

	Quantity	Protein	Carb	Fat	Calories
MEAL 01					
Oats	50 g	08 g	33 g	03 g	192 Kcal
Egg	01	05 g	00 g	05 g	70 Kcal
Peanut Butter	30 g	10 g	2.5 g	14	180 Kcal
Banana	01	00 g	27 g	1.3 g	105 Kcal
Milk	1/2 cup	3.5 g	5 g	2 g	55 Kcal
	TOTALE	26 g	67 g	25 g	602 Kcal
Nutritional supplements					
Omega 3	02 capsules	/	/	/	/
multi vitamin	01 capsules	/	/	/	/
	TOTALE	/	/	/	/
MEAL 02					
Chicken breast	200 g	44 g	00 g	06 g	240 Kcal
Potato	200 g	02 g	40 g	00 g	177 Kcal
	TOTALE	46 g	40 g	06 g	417 Kcal
MEAL 03					
Chicken breast	150 g	33 g	00 g	04 g	180 Kcal
Potato	200 g	02 g	40 g	00 g	177 Kcal
	TOTALE	35 g	40 g	04 g	357 Kcal
Before training					
Coffee	01 cup	/	/	/	/
	TOTALE	/	/	/	/
After training					
Creatine	05 g	/	/	/	/
Whey protein hydrolysate	30 g	24 g	01 g	1.6 g	115 Kcal
	TOTALE	24 g	01 g	1.6 g	115 Kcal
MEAL 04					
beef	150 g	33 g	00 g	15 g	285 Kcal
bread complete	50 g	05 g	25 g	01 g	126 Kcal
Fromage régime	01 piece	07 g	03 g	04 g	80 Kcal
Vegetables + Olive oil	/	/	/	14 g	120 Kcal
	TOTALE	45 g	28 g	34 g	611 Kcal
	TOTAL MEALS	176 g	176 g	70 g	2102 Kcal