

		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)	45	1.53	0.18	0.18	8.37
	Red Capsicum (g)	45	1.62	3.78	0.18	21.33
	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)	135	31.05	0.00	3.78	158.22
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	90	0.72	4.50	0.09	19.44
	Cucumber (g)	140	0.56	2.99	0.19	14.37
	Celery (g)	90	0.54	1.08	0.09	6.75
	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)	135	31.05	0.00	3.78	158.22
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	90	0.72	4.50	0.09	19.44
	Cucumber (g)	140	0.56	2.99	0.19	14.37
	Celery (g)	90	0.54	1.08	0.09	6.75
	Cashews (g)	20	3.93	0.92	10.93	117.34
Meal 4	Chicken or Turkey (g)	135	31.05	0.00	3.78	158.22
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	90	0.72	4.50	0.09	19.44
	Cucumber (g)	140	0.56	2.99	0.19	14.37
	Celery (g)	90	0.54	1.08	0.09	6.75
	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
	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)	220	38.72	0.00	22.00	352.88
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	90	0.72	4.50	0.09	19.44
	Cucumber (g)	140	0.56	2.99	0.19	14.37
	Celery (g)	90	0.54	1.08	0.09	6.75
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			242.90	63.44	100.81	2100.93
Ratio			59.66%	15.58%	24.76%	



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