



MUSCLECOACH

PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	112	11.76	68.32	8.96	366.80
	Banana	2	2.00	54.00	0.00	197.00
	Whole Eggs	4	26.00	2.00	20.00	291.00
	Milk (mls)	200	6.60	10.00	7.20	126.20
	Mass Gainer Powder (g)	120	50.40	50.40	6.00	432.00
	Frozen Berries (g)	120	0.84	14.52	0.48	58.50
	Peanut Butter (g)	23	5.30	1.50	11.50	129.93
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
Snack	Mass Gainer Powder (g)	120	50.40	50.40	6.00	432.00
	Almonds (g)	35	6.88	1.61	19.13	205.34
Meal 2	Chicken or Tuna (g)	196	53.90	0.00	5.88	268.52
	Pasta or Brown Rice (g)	56	6.16	39.20	1.12	171.92
	Green Vegetables (g)	112	5.82	15.68	0.00	78.18
Snack	Mass Gainer Powder (g)	120	50.40	50.40	6.00	432.00
	Almonds (g)	35	6.88	1.61	19.13	205.34
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	Mass Gainer Powder (g)	120	50.40	50.40	6.00	432.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Meal 3	Red Meat (g)	280	49.28	0.00	28.00	449.12
	Pasta or Brown Rice (g)	56	6.16	39.20	1.12	171.92
	Green Vegetables (g)	112	5.82	15.68	0.00	78.18
Before Bed	Protein Powder (g)	40	36.00	1.50	1.50	162.75
	Peanut Butter (g)	23	5.30	1.50	11.50	129.93
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			439.11	468.31	159.52	4831.22
Ratio			41.16%	43.89%	14.95%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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