



# MUSCLECOACH

## PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	60	6.30	36.60	4.80	196.50
<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)	30	27.00	1.13	1.13	122.06
	Frozen Berries (g)	80	0.56	9.68	0.32	39.00
	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)	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
<b>Meal 2</b>	Chicken or Tuna (g)	160	44.00	0.00	4.80	219.20
<b>45 Mins After Workout</b>	Pasta (g)	110	13.20	81.40	1.67	352.75
	Vegetables (g)	80	4.16	11.20	0.00	55.84
	Pasta Sauce (low fat) (g)	180	3.60	18.58	1.08	89.14
<b>Meal 3</b>	Red Meat (g)	180	31.68	0.00	18.00	288.72
<b>2 Hrs After Workout</b>	Vegetables (g)	80	4.16	11.20	0.00	55.84
	Butter or Oil (g)	15	0.00	0.00	15.00	135
<b>4 Hrs After Workout</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	15	5.30	0.98	7.50	92.11
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	<b>Total</b>		<b>210.76</b>	<b>241.41</b>	<b>66.55</b>	<b>2286.88</b>
	<b>Ratio</b>		<b>40.63%</b>	<b>46.54%</b>	<b>12.83%</b>	



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

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