

	weight	carbs	protein	fats	fibre
feed one					
Oats	130	77	12	7	12
Egg whites	8	0	25	0	0
Spinach	80g	2	0	0	2
postworkout feed					
Dried fruit	162g	107	5	0	8
MM5	40g	3	27	3	0
feed two					
Turkey	125g	0	30	0	0
Sweet potato	360	77	5	0	8
Broccoli	100	4	2	0	3
feed three					
Wholegrain rice	120	77	7	2	3.5
Tuna	120	0	29	0	0
Green beans	100	6	1	0	2
feed four					
Steak	150	0	37	11	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	424	215	32	45.5
kcal	2844			