





			Coffee Black	0.1	0.1	0.7	3
M 6	before	6	Macadamia Nuts	1.6	15.5	0.9	150
E	bed	1	Magnesium Tab + Vit 6				
A			<i>Diet Jelly (optional)</i>	6	0	0.6	28
L							
				7.7	15.6	2.2	181
Water / Fluids			Sub-Total	205.92	46.55	66.77	1365.00
<b>SUPPLEMENTS</b>			<b>TIMES</b>	<b>PRO</b>	<b>FAT</b>	<b>CARBS</b>	<b>CALS</b>
S	12 caps		Fish Oil 3 x 4		12.0		108.0
U	6		Green tea caps 2 x 3				
P	3		DIM 1 X 3				
P	1		Zinc				
S	1		Iodine 1 selenium				
<b>ACTUAL DAILY NUTRITION / TOTALS</b>				<b>205.9</b>	<b>58.6</b>	<b>66.8</b>	<b>1473.0</b>

ALL MEATS COOKED WITH COCONUT OIL