



# 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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