



MUSCLECOACH

PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	72	7.56	43.92	5.76	235.80
	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)	15	5.30	0.98	7.50	92.11
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
Meal 2	Chicken or Tuna (g)	126	34.65	0.00	3.78	172.62
	Pasta or Brown Rice (g)	36	3.96	25.20	0.72	110.52
	Green Vegetables (g)	72	3.74	10.08	0.00	50.26
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 3	Chicken or Tuna (g)	126	34.65	0.00	3.78	172.62
	Pasta or Brown Rice (g)	36	3.96	25.20	0.72	110.52
	Green Vegetables (g)	72	3.74	10.08	0.00	50.26
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 4	Red Meat (g)	180	31.68	0.00	18.00	288.72
	Pasta or Brown Rice (g)	36	3.96	25.20	0.72	110.52
	Green Vegetables (g)	72	3.74	10.08	0.00	50.26
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	15	5.30	0.98	7.50	92.11
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			305.43	303.37	97.79	3163.6
Ratio			43.23%	42.93%	13.84%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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