

		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)	4	14.40	1.00	0.20	62.90
	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)	35	0.61	1.58	0.00	7.96
	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)	120	27.60	0.00	3.36	140.64
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	80	0.64	4.00	0.08	17.28
	Cucumber (g)	120	0.48	2.56	0.16	12.32
	Celery (g)	80	0.48	0.96	0.08	6.00
	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
<b>Meal 3</b>	Chicken or Turkey (g)	120	27.60	0.00	3.36	140.64
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	80	0.64	4.00	0.08	17.28
	Cucumber (g)	120	0.48	2.56	0.16	12.32
	Celery (g)	80	0.48	0.96	0.08	6.00
	Cashews (g)	20	3.93	0.92	10.93	117.34
<b>Meal 4</b>	Chicken or Turkey (g)	120	27.60	0.00	3.36	140.64
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	80	0.64	4.00	0.08	17.28
	Cucumber (g)	120	0.48	2.56	0.16	12.32
	Celery (g)	80	0.48	0.96	0.08	6.00
	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
<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
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Meal 5</b>	Red Meat (g)	200	35.20	0.00	20.00	320.80
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	80	0.64	4	0.08	17.28
	Cucumber (g)	120	0.48	2.56	0.16	12.32
	Celery (g)	80	0.48	0.96	0.08	6
<b>Before Bed</b>	Protein Powder (g)	30	27	1.125	1.125	122.06
	Glutamine (g)	5	0	0	0	0
<b>Total</b>			<b>227.71</b>	<b>58.59</b>	<b>97.33</b>	<b>1991.82</b>
<b>Ratio</b>			<b>59.36%</b>	<b>15.27%</b>	<b>25.37%</b>	



**IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING**

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