

# MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Omelette)</b>	Whole Eggs (large)	2	13.00	1.00	10.00	145.50
	Egg Whites (large)	3	10.80	0.75	0.15	47.18
	Mushrooms (g)	35	1.19	0.14	0.14	6.51
	Red Capsicum (g)	35	1.26	2.94	0.14	16.59
	Red Onion (g)	30	0.53	1.35	0.00	6.83
	Avacado (whole)	0.5	1.50	6.40	11.00	127.40
	Carnitine (g)	3	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
	Fish Oil (High EPA/DHA)	2	0.00	0.00	2.00	18.00
	Green Tea Extract (caps)	2	0.00	0.00	0.00	0.00
<b>Snack</b>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Cashews (g)	15	2.95	0.69	8.20	88.00
	Almonds (g)	15	2.95	0.69	8.20	88.00
	Fish Oil (High EPA/DHA)	2	0.00	0.00	2.00	18.00
<b>Meal 2</b>	Chicken or Turkey (g)	100	23.00	0.00	2.80	117.20
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	70	0.56	3.50	0.07	15.12
	Cucumber (g)	100	0.40	2.13	0.13	10.27
	Celery (g)	70	0.42	0.84	0.07	5.25
		Almonds (g)	15	2.95	0.69	8.20
	Fish Oil (High EPA/DHA)	2	0.00	0.00	2.00	18.00
<b>Snack</b>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Cashews (g)	15	2.95	0.69	8.20	88.00
	Almonds (g)	15	2.95	0.69	8.20	88.00
	Fish Oil (High EPA/DHA)	2	0.00	0.00	2.00	18.00
<b>Pre-Workout</b>	Fat Burner (g) - Approx.	10	2.80	0.40	0.00	12.60
	Carnitine (g)	5	0.00	0.00	0.00	0.00
	Green Tea Extract (caps)	2	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)	20	18.00	0.75	0.75	81.38
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Meal 3</b>	Red Meat (g)	160	28.16	0.00	16.00	256.64
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	70	0.56	3.50	0.07	15.12
	Cucumber (g)	100	0.40	2.13	0.13	10.27
	Celery (g)	70	0.42	0.84	0.07	5.25
<b>Before Bed</b>	Protein Powder (g)	20	18	0.75	0.75	81.38
	Glutamine (g)	5	0	0	0	0
<b>Total</b>			<b>172.94</b>	<b>37.18</b>	<b>92.97</b>	<b>1658.62</b>
<b>Ratio</b>			<b>57.06%</b>	<b>12.27%</b>	<b>30.67%</b>	



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

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