



# MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	84	8.82	51.24	6.72	275.10
	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)	90	0.63	10.89	0.36	43.88
	Peanut Butter (g)	17	5.30	1.11	8.50	101.57
	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)	147	40.43	0.00	4.41	201.39
	Pasta or Brown Rice (g)	42	4.62	29.40	0.84	128.94
	Green Vegetables (g)	84	4.37	11.76	0.00	58.63
<b>Meal 3</b>	Chicken or Tuna (g)	147	40.43	0.00	4.41	201.39
	Pasta or Brown Rice (g)	42	4.62	29.40	0.84	128.94
	Green Vegetables (g)	84	4.37	11.76	0.00	58.63
<b>Meal 4</b>	Chicken or Tuna (g)	147	40.43	0.00	4.41	201.39
	Pasta or Brown Rice (g)	42	4.62	29.40	0.84	128.94
	Green Vegetables (g)	84	4.37	11.76	0.00	58.63
<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 5</b>	Red Meat (g)	210	36.96	0.00	21.00	336.84
	Pasta or Brown Rice (g)	42	4.62	29.40	0.84	128.94
	Green Vegetables (g)	84	4.37	11.76	0.00	58.63
<b>Meal 6</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	17	5.30	1.11	8.50	101.57
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>325.137</b>	<b>311.255</b>	<b>87.245</b>	<b>3175.15</b>
<b>Ratio</b>			<b>44.93%</b>	<b>43.01%</b>	<b>12.06%</b>	



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