

		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	0.00
Total			249.37	57.46	114.32	2227.47
Ratio			59.21%	13.64%	27.15%	



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