



# 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	0.00
<b>Pre-Workout</b>	Pre-Workout (g) - Approx.	10	2.80	0.40	0.00	12.60
	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	105.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<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	135.00
<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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