



# MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	68	7.14	41.48	5.44	222.70
	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)	70	0.49	8.47	0.28	34.13
	Peanut Butter (g)	14	5.30	0.91	7.00	87.39
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
<b>Meal 2</b>	Chicken or Tuna (g)	119	32.73	0.00	3.57	163.03
	Pasta or Brown Rice (g)	51	5.61	35.70	1.02	156.57
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
<b>Snack</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	20.4	4.01	0.94	11.15	119.68
<b>Meal 3</b>	Chicken or Tuna (g)	119	32.73	0.00	3.57	163.03
	Pasta or Brown Rice (g)	51	5.61	35.70	1.02	156.57
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
<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)	30	0.00	30.00	0.00	105.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Meal 4</b>	Red Meat (g)	170.00	29.92	0.00	17.00	272.68
	Pasta or Brown Rice (g)	34	3.74	23.80	0.68	104.38
	Green Vegetables (g)	68.00	3.54	9.52	0.00	47.46
<b>Before Bed</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	14	5.30	0.91	7.00	87.39
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>281.08</b>	<b>249.87</b>	<b>84.43</b>	<b>2758.73</b>
<b>Ratio</b>			<b>45.68%</b>	<b>40.60%</b>	<b>13.72%</b>	



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

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