



MUSCLECOACH

PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	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
Meal 2	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
Snack	Mass Gainer Powder (g)	90	37.80	37.80	4.50	324.00
	Almonds (g)	30	5.90	1.38	16.40	176.00
Meal 3	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
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)	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
Meal 4	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
Before Bed	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
Total			348.34	351.08	112.50	3634.63
Ratio			42.90%	43.24%	13.86%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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