

		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)	3	10.80	0.75	0.15	47.18
	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)	30	0.53	1.35	0.00	6.83
	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>Meal 2</b>	Chicken or Turkey (g)	110	25.30	0.00	3.08	128.92
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	80	0.64	4.00	0.08	17.28
	Cucumber (g)	110	0.44	2.35	0.15	11.29
	Celery (g)	80	0.48	0.96	0.08	6.00
	Almonds (g)	15	2.95	0.69	8.20	88.00
	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)	15	2.95	0.69	8.20	88.00
	Almonds (g)	15	2.95	0.69	8.20	88.00
	Fish Oil (High EPA/DHA)	3	0.00	0.00	3.00	27.00
<b>Meal 3</b>	Chicken or Turkey (g)	110	25.30	0.00	3.08	128.92
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	80	0.64	4.00	0.08	17.28
	Cucumber (g)	110	0.44	2.35	0.15	11.29
	Celery (g)	80	0.48	0.96	0.08	6.00
	Almonds (g)	15	2.95	0.69	8.20	88.00
	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 4</b>	Red Meat (g)	180	31.68	0.00	18.00	288.72
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	80	0.64	4.00	0.08	17.28
	Cucumber (g)	110	0.44	2.35	0.15	11.29
	Celery (g)	80	0.48	0.96	0.08	6.00
<b>Before Bed</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Glutamine (g)	5	0.00	0.00	0.00	0
<b>Total</b>			<b>212.981</b>	<b>48.675</b>	<b>95.021</b>	<b>1877.48</b>
<b>Ratio</b>			<b>59.71%</b>	<b>13.65%</b>	<b>26.64%</b>	



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