



# MUSCLECOACH

## PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	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
<b>Meal 2</b>	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
<b>Snack</b>	Mass Gainer Powder (g)	120	50.40	50.40	6.00	432.00
	Almonds (g)	35	6.88	1.61	19.13	205.34
<b>Meal 3</b>	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
<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)	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
<b>Meal 4</b>	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
<b>Before Bed</b>	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
<b>Total</b>			<b>447.71</b>	<b>471.18</b>	<b>141.39</b>	<b>4712.5</b>
<b>Ratio</b>			<b>42.23%</b>	<b>44.44%</b>	<b>13.34%</b>	



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

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