



MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Omelette)	Whole Eggs (large)	4	26.00	2.00	20.00	291.00
	Egg Whites (large)	2	7.20	0.50	0.10	31.45
	Mushrooms (g)	45	1.53	0.18	0.18	8.37
	Red Capsicum (g)	45	1.62	3.78	0.18	21.33
	Red Onion (g)	40	0.70	1.80	0.00	9.10
	Avacado (whole)	0.5	1.50	6.40	11.00	127.40
	Banana	1	1.00	27.00	0.00	98.50
	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)	3	0.00	0.00	3.00	27.00
Meal 2	Chicken or Turkey (g)	155	35.65	0.00	4.34	181.66
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	90	0.72	4.50	0.09	19.44
	Cucumber (g)	140	0.56	2.99	0.19	14.37
	Celery (g)	90	0.54	1.08	0.09	6.75
	Almonds (g)	20	3.93	0.92	10.93	117.34
	Fish Oil (High EPA/DHA)	3	0.00	0.00	3.00	27.00
	Snack	Protein Powder (g)	30	27.00	1.13	1.13
	Almonds (g)	30	5.90	1.38	16.40	176.00
	Fish Oil (High EPA/DHA)	3	0.00	0.00	3.00	27.00
Meal 3	Chicken or Turkey (g)	155	35.65	0.00	4.34	181.66
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	90	0.72	4.50	0.09	19.44
	Cucumber (g)	140	0.56	2.99	0.19	14.37
	Celery (g)	90	0.54	1.08	0.09	6.75
	Almonds (g)	20	3.93	0.92	10.93	117.34
	Fish Oil (High EPA/DHA)	3	0.00	0.00	3.00	27.00
	Pre-Workout	Pre-Workout No Stim (g) - Approx.	10	2.80	0.40	0.00
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)	30	27.00	1.13	1.13	122.06
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	Banana	1	1.00	27.00	0.00	98.50
Meal 4	Red Meat (g)	220	38.72	0.00	22.00	352.88
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	90	0.72	4.50	0.09	19.44
	Cucumber (g)	140	0.56	2.99	0.19	14.37
	Celery (g)	90	0.54	1.08	0.09	6.75
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	30	5.9	1.38	16.4	176
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			261.59	124.035	133.775	2684.46
Ratio			50.36%	23.88%	25.76%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING
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