

MEAL 2													
P	Chicken Breast - Skin Eaten	200	150	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	White Potato, Flesh & Skin, Raw	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F	Butter, Mainland Organic	5		0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0	0.0				
V	MIXED VEGETABLES (AVG. NON- STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									
MEAL 3													
P	Whey Protein Powder, 24g Protein Per Scoop (avg.)	30	22.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C	Banana, Raw, (XS - 81g, S - 101g, M - 118g, L - 136g, XL - 152g)	30	Potato (Cooked): 22.5g, (Boiled): 39g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F	Cocoa Powder	5		0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
** Ice cubes + 1 shot espresso (40ml) + cinnamon				TOTAL	0 cal	0.0 g	0.0 g	0.0 g	0.0 g				
					0 kj								

MEAL 4													
P			0	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	Maltodextrin, Bulk Nutrients, (30g per serve)	15	Potato (Cooked): 11.25g, (Boiled): 19.5g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									
MEAL 5													
P	Chicken Breast - Skin Eaten	150	112.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	Spud Lite Potato, Raw	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F	Butter, Mainland Organic	5		0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0	0.0				
V	MIXED VEGETABLES (AVG. NON-STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									

MEAL 6													
P	Beef Mince - Lean (10% Fat)	200	150	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	Spud Lite Potato, Raw	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0	0.0				
V	MIXED VEGETABLES (AVG. NON- STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									
MEAL 1													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P		20	15	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F	Olive Oil, Unrefined, Cold-Pressed	10		0.0	0.0	0.0	0.0	0.0					
F	Lard (Animal Fat)	10		0.0	0.0	0.0	0.0	0.0	0.0				
V	MIXED VEGETABLES (AVG. NON- STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0	0.0				
V	Broccolini	100		0.0	0.0	0.0	0.0	0.0	0.0				
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									

MEAL 2													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F	Olive Oil, Unrefined, Cold-Pressed	10		0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V	MIXED VEGETABLES (AVG. NON-STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									
MEAL 3													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	Quinoa, Dry	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									

MEAL 4													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									
MEAL 5													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									

MEAL 6													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal 0 kj	0.0 g	0.0 g	0.0 g	0.0 g					

TIMED ADHERENCE/STEADY

	CARB DISTRIBUTION	CARB DISTRIBUTION
0	33.3% PRE	<i>Preference</i>
	11.1% INTRA	<i>Preference</i>
	33.3% POST	<i>Preference</i>
	11.1% <i>Preference</i>	<i>Preference</i>
	11.1% <i>Preference</i>	<i>Preference</i>
	0.0% <i>Preference</i>	<i>Preference</i>

Low / High Days Possible to do - for I

Weekly Calorie Goal	2150
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High Day Meal Frequency	4
High Day Calorie Goal	2300
	Pro Fat Carb
Nutritional Preference	2.5 38% 62%
Macro Ratios (%)	37% 24% 39%
Macro Breakdown (g)	213 61 225

Low Day Meal Frequency	3
Low Day Calorie Goal	1950
	Pro Fat Carb
Nutritional Preference	2.5 50% 50%
Macro Ratios (%)	44% 28% 28%
Macro Breakdown (g)	213 61 138

Can put breakdown here

Put meal frequency up top left

then have breakdown of meal 1 frequency - r



Can put breakdown here

Put meal frequency up top left

then have breakdown of meal 1 frequency - meal 2 freq





		PROTEIN	FATS
TOTAL		0.0	<i>Nil</i>
		0.0	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	0.0
		<i>Nil</i>	0.0
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		0.0	0.0
		<i>Palms of protein</i>	<i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0	0.0
	<i>Palms of protein</i>	<i>Thumb of fats</i>

CARBS	VEG
-------	-----

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.8 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.8 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.8 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	1
0.0 <i>Handful of carbs</i>	1.5 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.8 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>





	Food	Amount, Raw (g)	Amount, Cooked (g)	Calories	Protein	Fats	Carbs	Fiber	GI Index	GF	FODMAP	Histamine	Oxalates
PRE <div>PURCHASED FOODS</div>													
POST <div>COOKED MEALS</div>													
TARGET			2850.0	213.0	64.0	355.0							
REMAINING			2850.0	213.0	64.0	355.0							

MEAL 1													
P	Whey Protein Powder, 24g Protein Per Scoop (avg.)	30	22.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					

MEAL 2													
P	Chicken Breast - Skin Eaten	200	150	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	White Long-Grain Rice, Uncooked	120	Potato (Cooked): 90g, (Boiled): 156g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0	0.0				
V	MIXED VEGETABLES (AVG. NON- STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									
MEAL 3													
P	Whey Protein Powder, 24g Protein Per Scoop (avg.)	30	22.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	Raw Honey, (tsp - 7g, tbsp - 20g)	20	Potato (Cooked): 15g, (Boiled): 26g	0.0	0.0	0.0	0.0	0.0					
C	Banana, Raw, (XS - 81g, S - 101g, M - 118g, L - 136g, XL - 152g)	60	Potato (Cooked): 45g, (Boiled): 78g	0.0	0.0	0.0	0.0	0.0					
C	Almond Milk, Plain, Original, Unsweetened, 1 cup = 240g	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
F	Cocoa Powder	5		0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
V				0.0	0.0	0.0	0.0	0.0	0.0				
** Ice cubes + 1 shot espresso (40ml) + cinnamon				TOTAL	0 cal	0.0 g	0.0 g	0.0 g	0.0 g				
					0 kj								

MEAL 4													
P			0	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	Maltodextrin, Bulk Nutrients, (30g per serve)	30	Potato (Cooked): 22.5g, (Boiled): 39g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									
MEAL 5													
P	Chicken Breast - Skin Eaten	150	112.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	Spud Lite Potato, Raw	250	Potato (Cooked): 187.5g, (Boiled): 325g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V	MIXED VEGETABLES (AVG. NON-STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									

MEAL 6													
P	Beef Mince - Lean (10% Fat)	200	150	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	White Long-Grain Rice, Uncooked	120	Potato (Cooked): 90g, (Boiled): 156g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V	MIXED VEGETABLES (AVG. NON- STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					

TOTAL 0 cal 0.0 g 0.0 g 0.0 g 0.0 g
0 kj

MEAL 1													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P		20	15	0.0	0.0	0.0	0.0	0.0					
C	Spud Lite Potato, Raw	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C	Brown Rice, Uncooked	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C	Pasta, Whole Wheat, Cooked	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
F	Olive Oil, Unrefined, Cold-Pressed	10		0.0	0.0	0.0	0.0	0.0					
F	Lard (Animal Fat)	10		0.0	0.0	0.0	0.0	0.0					
V	MIXED VEGETABLES (AVG. NON- STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0					
V	Broccolini	100		0.0	0.0	0.0	0.0	0.0					

TOTAL 0 cal 0.0 g 0.0 g 0.0 g 0.0 g
0 kj

MEAL 2													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F	Olive Oil, Unrefined, Cold-Pressed	10		0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V	MIXED VEGETABLES (AVG. NON-STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					

TOTAL 0 cal 0.0 g 0.0 g 0.0 g 0.0 g
0 kj

MEAL 3													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	Quinoa, Dry	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					

TOTAL 0 cal 0.0 g 0.0 g 0.0 g 0.0 g
0 kj

MEAL 4													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									
MEAL 5													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									

MEAL 6													
P	Whey Protein Powder, 30g Protein Per Scoop	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal 0 kj	0.0 g	0.0 g	0.0 g	0.0 g					

	TIMED	ADHERENCE/STEADY
	CARB DISTRIBUTION	CARB DISTRIBUTION
0	33.3% PRE	<i>Preference</i>
	11.1% INTRA	<i>Preference</i>
	33.3% POST	<i>Preference</i>
	11.1% <i>Preference</i>	<i>Preference</i>
	11.1% <i>Preference</i>	<i>Preference</i>
	0.0% <i>Preference</i>	<i>Preference</i>

Low / High Days

Possible to do - for I

Weekly Calorie Goal **2150**

then ha

High Day Meal Frequency	4		
High Day Calorie Goal	2300		
	Pro	Fat	Carb
Nutritional Preference	2.5	38%	62%
Macro Ratios (%)	37%	24%	39%
Macro Breakdown (g)	213	61	225

Low Day Meal Frequency	3		
Low Day Calorie Goal	1950		
	Pro	Fat	Carb
Nutritional Preference	2.5	50%	50%
Macro Ratios (%)	44%	28%	28%
Macro Breakdown (g)	213	61	138



Can put breakdown here

Put meal frequency up top left

then have breakdown of meal 1 frequency - meal 2 freq



		PROTEIN	FATS
TOTAL		0.0	<i>Nil</i>
		0.0	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	0.0
		<i>Nil</i>	0.0
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		0.0	0.0
		<i>Palms of protein</i>	<i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0	0.0
	<i>Palms of protein</i>	<i>Thumb of fats</i>

CARBS	VEG
-------	-----

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.8 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.8 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.8 <i>Fistful of veg</i>

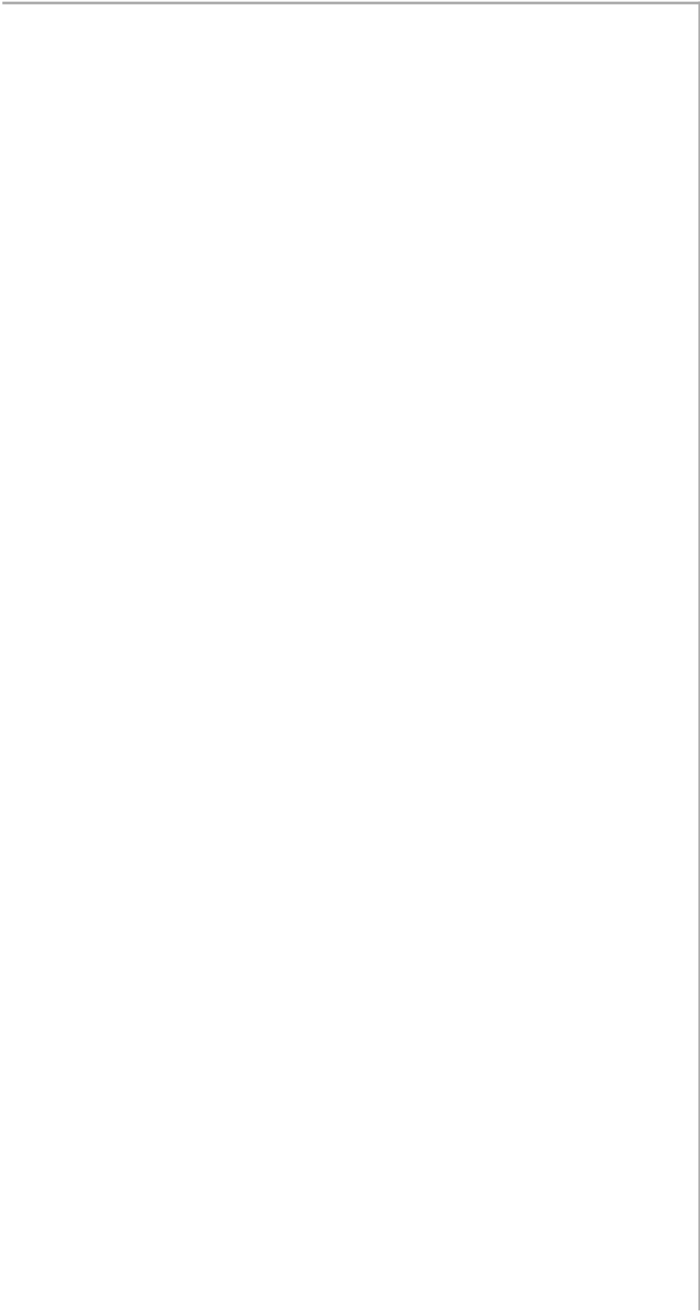
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<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	1
0.0 <i>Handful of carbs</i>	1.5 <i>Fistful of veg</i>

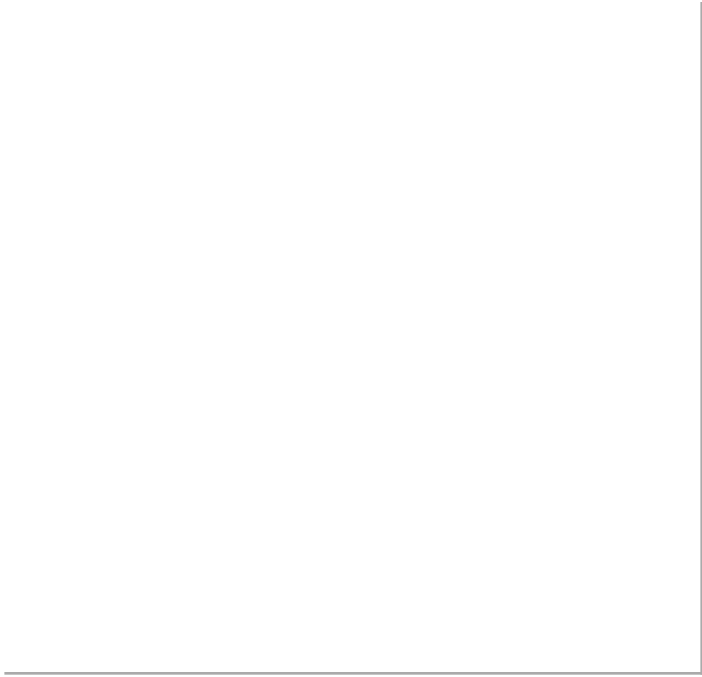
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.8 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>





Food	Amount, Raw (g)	Amount, Cooked (g)	Calories	Protein	Fats	Carbs	Fiber	GI Index	GF	FODMAP	Histamine	Oxalates
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NUTRITION SCHEDULE
 CAL / MACRO BREAKDOWN

PRE	00:00	MEAL 1	0	0 g	0 g	0 g	0 g
INTRA	00:00	MEAL 2	0	0 g	0 g	0 g	0 g
POST	00:00	MEAL 3	0	0 g	0 g	0 g	0 g
	00:00	MEAL 4	0	0 g	0 g	0 g	0 g
	00:00	MEAL 5	0	0 g	0 g	0 g	0 g
	00:00	MEAL 6	0	0 g	0 g	0 g	0 g
	00:00	BED	0.0	0.0 g	0.0 g	0.0 g	0.0 g
TARGET			1703.0	117.0	55.0	185.0	
REMAINING			1703.0	117.0	55.0	185.0	

CAL / MACRO BREAKDOWN

	P	F	C

MEAL 1													
P	Chicken Breast - Skinless	250	187.5	0.0	0.0	0.0	0.0	0.0					
P	Lupin Flakes	20	15	0.0	0.0	0.0	0.0	0.0					
C	Spud Lite Potato, Raw	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C	Brown Rice, Uncooked	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C	Pasta, Whole Wheat, Cooked	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
F	Olive Oil, Unrefined, Cold-Pressed	10		0.0	0.0	0.0	0.0	0.0					
F	Lard (Animal Fat)	10		0.0	0.0	0.0	0.0	0.0					
V	MIXED VEGETABLES (AVG. NON-STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0					
V	Broccolini	100		0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					

MEAL 2													
P	Chicken Mince (Coles)	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F	Olive Oil, Unrefined, Cold-Pressed	10		0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V	MIXED VEGETABLES (AVG. NON- STARCHY VEG)	100		0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					

TOTAL 0 cal
0 kj
0.0 g 0.0 g 0.0 g 0.0 g

MEAL 3													
P	Chicken Breast - Skinless	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C	Quinoa, Dry	200	Potato (Cooked): 150g, (Boiled): 260g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					

TOTAL 0 cal
0 kj
0.0 g 0.0 g 0.0 g 0.0 g

MEAL 4													
P	Lamb Chop, Shoulder - Visible Fat Eaten	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					

TOTAL 0 cal
0 kj
0.0 g 0.0 g 0.0 g 0.0 g

MEAL 5													
P	Eggs, Raw (S - 38g, Med - 44g, L - 50g, XL - 56g, Jumbo - 63g)	250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					

TOTAL 0 cal
0 kj
0.0 g 0.0 g 0.0 g 0.0 g

MEAL 6													
P		250	187.5	0.0	0.0	0.0	0.0	0.0					
P			0	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
C			Potato (Cooked): 0g, (Boiled): 0g	0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
F				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
V				0.0	0.0	0.0	0.0	0.0					
TOTAL				0 cal	0.0 g	0.0 g	0.0 g	0.0 g					
				0 kj									

TIMED ADHERENCE/STEADY

CARB DISTRIBUTION	CARB DISTRIBUTION
33.3% PRE	<i>Preference</i>
11.1% INTRA	<i>Preference</i>
33.3% POST	<i>Preference</i>
11.1% <i>Preference</i>	<i>Preference</i>
11.1% <i>Preference</i>	<i>Preference</i>
0.0% <i>Preference</i>	<i>Preference</i>

Can put breakdown here

Put meal frequency up top left

then have breakdown of meal 1 frequency - meal 2 freq

		PROTEIN	FATS
TOTAL		0.0	<i>Nil</i>
		0.0	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	0.0
		<i>Nil</i>	0.0
		<i>Nil</i>	<i>Nil</i>
		<i>Nil</i>	<i>Nil</i>
		0.0	0.0
		<i>Palms of protein</i>	<i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>
TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0 <i>Palms of protein</i>	0.0 <i>Thumb of fats</i>

TOTAL	0.0	Nil
	0.0	Nil
	Nil	Nil
	Nil	Nil
	Nil	Nil
	Nil	0.0
	Nil	0.0
	Nil	Nil
	Nil	Nil
	0.0	0.0
	<i>Palms of protein</i>	<i>Thumb of fats</i>

CARBS	VEG
-------	-----

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	1
0.0 <i>Handful of carbs</i>	1.5 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	1
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.8 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>

<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
0.0	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	<i>Nil</i>
<i>Nil</i>	0
<i>Nil</i>	0
0.0 <i>Handful of carbs</i>	0.0 <i>Fistful of veg</i>





PEAK WEEK MEAL PLAN

(CLIENT NAME)

DATE:

ENTERPRISE
FITNESS

MONDAY: X CALS		PROTEIN	g	CARBS	g	FATS	g	VEGGIES	g	FLUID		
8:00 AM	MEAL 1											
11:00 AM	MEAL 2											
2:00 PM	MEAL 3											
6:00 PM	MEAL 4											
8:00 PM	MEAL 5											
	MEAL 6											

NOTES:

TUESDAY: X CALS		PROTEIN	g	CARBS	g	FATS	g	VEGGIES	g	FLUID	STEPS	TRAINING
8:00 AM	MEAL 1											
11:00 AM	MEAL 2											
2:00 PM	MEAL 3											
6:00 PM	MEAL 4											
8:00 PM	MEAL 5											
	MEAL 6											

NOTES:

WEDNESDAY: X CALS		PROTEIN	g	CARBS	g	FATS	g	VEGGIES	g	FLUID	STEPS	TRAINING
8:00 AM	MEAL 1											
11:00 AM	MEAL 2											
2:00 PM	MEAL 3											
6:00 PM	MEAL 4											
8:00 PM	MEAL 5											
	MEAL 6											

NOTES:

THURSDAY: X CALS		PROTEIN	g	CARBS	g	FATS	g	VEGGIES	g	FLUID	STEPS	TRAINING
8:00 AM	MEAL 1											
11:00 AM	MEAL 2											
2:00 PM	MEAL 3											
6:00 PM	MEAL 4											
8:00 PM	MEAL 5											
	MEAL 6											

NOTES:

FRIDAY: X CALS		PROTEIN	g	CARBS	g	FATS	g	VEGGIES	g	FLUID	STEPS	TRAINING
8:00 AM	MEAL 1											
11:00 AM	MEAL 2											
2:00 PM	MEAL 3											
6:00 PM	MEAL 4											
8:00 PM	MEAL 5											
	MEAL 6											

NOTES:

SATURDAY: X CALS		PROTEIN	g	CARBS	g	FATS	g	VEGGIES	g	FLUID	STEPS	TRAINING
8:00 AM	MEAL 1											
11:00 AM	MEAL 2											
2:00 PM	MEAL 3											

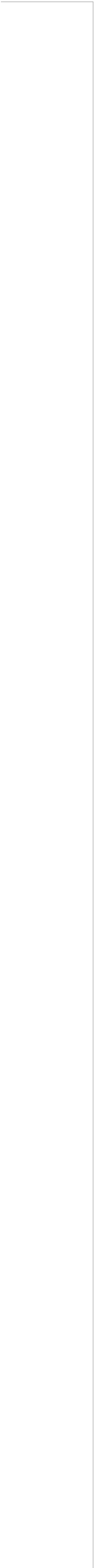
6:00 PM	MEAL 4											
8:00 PM	MEAL 5											
	MEAL 6											

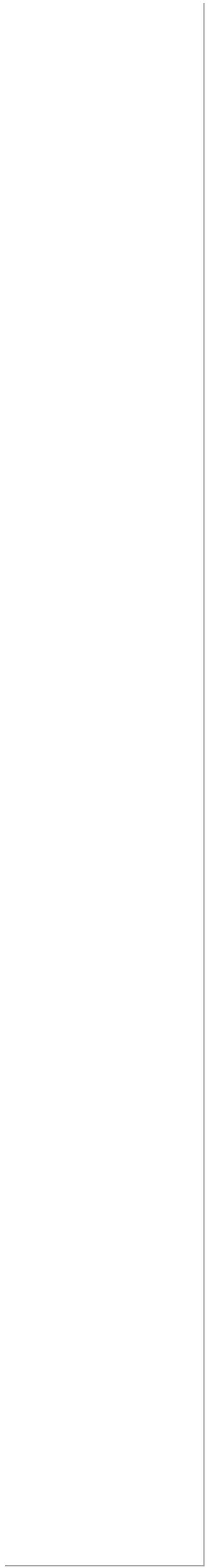
NOTES:

SUNDAY: X CALS		PROTEIN	g	CARBS	g	FATS	g	VEGGIES	g	FLUID	STEPS	TRAINING
8:00 AM	MEAL 1											
11:00 AM	MEAL 2											
2:00 PM	MEAL 3											
6:00 PM	MEAL 4											
8:00 PM	MEAL 5											
	MEAL 6											

NOTES:







NAME HARRY WARD
BY ALDRYL MIEL, SHANE LAI
DATE SUNDAY SEP9 - SUNDAY OCT6
PHASE PEAK WEEK
NOTES Photos every morning upon waking up; unposed & posed, Text weight every morning as well.
Photos after every training session; posed.

ENTERPRISE
FITNESS

PHASE	MODERATE CARBS	HIGH CARB	CARB BACK-OFF	PHASE
7 day mid-load strategy where carbs will peak in the middle	Moderate carb-up over 2 days for any potential gut sensitivities and digestion. Monitor physique in A.M and P.M.	These two days will peak in carbs to achieve ideal vascularity and muscle fullness.	Two days will change depending on how you look on Tues & Wed. If looking great + 220-270, if watery = 120-170	See comp day plan

VARIABLE	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN
CALORIES	1905	2105	2280	2380	2580	1660		
PROTEIN	137	137	127	117	117	137		
FAT	53	53	48	48	48	48		
CARBS	220	270	330	370	420	170		
FIBRE	30-35	30-35	<20g, light veg with 2 meals	<20g, light veg with 2 meals	<20g, light veg with 2 meals	<20g, light veg with 2 meals		
SODIUM	3800	4300	4800	5300	subject to change	subject to change		
WATER	Consistent (4L)	Consistent (5L)	Consistent (6L)	Consistent (7L)	Consistent (8L)	Consistent (5L)		
STEPS No cardio	10,000	10,000	8,000	8,000	8,000-10,000	8,000-10,000		
TRAINING Not to failure	CHEST/ QUADS	BACK/ HAMS	DELTS/ ARMS	CHEST/ BACK	DELTS/ ARMS	REST Steps only		

How's the pump?

eg. In terms of muscle fullness, are your muscles feeling flat or full?

SUNDAY

NUTRITION: CALORIES: 1900 PROTEIN: 137 FATS: 53 CARBS: 220 SODIUM: 3800 (10g)	TRAINING: CHEST/QUADS
--	--------------------------

CALORIES	PROTEIN	FAT	CARB	VEGETABLES	FRUIT / OTHER	SUPPLEMENTS	SODIUM
MEAL 1	100g Lean Meat OR 1.5 serving WPI	1/4 Avocado (35g) OR 10g Nut Butter	45g Rice	100g Mixed Veg / Salads		5g Creatine 4 scoops electrolytes in water throughout day	2g
MEAL 2	100g Lean Meat		45g Rice	100g Mixed Veg / Salads			3g
MEAL 3	100g Lean Meat		45g Rice	100g Mixed Veg / Salads		5-10g Citruline Malate INTRA: 30g Maltodextrin	3g
TRAINING 4 PM							
MEAL 4	100g Fatty Meat	1 Avocado (140g) OR 20g Olive Oil OR 40g Nut Butter	250g White Potato	100g Mixed Veg / Salads			2g
Raw weight provided		Raw weight provided		80% Green + 20% Coloured			
WATER	4L						

AM POSING

Option + /

MONDAY

NUTRITION: CALORIES: 2100 PROTEIN: 137 FATS: 53 CARBS: 270 SODIUM: 4300 (11.5)	TRAINING: BACK/HAMS
---	------------------------

CALORIES	PROTEIN	FAT	CARB	VEGETABLES	FRUIT / OTHER	SUPPLEMENTS	SODIUM
MEAL 1	100g Lean Meat OR 1.5 serving WPI	1/4 Avocado (35g) OR 10g Nut Butter	60g Rice	100g Mixed Veg / Salads		5g Creatine 4 scoops electrolytes in water throughout day	3g
MEAL 2	100g Lean Meat		60g Rice	100g Mixed Veg / Salads			3g
MEAL 3	100g Lean Meat		60g Rice	100g Mixed Veg / Salads		5-10g Citruline Malate INTRA: 30g Maltodextrin	3g
TRAINING 4 PM							
MEAL 4	100g Fatty Meat	1 Avocado (140g) OR 20g Olive Oil OR 40g Nut Butter	300g White Potato	100g Mixed Veg / Salads			2.5g
Raw weight provided		Raw weight provided		80% Green + 20% Coloured			
WATER	5L						

AM POSING

Relaxed/Sym	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bicep	Side Chest	Side Tricep	Far Double Bicep	Ab & Thigh

Option + /

TUESDAY

NUTRITION: CALORIES: 2300 PROTEIN: 127 FATS: 48 CARBS: 320 SODIUM: 4800 (12.8)	TRAINING: DELTS/ARMS
---	-------------------------

CALORIES	PROTEIN	FAT	CARB	VEGETABLES	FRUIT / OTHER	SUPPLEMENTS	SODIUM
MEAL 1	50g Lean Meat OR 1/2 serving WPI	1/4 Avocado (35g) OR 10g Nut Butter	60g Rice	100g Mixed Veg / Salads		5g Creatine 4 scoops electrolytes in water throughout day	3g
MEAL 2	100g Lean Meat		60g Rice 20g Maple Syrup	NONE			3g
MEAL 3	50g Lean Meat		60g Rice 20g Maple Syrup	NONE		5-10g Citruline Malate INTRA: 30g Maltodextrin	4g
TRAINING 4 PM							
MEAL 4	100g Fatty Meat	3/4 Avocado (105g) OR 15g Olive Oil OR 30g Nut Butter	300g White Potato	100g Mixed Veg / Salads	100g Banana (1 Banana)		2.8g
Raw weight provided		Raw weight provided		80% Green + 20% Coloured			
WATER	6L						

AM POSING

Relaxed/Sym	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bicep	Side Chest	Side Tricep	Far Double Bicep	Ab & Thigh

Option + /

WEDNESDAY

NUTRITION: CALORIES: 1900 PROTEIN: 117 FATS: 48 CARBS: 270 SODIUM: 3800 (12g)	TRAINING: CHEST/BACK
--	-------------------------

"Felt pumped during training >> by time posing ~5mins... lost pump"

CALORIES	PROTEIN	FAT	CARB	VEGETABLES	FRUIT / OTHER	SUPPLEMENTS	SODIUM
MEAL 1	50g Lean Meat OR 1/2 serving WPI	1/8 Avocado OR 5g Nut Butter	60g Rice	100g Mixed Veg / Salads		5g Creatine 4 scoops electrolytes in water throughout day	3g
MEAL 2	50g Lean Meat		60g Rice 20g Maple Syrup	NONE			4g
MEAL 3	50g Lean Meat		60g Rice 20g Maple Syrup	NONE	4 Thin Rice Cakes AND 60g Jam	5-10g Citruline Malate INTRA: 30g Maltodextrin	4g
TRAINING 4 PM							
MEAL 4	100g Fatty Meat	3/4 Avocado (105g) OR 15g Olive Oil OR 30g Nut Butter	300g White Potato	100g Mixed Veg / Salads	100g Banana (1 Banana)		3g
Raw weight provided		Raw weight provided		80% Green + 20% Coloured			
WATER	7L						

AM POSING

Relaxed/Sym	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bicep	Side Chest	Side Tricep	Far Double Bicep	Ab & Thigh

THURSDAY

NUTRITION: CALORIES: 1900 PROTEIN: 117	TRAINING: CHEST/BACK
--	-------------------------

FATS: 48
 CARBS: 499
 SODIUM: 3300 (15 kg)

CALORIES	PROTEIN	FAT	CARB	VEGETABLES	FRUIT / OTHER	SUPPLEMENTS	SODIUM
MEAL 1	50g Lean Meat OR 1/2 serving WPI	1/8 Avocado OR 5g Nut Butter	60g Rice 20g Maple Syrup	NONE	4 Thin Rice Cakes AND 30g Jam	5g Creatine 4 scoops electrolytes in water throughout day *5-10g Citruline Malate TBA, 50c Maltodextrin	4g
TRAINING 10am with Shane							
MEAL 2	50g Lean Meat		60g Rice 10g Maple Syrup	50g Mixed Veg / Salads	2Thin Rice Cakes AND 30g Jam		4g
MEAL 3	50g Lean Meat		60g Rice 10g Maple Syrup	50g Mixed Veg / Salads	2Thin Rice Cakes AND 30g Jam		4.5g
MEAL 4	100g Fatty Meat	3/4 Avocado (105g) OR 15g Olive Oil OR 30g Nut Butter	300g White Potato	100g Mixed Veg / Salads	100g Banana (1 Banana)		3g

WATER 8L
 Raw weight provided
 Raw weight provided
 80% Green + 20% Coloured

FRIDAY

NUTRITION: CALORIES: PROTEIN: 137 FATS: 48 CARBS: 170g SODIUM: 3300	TRAINING: NONE
--	-------------------

"Felt pumped during training >> by time posing ~5mins... lost pump"

CALORIES	PROTEIN	FAT	CARB	VEGETABLES	FRUIT / OTHER	SUPPLEMENTS	SODIUM
MEAL 1	100g Lean Meat OR 1.5 serving (30g) WPI	1/4 Avocado (35g) OR 10g Nut Butter	35g Rice	Less than 20g of fibre the whole day Distributed evenly throughout the day		5g Creatine 4 scoops electrolytes in water throughout day	2g
MEAL 2	100g Lean Meat		35g Rice				3g
MEAL 3	100g Lean Meat		35g Rice			5-10g Citruline Malate INTRA: 30g Maltodextrin	3g
TRAINING 4 PM							
MEAL 4	100g Fatty Meat	3/5 Avocado (110g) OR 15g Olive Oil OR 30g Nut Butter	200g White Potato				2g

WATER 5L
 Raw weight provided
 Raw weight provided
 80% Green + 20% Coloured

SATURDAY - SEE PEAK DAY PLAN

NUTRITION: CALORIES: ??? PROTEIN: - FATS: - CARBS: - SODIUM:	TRAINING: PEAK DAY A1-A8 CHEST/BACK DELTS/BIS/TRIS
---	--

WATER 4L
 Raw weight provided
 Raw weight provided
 80% Green + 20% Coloured

SUNDAY

NUTRITION: CALORIES: 1700 PROTEIN: 137 FATS: 53 CARBS: 170 SODIUM: 2800	TRAINING: PUMP UP
--	----------------------

CALORIES	PROTEIN	FAT	CARB	VEGETABLES	FRUIT / OTHER	SUPPLEMENTS	SODIUM
MEAL 1	100g Lean Meat OR 1.5 serving WPI	1/4 Avocado (35g) OR 10g Nut Butter	???	???		5g Creatine 4 scoops electrolytes in water throughout day 1L Coconut Water (coconut water)	
MEAL 2	100g Lean Meat		???	???	100g Banana (1 Banana)		
MEAL 3	100g Lean Meat		???	???			
TRAINING 4 PM							
MEAL 4	100g Fatty Meat	1 Avocado (140g) OR 20g Olive Oil OR 40g Nut Butter	Sweet Potato OR White Potato	100g Mixed Veg / Salads			

WATER 4L
 Raw weight provided
 Raw weight provided
 80% Green + 20% Coloured

AM POSING

Relaxed/Sym	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bic	Side Chest	Side Tricep	Far Double Bic	Ab & Thigh

Option + /

AM POSING

Relaxed/Sym	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bic	Side Chest	Side Tricep	Far Double Bic	Ab & Thigh

Option + /

AM POSING

Relaxed/Sym	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bic	Side Chest	Side Tricep	Far Double Bic	Ab & Thigh

Option + /

AM POSING

Relaxed/Sym	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bic	Side Chest	Side Tricep	Far Double Bic	Ab & Thigh

Option + /

POST-TRAIN POSING

		Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bicep	Side Chest	Side Tricep	Far Double Bicep	Ab & Thigh

POST-TRAIN POSING

Relaxed/Symmetrical	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bicep	Side Chest	Side Tricep	Far Double Bicep	Ab & Thigh

POST-TRAIN POSING

Relaxed/Symmetrical	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bicep	Side Chest	Side Tricep	Far Double Bicep	Ab & Thigh

POST-TRAIN POSING

Relaxed/Symmetrical	1/4 Turn to Right (Side Symmetry)	Rear symmetry	1/4 Turn to Left (Side Symmetry)	Front Double Bicep	Side Chest	Side Tricep	Far Double Bicep	Ab & Thigh

POST-TRAIN POSING

Relaxed/Sym	1/4 Turn to Right <small>(Side Symmetry)</small>	Rear symmetry	1/4 Turn to Left <small>(Side Symmetry)</small>	Front Double Bic	Side Chest	Side Tricep	Back Double Bic	Ab & Thigh
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POST-TRAIN POSING

Relaxed/Sym	1/4 Turn to Right <small>(Side Symmetry)</small>	Rear symmetry	1/4 Turn to Left <small>(Side Symmetry)</small>	Front Double Bic	Side Chest	Side Tricep	Back Double Bic	Ab & Thigh
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POST-TRAIN POSING

Relaxed/Sym	1/4 Turn to Right <small>(Side Symmetry)</small>	Rear symmetry	1/4 Turn to Left <small>(Side Symmetry)</small>	Front Double Bic	Side Chest	Side Tricep	Back Double Bic	Ab & Thigh
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POST-TRAIN POSING

Relaxed/Sym	1/4 Turn to Right <small>(Side Symmetry)</small>	Rear symmetry	1/4 Turn to Left <small>(Side Symmetry)</small>	Front Double Bic	Side Chest	Side Tricep	Back Double Bic	Ab & Thigh
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INITIAL FOOD LOG

PAST WEEK
Take away, a lot of bread, a lot of pasta

WHOLE FOOD MEAL RATIO			
Whole	Processed	Overall	Ratio
14		18	0.222

SUNDAY		MONDAY		TUES	
WAKE	09:00	WAKE	07:30	WAKE	07:30
MEAL 1	P	MEAL 1	P	MEAL 1	P
	F		F		F
	C		C		C
	V		V		V
	O		O		O
MEAL 2	P	MEAL 2	P	MEAL 2	P
	F		F		F
	C		C		C
	V		V		V
	O		O		O
MEAL 3	P	MEAL 3	P	MEAL 3	P
	F		F		F
	C		C		C
	V		V		V
	O		O		O
MEAL 4	P	MEAL 4	P	MEAL 4	P
	F		F		F
	C		C		C
	V		V		V
	O		O		O
MEAL 5	P	MEAL 5	P	MEAL 5	P
	F		F		F
	C		C		C
	V		V		V
	O		O		O
MEAL 6	P	MEAL 6	P	MEAL 6	P
	F		F		F
	C		C		C
	V		V		V
	O		O		O
MEAL 7	P	MEAL 7	P	MEAL 7	P
	F		F		F
	C		C		C
	V		V		V
	O		O		O
BED		BED		BED	

WATER

WATER

WATER

NOTES	
How long has this nutrition log something been in place for?	
Past week	Past 6 months





