



MUSCLECOACH

PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	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
Meal 2	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
Meal 3	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
Meal 4	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
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)	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
Meal 5	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
Meal 6	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
Total			428.51	443.62	116.00	4310.72
Ratio			43.37%	44.89%	11.74%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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