<b>Ratio</b>			<b>59.04%</b>	<b>11.53%</b>	<b>29.43%</b>	



**IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING**

Like us @ [www.facebook.com/MuscleCoachCooparoo](https://www.facebook.com/MuscleCoachCooparoo)

OR Text LIKE MUSCLECOACHCOORPAROO to 32665