

2-3 hours between each meal

	proteins	carbs	fats	Calories
Macronutrient Ratios:	45	35	20	3061
Time up: Sleep from previous night:	240	382	57	3061
<small>Calories per pound body weight.</small>	15	1,7	1,1	<small>< grams per pound of body mass ></small> 0,2
				3600

Meal 1:	Daily Requirements	63,7	76,5	30,0 % of daily carbs	9,5	646
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Breakfast	Amount	Protein	Carbs				Fats	Calories
			Overall	Starch	Sugar	Fibre		
100 Quick oats Quaker	40,0	5,3	26,7				5,3	176,0
Banana (per 100g)	100,0	0,8	15,3				0,2	66,2
greek yogourt 0%(per 100g)	175,0	18,0	6,0				0,0	95,9
whey isolate beyond yourself	30,0	26,0	1,3				1,9	126,4
Multi-cereal bread st-methode(1slice)	100,0	3,5	11,5				1,0	69,0
Egg Whites (1 medium egg white: 31,5g)	126,0	14,0	0,0				0,0	56,0
Almond Milk Silk (250ml)	250,0	1,0	1,0				2,5	30,5
Blueberries. 1cup:140g	100,0	1,0	17,0				1,0	81,0
Omega 3 Fish Oil (x2 1000mg)	100,0	0,0	0,0				2,0	18,0
Totals		69,6	78,7	0,0	0,0	0,0	14,0	719,0
<i>Over/Under</i>		6,0	2,2	45	25		4,5	72,8

Notes: take 5g of Glutamine.

Meal 2:	Daily Requirements	63,7	12,8	5,0 % of daily carbs	9,5	391
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	Amount	Protein	Carbs				Fats	Calories
			Overall	Starch	Sugar	Fibre		
whey isolate beyond yourself	35,0	30,3	1,5				2,2	147,5
Almonds (Shelled, Raw)	10,0	2,1	0,4				5,6	60,3
Apple (per apple)	100,0	0,4	10,5				0,1	44,5
Tuna (Clover Leaf)	120,0	30,0	0,0				1,0	128,6
NO FOOD	100,0	0,0	0,0				0,0	0,0
Totals		62,82	12,44	0,00	0,00	0,00	8,88	380,94
<i>Over/Under</i>		-0,8	-0,3				-0,6	-10,2

Notes:

Meal 3:	Daily Requirements	68,1	12,8	5,0 % of daily carbs	9,5	409
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	Amount	Protein	Carbs				Fats	Calories
			Overall	Starch	Sugar	Fibre		
Chicken, Breast:(170g)	200,0	60,0	0,0				4,0	276,0
Cashew butter(1 tbsp,15g)	15,0	4,0	3,0				8,0	99,9
Broccoli (Fresh)	100,0	3,1	1,1				0,8	24,0
Rice Cake Crispy minis(1 rice cake,9g)	9,0	1,0	7,0				0,4	35,6
Omega 3 Fish Oil (x2 1000mg)	50,0	0,0	0,0				1,0	9,0
Totals		68,07	11,10	0,00	0,00	0,00	14,19	444,45
<i>Over/Under</i>		0,0	-1,7				4,7	35,5

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Meal 4:	Daily Requirements	40,0	51,0	20,0 % of daily carbs	9,5	450
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1h30-2h before workout

Pre-Workout Meal	Amount	Protein	Carbs				Fats	Calories
			Overall	Starch	Sugar	Fibre		
whey isolate beyond yourself	35,0	30,3	1,5				2,2	147,5
100 Quick oats Quaker	55,0	7,3	36,7				7,3	242,0
Raw Honey (per 100g)	15,0	0,0	12,3				0,0	49,2
NO FOOD	0,0	0,0	0,0				0,0	0,0
NO FOOD	0,0	0,0	0,0				0,0	0,0
Totals		37,64	50,48	0,00	0,00	0,00	9,57	438,65
<i>Over/Under</i>		-2,4	-0,5				0,1	-10,9

Notes: take your pre-workout 30min before you workout+ 3scoop of Bcaa(15g)

Meal 5:		Daily Requirements	40,0	63,8	25,0 % of daily carbs	0,0	415	
Post-Workout Shake								
	Amount	Protein	Carbs			Fats	Calories	
			Overall	Starch	Sugar	Fibre		
whey isolate beyond yourself	47,0	40,7	2,0				198,0	
Dextrose	64,0	0,0	64,0		65,0		256,0	
5g, glutamine,5g bcaa,5 g creatine								
Totals		40,70	66,04	<i>0,00</i>	<i>65,00</i>	<i>0,00</i>	3,01	454,02
Over/Under		0,7	2,3	0	55		3,0	39,0

Notes: take 5g of glutamine,5g of bcaa and 5 g of creatine

Meal 6:		Daily Requirements	68,6	38,3	15,0 % of daily carbs	9,5	512,9	
30-60 minutes after Post-workout shake								
Post-Workout Meal								
	Amount	Protein	Carbs			Fats	Calories	
			Overall	Starch	Sugar	Fibre		
Chicken, Breast:(170g)	200,0	60,0	0,0				276,0	
Brown Rice Minute Rice	50,0	3,5	39,6				187,9	
Broccoli (Fresh)	100,0	3,1	1,1				24,0	
NO FOOD	0,0	0,0	0,0				0,0	
Omega 3 Fish Oil (x2 1000mg)	100	0,0	0,0				18,0	
Totals		66,59	40,65	<i>0,00</i>	<i>0,00</i>	<i>0,00</i>	6,55	505,91
Over/Under		-2,0	2,4				-3,0	-7,0

Notes:

Meal 7:		Daily Requirements	40,0	0,0	0,0 % of daily carbs	9,5	245,5	
30min before sleep								
Night Time Slow-Release Protein								
	Amount	Protein	Carbs			Fats	Calories	
			Overall	Starch	Sugar	Fibre		
Casein Dymatize(1 scoop,32g)	32,0	24,0	4,0				120,9	
Egg Whites (1 medium egg white: 31,5g)	94,5	10,5	0,0				42,0	
NO FOOD	0,0	0,0	0,0				0,0	
glutamine 5g								
Totals		34,50	4,00	<i>0,00</i>	<i>0,00</i>	<i>0,00</i>	0,99	162,92
Over/Under		-5,5	4,0				-8,5	-82,6

Notes: take 5g of glutamine. Don't eat carbs 2-3 hours before sleep(help to cut)

End of Day Notes:	Totals	379,96	263,42	<i>0,00</i>	<i>65,00</i>	<i>0,00</i>	57,15	3105,87
	Over/Under	-2,04	8,42				0,15	44,87
	Percentage	48,93	33,93				16,56	



