



MUSCLECOACH

PERSONALISED DIET PLAN

| | | QTY | Protein | Carbs | Fats | Calories |
|------------------------------|---------------------------|-----|---------------|---------------|---------------|----------------|
| Meal 1 (Blender) | Oats (g) | 40 | 4.20 | 24.40 | 3.20 | 131.00 |
| 2 Hrs Before Workout | Banana | 1 | 1.00 | 27.00 | 0.00 | 98.50 |
| | Whole Eggs | 1 | 6.50 | 0.50 | 5.00 | 72.75 |
| | Protein Powder (g) | 20 | 18.00 | 0.75 | 0.75 | 81.38 |
| | Frozen Berries (g) | 40 | 0.28 | 4.84 | 0.16 | 19.50 |
| | 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) | 20 | 18.00 | 0.75 | 0.75 | 81.38 |
| | Carbohydrate Powder (g) | 20 | 0.00 | 20.00 | 0.00 | 70 |
| | 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) | 85 | 23.38 | 0.00 | 2.55 | 116.45 |
| 45 Mins After Workout | Pasta (g) | 60 | 7.20 | 44.40 | 0.91 | 192.41 |
| | Vegetables (g) | 40 | 2.08 | 5.60 | 0.00 | 27.92 |
| | Pasta Sauce (low fat) (g) | 100 | 2.00 | 10.32 | 0.60 | 49.52 |
| Meal 3 | Red Meat (g) | 100 | 17.60 | 0.00 | 10.00 | 160.4 |
| 2 Hrs After Workout | Vegetables (g) | 40 | 2.08 | 5.60 | 0.00 | 27.92 |
| | Butter or Oil (g) | 10 | 0.00 | 0.00 | 10.00 | 90 |
| 4 Hrs After Workout | Protein Powder (g) | 20 | 18.00 | 0.75 | 0.75 | 81.38 |
| | Peanut Butter (g) | 8 | 5.30 | 0.52 | 4.00 | 59.02 |
| | Glutamine (g) | 5 | 0.00 | 0.00 | 0.00 | 0.00 |
| | Total | | 128.42 | 145.83 | 38.67 | 1372.11 |
| | Ratio | | 41.04% | 46.60% | 12.36% | |



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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