



# MUSCLECOACH

## PERSONALISED DIET PLAN

|                              |                           | QTY | Protein       | Carbs         | Fats          | Calories       |
|------------------------------|---------------------------|-----|---------------|---------------|---------------|----------------|
| <b>Meal 1 (Blender)</b>      | Oats (g)                  | 50  | 5.25          | 30.50         | 4.00          | 163.75         |
| <b>2 Hrs Before Workout</b>  | Banana                    | 1   | 1.00          | 27.00         | 0.00          | 98.50          |
|                              | Whole Eggs                | 2   | 13.00         | 1.00          | 10.00         | 145.50         |
|                              | Protein Powder (g)        | 20  | 18.00         | 0.75          | 0.75          | 81.38          |
|                              | Frozen Berries (g)        | 60  | 0.42          | 7.26          | 0.24          | 29.25          |
|                              | 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)       | 115 | 31.63         | 0.00          | 3.45          | 157.55         |
| <b>45 Mins After Workout</b> | Pasta (g)                 | 80  | 9.60          | 59.20         | 1.22          | 256.54         |
|                              | Vegetables (g)            | 60  | 3.12          | 8.40          | 0.00          | 41.88          |
|                              | Pasta Sauce (low fat) (g) | 130 | 2.60          | 13.42         | 0.78          | 64.38          |
| <b>Meal 3</b>                | Red Meat (g)              | 130 | 22.88         | 0.00          | 13.00         | 208.52         |
| <b>2 Hrs After Workout</b>   | Vegetables (g)            | 60  | 3.12          | 8.40          | 0.00          | 41.88          |
|                              | Butter or Oil (g)         | 15  | 0.00          | 0.00          | 15.00         | 135            |
| <b>4 Hrs After Workout</b>   | Protein Powder (g)        | 20  | 18.00         | 0.75          | 0.75          | 81.38          |
|                              | Peanut Butter (g)         | 11  | 5.30          | 0.72          | 5.50          | 73.20          |
|                              | Glutamine (g)             | 5   | 0.00          | 0.00          | 0.00          | 0.00           |
|                              | <b>Total</b>              |     | <b>154.72</b> | <b>188.54</b> | <b>55.44</b>  | <b>1777.68</b> |
|                              | <b>Ratio</b>              |     | <b>38.81%</b> | <b>47.29%</b> | <b>13.90%</b> |                |



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

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