



# MUSCLECOACH

## PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	88	9.24	53.68	7.04	288.20
	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)	90	37.80	37.80	4.50	324.00
	Frozen Berries (g)	90	0.63	10.89	0.36	43.88
	Peanut Butter (g)	18	5.30	1.17	9.00	106.30
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
<b>Snack</b>	Mass Gainer Powder (g)	90	37.80	37.80	4.50	324.00
	Almonds (g)	30	5.90	1.38	16.40	176.00
<b>Meal 2</b>	Chicken or Tuna (g)	154	42.35	0.00	4.62	210.98
	Pasta or Brown Rice (g)	44	4.84	30.80	0.88	135.08
	Green Vegetables (g)	88	4.58	12.32	0.00	61.42
<b>Snack</b>	Mass Gainer Powder (g)	90	37.80	37.80	4.50	324.00
	Almonds (g)	30	5.90	1.38	16.40	176.00
<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>	Mass Gainer Powder (g)	90	37.80	37.80	4.50	324.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Meal 3</b>	Red Meat (g)	220	38.72	0.00	22.00	352.88
	Pasta or Brown Rice (g)	44	4.84	30.80	0.88	135.08
	Green Vegetables (g)	88	4.58	12.32	0.00	61.42
<b>Before Bed</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	18	5.30	1.17	9.00	106.30
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>340.27</b>	<b>347.14</b>	<b>127.90</b>	<b>3727.15</b>
<b>Ratio</b>			<b>41.74%</b>	<b>42.58%</b>	<b>15.69%</b>	



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

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