



# MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	80	8.40	48.80	6.40	262.00
	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	3	19.50	1.50	15.00	218.25
	Milk (mls)	200	6.60	10.00	7.20	126.20
	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Frozen Berries (g)	80	0.56	9.68	0.32	39.00
	Peanut Butter (g)	16	5.30	1.04	8.00	96.84
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
<b>Snack</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	24	4.72	1.10	13.12	140.80
<b>Meal 2</b>	Chicken or Tuna (g)	140	38.50	0.00	4.20	191.80
	Pasta or Brown Rice (g)	120	13.20	84.00	2.40	368.40
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
<b>Snack</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	24	4.72	1.10	13.12	140.80
<b>Pre-Workout</b>	Pre-Workout (g) - Approx.	10	2.80	0.40	0.00	12.60
	Creatine (g)	5	0.00	0.00	0.00	0.00
<b>During Workout</b>	BCAA's (g)	10	0.00	0.00	0.00	0.00
<b>Post-Workout</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Carbohydrate Powder (g)	40	0.00	40.00	0.00	140.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Meal 3</b>	Red Meat (g)	200.00	35.20	0.00	20.00	320.80
	Pasta or Brown Rice (g)	40	4.40	28.00	0.80	122.80
	Green Vegetables (g)	80.00	4.16	11.20	0.00	55.84
<b>Before Bed</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	16	5.30	1.04	8.00	96.84
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>293.52</b>	<b>281.69</b>	<b>104.18</b>	<b>3097.63</b>
<b>Ratio</b>			<b>43.20%</b>	<b>41.46%</b>	<b>15.33%</b>	



**IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING**  
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