

MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Omelette)	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)	55	1.87	0.22	0.22	10.23
	Red Capsicum (g)	55	1.98	4.62	0.22	26.07
	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
Snack	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
Meal 2	Chicken or Turkey (g)	185	42.55	0.00	5.18	216.82
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	110	0.88	5.50	0.11	23.76
	Cucumber (g)	160	0.64	3.41	0.21	16.43
	Celery (g)	110	0.66	1.32	0.11	8.25
	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
Snack	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
Pre-Workout	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
During Workout	BCAA's (g)	10	0.00	0.00	0.00	0.00
Post-Workout	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
Meal 3	Red Meat (g)	260	45.76	0.00	26.00	417.04
	Tomato (whole)	1.5	0.90	3.60	0.15	17.55
	Carrot (g)	110	0.88	5.50	0.11	23.76
	Cucumber (g)	160	0.64	3.41	0.21	16.43
	Celery (g)	110	0.66	1.32	0.11	8.25
Before Bed	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
Total			321.32	181.86	167.69	3431.03
Ratio			47.90%	27.11%	25.00%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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