

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) | 50 | 0.88 | 2.25 | 0.00 | 11.38 | |
| | 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) | 205 | 47.15 | 0.00 | 5.74 | 240.26 | |
| | 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) | 180 | 0.72 | 3.84 | 0.24 | 18.48 | |
| | 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) | 205 | 47.15 | 0.00 | 5.74 | 240.26 |
| | 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) | 180 | 0.72 | 3.84 | 0.24 | 18.48 | |
| | 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) | 290 | 51.04 | 0.00 | 29.00 | 465.16 | |
| | 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) | 180 | 0.72 | 3.84 | 0.24 | 18.48 | |
| | 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 | | | 344.557 | 197.54 | 170.792 | 3606.75 | |
| Ratio | | | 48.33% | 27.71% | 23.96% | | |



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING
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