MM5
MonsterMuscleNutrition

	quantity	food	carbs	protein	fats	fibre
feed one						
Blueberries	100g		12	1.5	0	2
Egg	1		0	7	6	0
Oats	150g		90	13	9	12
Egg whites	3		0	9	0	0
Fish oil	5g		0	0	5	0
postworkout feed						
Dried fruit	150g		90	2.7	0	7.5
Large Banana	150g		30	1.5	0	2
MM5	40		3	27	2	0
feed two						
Potato	400g		90	6	0	7
Chicken	100g		0	25	3	0
Broccoli	100g		5	2.5	0	3
feed three						
200g Bread	200g		80	15	8	12
Beef	65g		0	15	4.5	0
Peppers	40g		2	0.5	0	0.6
Small satsuma	1		10	0.5	0.5	0.75
feed four						
Rice (dry weight)	115		75	7	1	3.5
Chicken	60g		0	15	1.8	0
Peas	100g		15	4	0	4
nocturnal feed						
Almonds	67g		12	12	30	6
Low fat cottage cheese	170g		3.5	20	1.5	0
Fish oil	5g		0	0	5	0
		totals	517.5	184.2	72.3	60.35
	kcals	3457.5				