

	quantity	carbs	protein	fats	fibre
feed one					
Oats	100	60	9	6	10
Egg whites	6	0	19	0	0
Spinach	80g	2	0	0	2
postworkout feed					
Dried fruit	140	94	4	0	7.5
MM5	35	3	27	2	0
feed two					
Turkey	100	0	25	0	0
Sweet potato	300	63	4	0	7
Broccoli	100	4	2	0	3
feed three					
Wholegrain rice	90	60	5.5	1	3
Tuna	85	0	20	0	0
Green beans	100	6	1	0	2
feed four					
Steak	120	0	26	8	0
Salad	100g	3	0	0	2
Orange	90	30	0.8	0	2
pre nocturnal feed					
Whole omega 3 egg boiled	1	0	7	6	0
MM5	40g	3	27	3	0
Apple	125g	15	0	0	3

totals	343	177.3	26	41.5
kcal	2315.2			