



MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	96	10.08	58.56	7.68	314.40
	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)	100	0.70	12.10	0.40	48.75
	Peanut Butter (g)	20	5.30	1.30	10.00	115.75
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
Meal 2	Chicken or Tuna (g)	168	46.20	0.00	5.04	230.16
	Pasta or Brown Rice (g)	72	7.92	50.40	1.44	221.04
	Green Vegetables (g)	96	4.99	13.44	0.00	67.01
Snack	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	28.8	5.66	1.32	15.74	168.96
Meal 3	Chicken or Tuna (g)	168	46.20	0.00	5.04	230.16
	Pasta or Brown Rice (g)	72	7.92	50.40	1.44	221.04
	Green Vegetables (g)	96	4.99	13.44	0.00	67.01
Pre-Workout	Pre-Workout (g) - Approx.	10	2.80	0.40	0.00	12.60
	Creatine (g)	5	0.00	0.00	0.00	0.00
During Workout	BCAA's (g)	10	0.00	0.00	0.00	0.00
Post-Workout	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
Meal 4	Red Meat (g)	240.00	42.24	0.00	24.00	384.96
	Pasta or Brown Rice (g)	48	5.28	33.60	0.96	147.36
	Green Vegetables (g)	96.00	4.99	13.44	0.00	67.01
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	20	5.30	1.30	10.00	115.75
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			335.68	332.7	108.44	3483.16
Ratio			43.21%	42.83%	13.96%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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