

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Omelette)	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
Meal 2	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
Meal 3	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
	Cashews (g)	15	2.95	0.69	8.20	88.00
Meal 4	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
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
	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)	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	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
Before Bed	Protein Powder (g)	30	27	1.125	1.125	122.06
	Glutamine (g)	5	0	0	0	0
Total			210.49	56.57	86.18	1815.60
Ratio			59.59%	16.01%	24.40%	



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