

# MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Omelette)</b>	Whole Eggs (large)	3	19.50	1.50	15.00	218.25
	Egg Whites (large)	5	18.00	1.25	0.25	78.63
	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
	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)	4	0.00	0.00	4.00	36.00
	Green Tea Extract (caps)	2	0.00	0.00	0.00	0.00
<b>Meal 2</b>	Chicken or Turkey (g)	170	39.10	0.00	4.76	199.24
	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
	Cashews (g)	25	4.92	1.15	13.67	146.67
	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>Meal 3</b>	Chicken or Turkey (g)	170	39.10	0.00	4.76	199.24
	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>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)	40	36.00	1.50	1.50	162.75
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Meal 4</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
	Glutamine (g)	5	0.00	0.00	0.00	0
<b>Total</b>			<b>312.4575</b>	<b>73.155</b>	<b>146.76</b>	<b>2826.71</b>
<b>Ratio</b>			<b>58.69%</b>	<b>13.74%</b>	<b>27.57%</b>	



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

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