



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)	48	5.28	33.60	0.96	147.36
	Green Vegetables (g)	96	4.99	13.44	0.00	67.01
Meal 3	Chicken or Tuna (g)	168	46.20	0.00	5.04	230.16
	Pasta or Brown Rice (g)	48	5.28	33.60	0.96	147.36
	Green Vegetables (g)	96	4.99	13.44	0.00	67.01
Meal 4	Chicken or Tuna (g)	168	46.20	0.00	5.04	230.16
	Pasta or Brown Rice (g)	48	5.28	33.60	0.96	147.36
	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 5	Red Meat (g)	240	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	4.99	13.44	0.00	67.01
Meal 6	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			354.208	343.695	96.615	3489.3
Ratio			44.58%	43.26%	12.16%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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