



# MUSCLECOACH

## PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	40	4.20	24.40	3.20	131.00
<b>2 Hrs Before Workout</b>	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	1	6.50	0.50	5.00	72.75
	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Frozen Berries (g)	50	0.35	6.05	0.20	24.38
	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
<b>Pre-Workout</b>	Pre-Workout (g) - Approx.	10	2.80	0.40	0.00	12.6
	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>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Carbohydrate Powder (g)	30	0.00	30.00	0.00	105
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0
<b>Meal 2</b>	Chicken or Tuna (g)	95	26.13	0.00	2.85	130.15
<b>45 Mins After Workout</b>	Pasta (g)	70	8.40	51.80	1.06	224.48
	Vegetables (g)	50	2.60	7.00	0.00	34.9
	Pasta Sauce (low fat) (g)	110	2.20	11.35	0.66	54.47
<b>Meal 3</b>	Red Meat (g)	110	19.36	0.00	11.00	176.44
<b>2 Hrs After Workout</b>	Vegetables (g)	50	2.60	7.00	0.00	34.90
	Butter or Oil (g)	10	0.00	0.00	10.00	90
<b>4 Hrs After Workout</b>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Peanut Butter (g)	9	5.30	0.59	4.50	63.75
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	<b>Total</b>		<b>135.44</b>	<b>168.34</b>	<b>40.72</b>	<b>1497.44</b>
	<b>Ratio</b>		<b>39.31%</b>	<b>48.86%</b>	<b>11.82%</b>	



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

Like us @ [www.facebook.com/MuscleCoachCooparoo](http://www.facebook.com/MuscleCoachCooparoo)

OR Text LIKE MUSCLECOACHCOORPAROO to 32665