

		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)	55	1.87	0.22	0.22	10.23
	Red Capsicum (g)	55	1.98	4.62	0.22	26.07
	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)	160	36.80	0.00	4.48	187.52
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	110	0.88	5.50	0.11	23.76
	Cucumber (g)	160	0.64	3.41	0.21	16.43
	Celery (g)	110	0.66	1.32	0.11	8.25
	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)	160	36.80	0.00	4.48	187.52
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	110	0.88	5.50	0.11	23.76
	Cucumber (g)	160	0.64	3.41	0.21	16.43
	Celery (g)	110	0.66	1.32	0.11	8.25
	Cashews (g)	25	4.92	1.15	13.67	146.67
Meal 4	Chicken or Turkey (g)	160	36.80	0.00	4.48	187.52
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	110	0.88	5.50	0.11	23.76
	Cucumber (g)	160	0.64	3.41	0.21	16.43
	Celery (g)	110	0.66	1.32	0.11	8.25
	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)	260	45.76	0.00	26.00	417.04
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	110	0.88	5.5	0.11	23.76
	Cucumber (g)	160	0.64	3.41	0.21	16.43
	Celery (g)	110	0.66	1.32	0.11	8.25
Before Bed	Protein Powder (g)	40	36	1.5	1.5	162.75
	Glutamine (g)	5	0	0	0	0
Total			302.41	81.40	129.96	2664.17
Ratio			58.86%	15.84%	25.30%	



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