



MUSCLECOACH

PERSONALISED DIET PLAN

| | | QTY | Protein | Carbs | Fats | Calories |
|-------------------------|---------------------------|-----|---------------|---------------|---------------|----------------|
| Meal 1 (Blender) | Oats (g) | 116 | 12.18 | 70.76 | 9.28 | 379.90 |
| | 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) | 24 | 5.30 | 1.56 | 12.00 | 134.66 |
| | 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) | 203 | 55.83 | 0.00 | 6.09 | 278.11 |
| | Pasta or Brown Rice (g) | 58 | 6.38 | 40.60 | 1.16 | 178.06 |
| | Green Vegetables (g) | 116 | 6.03 | 16.24 | 0.00 | 80.97 |
| 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) | 290 | 51.04 | 0.00 | 29.00 | 465.16 |
| | Pasta or Brown Rice (g) | 58 | 6.38 | 40.60 | 1.16 | 178.06 |
| | Green Vegetables (g) | 116 | 6.03 | 16.24 | 0.00 | 80.97 |
| Before Bed | Protein Powder (g) | 40 | 36.00 | 1.50 | 1.50 | 162.75 |
| | Peanut Butter (g) | 24 | 5.30 | 1.56 | 12.00 | 134.66 |
| | Glutamine (g) | 5 | 0.00 | 0.00 | 0.00 | 0.00 |
| Total | | | 444.07 | 474.80 | 162.13 | 4897.27 |
| Ratio | | | 41.08% | 43.92% | 15.00% | |



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

Like us @ www.facebook.com/MuscleCoachCooparoo

OR Text LIKE MUSCLECOACHCOOPAROO to 32665