



MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	70	7.35	42.70	5.60	229.25
2 Hrs Before Workout	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	2	13.00	1.00	10.00	145.50
	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Frozen Berries (g)	90	0.63	10.89	0.36	43.88
	Water (mls)	250	0.00	0.00	0.00	0.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
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	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Carbohydrate Powder (g)	50	0.00	50.00	0.00	175.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Meal 2	Chicken or Tuna (g)	180	49.50	0.00	5.40	246.60
45 Mins After Workout	Pasta (g)	130	15.60	96.20	1.98	416.88
	Vegetables (g)	90	4.68	12.60	0.00	62.82
	Pasta Sauce (low fat) (g)	210	4.20	21.67	1.26	103.99
Meal 3	Red Meat (g)	210	36.96	0.00	21.00	336.84
2 Hrs After Workout	Vegetables (g)	90	4.68	12.60	0.00	62.82
	Butter or Oil (g)	20	0.00	0.00	20.00	180.00
4 Hrs After Workout	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	17	5.30	1.11	8.50	101.57
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	Total		226.70	279.54	77.47	2582.44
	Ratio		38.84%	47.89%	13.27%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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