

MUSCLECOACH PERSONALISED DIET PLAN

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Omelette)	Whole Eggs (large)	3	19.50	1.50	15.00	218.25
	Egg Whites (large)	2	7.20	0.50	0.10	31.45
	Mushrooms (g)	35	1.19	0.14	0.14	6.51
	Red Capsicum (g)	35	1.26	2.94	0.14	16.59
	Red Onion (g)	30	0.53	1.35	0.00	6.83
	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)	2	0.00	0.00	2.00	18.00
Meal 2	Chicken or Turkey (g)	115	26.45	0.00	3.22	134.78
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	70	0.56	3.50	0.07	15.12
	Cucumber (g)	100	0.40	2.13	0.13	10.27
	Celery (g)	70	0.42	0.84	0.07	5.25
	Almonds (g)	15	2.95	0.69	8.20	88.00
	Fish Oil (High EPA/DHA)	2	0.00	0.00	2.00	18.00
	Snack	Protein Powder (g)	20	18.00	0.75	0.75
	Almonds (g)	20	3.93	0.92	10.93	117.34
	Fish Oil (High EPA/DHA)	2	0.00	0.00	2.00	18.00
Meal 3	Chicken or Turkey (g)	115	26.45	0.00	3.22	134.78
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	70	0.56	3.50	0.07	15.12
	Cucumber (g)	100	0.40	2.13	0.13	10.27
	Celery (g)	70	0.42	0.84	0.07	5.25
	Almonds (g)	15	2.95	0.69	8.20	88.00
	Fish Oil (High EPA/DHA)	2	0.00	0.00	2.00	18.00
	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)	20	18.00	0.75	0.75	81.38
	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)	160	28.16	0.00	16.00	256.64
	Tomato (whole)	1	0.60	2.40	0.10	11.70
	Carrot (g)	70	0.56	3.50	0.07	15.12
	Cucumber (g)	100	0.40	2.13	0.13	10.27
	Celery (g)	70	0.42	0.84	0.07	5.25
Before Bed	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Almonds (g)	20	3.93	0.92	10.93	117.34
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			191.037	113.42	98.652	2048.99
Ratio			47.39%	28.14%	24.47%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING
Like us @ www.facebook.com/MuscleCoachCooparoo

OR Text LIKE MUSCLECOACHCOOPAROO to 32665