



MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	100	10.50	61.00	8.00	327.50
	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)	175	48.13	0.00	5.25	239.75
	Pasta or Brown Rice (g)	50	5.50	35.00	1.00	153.50
	Green Vegetables (g)	100	5.20	14.00	0.00	69.80
Meal 3	Chicken or Tuna (g)	175	48.13	0.00	5.25	239.75
	Pasta or Brown Rice (g)	50	5.50	35.00	1.00	153.50
	Green Vegetables (g)	100	5.20	14.00	0.00	69.80
Meal 4	Chicken or Tuna (g)	175	48.13	0.00	5.25	239.75
	Pasta or Brown Rice (g)	50	5.50	35.00	1.00	153.50
	Green Vegetables (g)	100	5.20	14.00	0.00	69.80
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)	250	44.00	0.00	25.00	401.00
	Pasta or Brown Rice (g)	50	5.50	35.00	1.00	153.50
	Green Vegetables (g)	100	5.20	14.00	0.00	69.80
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			363.875	353.975	98.725	3582.94
Ratio			44.56%	43.35%	12.09%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING
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