



MUSCLECOACH

PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	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
Meal 2	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
Meal 3	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
Meal 4	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
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)	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
Meal 5	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
Meal 6	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
Total			265.96	272.59	71.99	2665.82
Ratio			43.56%	44.65%	11.79%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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