

	weight	carbs	protein	fats	fibre
feed one					
Oats	120	70	10	7	11
Egg whites	8	0	25	0	0
Spinach	80g	2	0	0	2
postworkout feed					
Dried fruit	150	100	4.5	0	7.5
MM5	40g	3	27	3	0
feed two					
Turkey	125g	0	30	0	0
Sweet potato	330	70	5	0	7
Broccoli	100	4	2	0	3
feed three					
Wholegrain rice	110	70	6.5	1	3
Tuna	120	0	29	0	0
Green beans	100	6	1	0	2
feed four					
Steak	140	0	34	10	0
Salad	100g	3	0	0	2
Orange	150	50	1	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	396	209	30	42.5
kcal	2690			