



MUSCLECOACH

PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	80	8.40	48.80	6.40	262.00
	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
	Mass Gainer Powder (g)	80	33.60	33.60	4.00	288.00
	Frozen Berries (g)	80	0.56	9.68	0.32	39.00
	Peanut Butter (g)	16	5.30	1.04	8.00	96.84
	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)	80	33.60	33.60	4.00	288.00
	Almonds (g)	25	4.92	1.15	13.67	146.67
Meal 2	Chicken or Tuna (g)	140	38.50	0.00	4.20	191.80
	Pasta or Brown Rice (g)	40	4.40	28.00	0.80	122.8
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
Snack	Mass Gainer Powder (g)	80	33.60	33.60	4.00	288.00
	Almonds (g)	25	4.92	1.15	13.67	146.67
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)	80	33.60	33.60	4.00	288.00
	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)	200	35.20	0.00	20.00	320.8
	Pasta or Brown Rice (g)	40	4.40	28.00	0.80	122.80
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	16	5.30	1.04	8.00	96.84
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			311.51	315.69	115.18	3387.51
Ratio			41.96%	42.52%	15.51%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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