

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)	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	
Meal 2	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	
	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 3	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	
	Pre-Workout	Pre-Workout No Stim (g) - Approx.	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 4	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	
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			340.2895	196.675	169.472	3574.77	
Ratio			48.17%	27.84%	23.99%		



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING
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