



MUSCLECOACH

PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	60	6.30	36.60	4.80	196.50
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)	70	0.49	8.47	0.28	34.13
	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
Pre-Workout	Pre-Workout (g) - Approx.	10	2.80	0.40	0.00	12.6
	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)	40	0.00	40.00	0.00	140
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0
Meal 2	Chicken or Tuna (g)	150	41.25	0.00	4.50	205.50
45 Mins After Workout	Pasta (g)	110	13.20	81.40	1.67	352.75
	Vegetables (g)	70	3.64	9.80	0.00	48.86
	Pasta Sauce (low fat) (g)	170	3.40	17.54	1.02	84.18
Meal 3	Red Meat (g)	170	29.92	0.00	17.00	272.68
2 Hrs After Workout	Vegetables (g)	70	3.64	9.80	0.00	48.86
	Butter or Oil (g)	15	0.00	0.00	15.00	135
4 Hrs After Workout	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	14	5.30	0.91	7.00	87.39
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	Total		204.94	236.30	64.65	2228.63
	Ratio		40.51%	46.71%	12.78%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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