



# MUSCLECOACH

## PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	104	10.92	63.44	8.32	340.60
	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)	110	46.20	46.20	5.50	396.00
	Frozen Berries (g)	110	0.77	13.31	0.44	53.63
	Peanut Butter (g)	21	5.30	1.37	10.50	120.48
	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)	182	50.05	0.00	5.46	249.34
	Pasta or Brown Rice (g)	52	5.72	36.40	1.04	159.64
	Green Vegetables (g)	104	5.41	14.56	0.00	72.59
<b>Snack</b>	Mass Gainer Powder (g)	110	46.20	46.20	5.50	396.00
	Almonds (g)	35	6.88	1.61	19.13	205.34
<b>Meal 3</b>	Chicken or Tuna (g)	182	50.05	0.00	5.46	249.34
	Pasta or Brown Rice (g)	52	5.72	36.40	1.04	159.64
	Green Vegetables (g)	104	5.41	14.56	0.00	72.59
<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)	110	46.20	46.20	5.50	396.00
	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)	260	45.76	0.00	26.00	417.04
	Pasta or Brown Rice (g)	52	5.72	36.40	1.04	159.64
	Green Vegetables (g)	104	5.41	14.56	0.00	72.59
<b>Before Bed</b>	Protein Powder (g)	40	36.00	1.50	1.50	162.75
	Peanut Butter (g)	21	5.30	1.37	10.50	120.48
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>420.42</b>	<b>440.47</b>	<b>134.13</b>	<b>4430.48</b>
<b>Ratio</b>			<b>42.25%</b>	<b>44.27%</b>	<b>13.48%</b>	



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

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