



# MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories	
<b>Meal 1 (Omelette)</b>	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	
<b>Meal 2</b>	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	
	<b>Snack</b>	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	
<b>Meal 3</b>	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	
	<b>Pre-Workout</b>	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	
<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	
	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	
<b>Meal 4</b>	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	
<b>Before Bed</b>	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	
<b>Total</b>			<b>328.9795</b>	<b>193.735</b>	<b>166.492</b>	<b>3492.42</b>	
<b>Ratio</b>			<b>47.73%</b>	<b>28.11%</b>	<b>24.16%</b>		



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