

# MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Omelette)</b>	Whole Eggs (large)	5	32.50	2.50	25.00	363.75
	Egg Whites (large)	3	10.80	0.75	0.15	47.18
	Mushrooms (g)	60	2.04	0.24	0.24	11.16
	Red Capsicum (g)	60	2.16	5.04	0.24	28.44
	Red Onion (g)	45	0.79	2.03	0.00	10.24
	Avacado (whole)	0.75	2.25	9.60	16.50	191.10
	Banana	2	2.00	54.00	0.00	197.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
	Fish Oil (High EPA/DHA)	4	0.00	0.00	4.00	36.00
<b>Snack</b>	Protein Powder (g)	40	36.00	1.50	1.50	162.75
	Almonds (g)	35	6.88	1.61	19.13	205.34
	Fish Oil (High EPA/DHA)	4	0.00	0.00	4.00	36.00
<b>Meal 2</b>	Chicken or Turkey (g)	200	46.00	0.00	5.60	234.40
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	120	0.96	6.00	0.12	25.92
	Cucumber (g)	170	0.68	3.63	0.23	17.45
	Celery (g)	120	0.72	1.44	0.12	9.00
	Almonds (g)	25	4.92	1.15	13.67	146.67
	Fish Oil (High EPA/DHA)	4	0.00	0.00	4.00	36.00
<b>Snack</b>	Protein Powder (g)	40	36.00	1.50	1.50	162.75
	Almonds (g)	35	6.88	1.61	19.13	205.34
	Fish Oil (High EPA/DHA)	4	0.00	0.00	4.00	36.00
<b>Pre-Workout</b>	Pre-Workout No Stim (g) - Apprc	10	2.80	0.40	0.00	12.60
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Apple	1	0.30	14.10	0.20	52.35
<b>During Workout</b>	BCAA's (g)	10	0.00	0.00	0.00	0.00
<b>Post-Workout</b>	Protein Powder (g)	40	36.00	1.50	1.50	162.75
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	Banana	2	2.00	54.00	0.00	197.00
<b>Meal 3</b>	Red Meat (g)	280	49.28	0.00	28.00	449.12
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	120	0.96	6.00	0.12	25.92
	Cucumber (g)	170	0.68	3.63	0.23	17.45
	Celery (g)	120	0.72	1.44	0.12	9.00
<b>Before Bed</b>	Protein Powder (g)	40	36.00	1.50	1.50	162.75
	Almonds (g)	35	6.88	1.61	19.13	205.34
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>329.00</b>	<b>183.97</b>	<b>170.22</b>	<b>3491.86</b>
<b>Ratio</b>			<b>48.16%</b>	<b>26.93%</b>	<b>24.92%</b>	



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

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