

| | | 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) | 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 |
| Meal 2 | 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 | 117.34 |
| | 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 |
| Meal 3 | 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 | 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 4 | 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 |
| Before Bed | Protein Powder (g) | 30 | 27.00 | 1.13 | 1.13 | 122.06 |
| | Glutamine (g) | 5 | 0.00 | 0.00 | 0.00 | 0 |
| Total | | | 249.368 | 57.455 | 114.323 | 2227.47 |
| Ratio | | | 59.21% | 13.64% | 27.15% | |



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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