

		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)	60	2.04	0.24	0.24	11.16
	Red Capsicum (g)	60	2.16	5.04	0.24	28.44
	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
Meal 2	Chicken or Turkey (g)	170	39.10	0.00	4.76	199.24
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	120	0.96	6.00	0.12	25.92
	Cucumber (g)	170	0.68	3.63	0.23	17.45
	Celery (g)	120	0.72	1.44	0.12	9.00
	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 3	Chicken or Turkey (g)	170	39.10	0.00	4.76
Tomato (whole)	1.5	0.90	3.60	0.15	17.55	
Carrot (g)	120	0.96	6.00	0.12	25.92	
Cucumber (g)	170	0.68	3.63	0.23	17.45	
Celery (g)	120	0.72	1.44	0.12	9.00	
Cashews (g)	25	4.92	1.15	13.67	146.67	
Meal 4	Chicken or Turkey (g)	170	39.10	0.00	4.76	199.24
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	120	0.96	6.00	0.12	25.92
	Cucumber (g)	170	0.68	3.63	0.23	17.45
	Celery (g)	120	0.72	1.44	0.12	9.00
	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	BCCA'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
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Meal 5	Red Meat (g)	280	49.28	0.00	28.00	449.12
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	120	0.96	6	0.12	25.92
	Cucumber (g)	170	0.68	3.63	0.23	17.45
	Celery (g)	120	0.72	1.44	0.12	9
Before Bed	Protein Powder (g)	40	36	1.5	1.5	162.75
	Glutamine (g)	5	0	0	0	0
Total			313.90	85.17	132.97	2750.46
Ratio			59.00%	16.01%	24.99%	



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