

	quantity	food	carbs	protein	fats	fibre
feed one						
Blueberries	100g		12	1.5	0	2
Egg	1		0	7	6	0
Oats	150g		90	14	9	
Egg whites	3		0	9	0	0
Fish oil	5g		0	0	5	0
postworkout feed						
Dried fruit	150g		100	5	0	
Large Banana	150g		30	1.5	0	2
MM5	40g		3	27	2	0
feed two						
Potato	475g		105	7	0	
Chicken	80g		0	20	2.5	0
Broccoli	100g		5	2.5	0	3
feed three						
200g Bread	225g		90	17	9	
Beef	65g		0	15	4.5	0
Peppers	45g		2	0.5	0	0.6
Small satsuma	1		10g	0.5	0.5	0.75
feed four						
Rice (dry weight)	140g		90	8.3	1.4	
Chicken	80g		0	20	2.5	0
Peas	100g		15	4	0	4
nocturnal feed						
Almonds	80g		15	15	37	
Low fat cottage cheese	125g		2.5	15	1.5	0
Fish oil	5g		0	0	5	0

kcal

totals	559.5	189.8	85.9	12.35
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3770.3