



# MUSCLECOACH

## PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	64	6.72	39.04	5.12	209.60
	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	2	13.00	1.00	10.00	145.50
	Milk (mls)	200	6.60	10.00	7.20	126.20
	Mass Gainer Powder (g)	70	29.40	29.40	3.50	252.00
	Frozen Berries (g)	70	0.49	8.47	0.28	34.13
	Peanut Butter (g)	13	5.30	0.85	6.50	82.66
	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)	112	30.80	0.00	3.36	153.44
	Pasta or Brown Rice (g)	32	3.52	22.40	0.64	98.24
	Green Vegetables (g)	64	3.33	8.96	0.00	44.67
<b>Snack</b>	Mass Gainer Powder (g)	70	29.40	29.40	3.50	252.00
	Almonds (g)	20	3.93	0.92	10.93	117.34
<b>Meal 3</b>	Chicken or Tuna (g)	112	30.80	0.00	3.36	153.44
	Pasta or Brown Rice (g)	32	3.52	22.40	0.64	98.24
	Green Vegetables (g)	64	3.33	8.96	0.00	44.67
<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)	70	29.40	29.40	3.50	252.00
	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)	160	28.16	0.00	16.00	256.64
	Pasta or Brown Rice (g)	32	3.52	22.40	0.64	98.24
	Green Vegetables (g)	64	3.33	8.96	0.00	44.67
<b>Before Bed</b>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Peanut Butter (g)	13	5.30	0.85	6.50	82.66
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>261.65</b>	<b>271.55</b>	<b>82.42</b>	<b>2738.81</b>
<b>Ratio</b>			<b>42.50%</b>	<b>44.11%</b>	<b>13.39%</b>	



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

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