



# MUSCLECOACH PERSONALISED DIET PLAN

|                          |                                   | QTY                   | Protein       | Carbs         | Fats          | Calories    |
|--------------------------|-----------------------------------|-----------------------|---------------|---------------|---------------|-------------|
| <b>Meal 1 (Omelette)</b> | Whole Eggs (large)                | 5                     | 32.50         | 2.50          | 25.00         | 364.00      |
|                          | Egg Whites (large)                | 3                     | 10.80         | 0.75          | 0.15          | 47.00       |
|                          | Mushrooms (g)                     | 55                    | 1.87          | 0.22          | 0.22          | 10.00       |
|                          | Red Capsicum (g)                  | 55                    | 1.98          | 4.62          | 0.22          | 26.00       |
|                          | Red Onion (g)                     | 45                    | 0.79          | 2.03          | 0.00          | 10.00       |
|                          | Avacado (whole)                   | 0.8                   | 2.25          | 9.60          | 16.50         | 191.00      |
|                          | 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          | 217.00      |
|                          | Tomato (whole)                    | 2                     | 0.90          | 3.60          | 0.15          | 18.00       |
|                          | Carrot (g)                        | 110                   | 0.88          | 5.50          | 0.11          | 24.00       |
|                          | Cucumber (g)                      | 160                   | 0.64          | 3.41          | 0.21          | 16.00       |
|                          | Celery (g)                        | 110                   | 0.66          | 1.32          | 0.11          | 8.00        |
|                          | Almonds (g)                       | 25                    | 4.92          | 1.15          | 13.67         | 147.00      |
|                          | 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        |
| Tomato (whole)           | 2                                 | 0.90                  | 3.60          | 0.15          | 18.00         |             |
| Carrot (g)               | 110                               | 0.88                  | 5.50          | 0.11          | 24.00         |             |
| Cucumber (g)             | 160                               | 0.64                  | 3.41          | 0.21          | 16.00         |             |
| Celery (g)               | 110                               | 0.66                  | 1.32          | 0.11          | 8.00          |             |
| Almonds (g)              | 25                                | 4.92                  | 1.15          | 13.67         | 147.00        |             |
| <b>Meal 4</b>            | Chicken or Turkey (g)             | 185                   | 42.55         | 0.00          | 5.18          | 217.00      |
|                          | Tomato (whole)                    | 2                     | 0.90          | 3.60          | 0.15          | 18.00       |
|                          | Carrot (g)                        | 110                   | 0.88          | 5.50          | 0.11          | 24.00       |
|                          | Cucumber (g)                      | 160                   | 0.64          | 3.41          | 0.21          | 16.00       |
|                          | Celery (g)                        | 110                   | 0.66          | 1.32          | 0.11          | 8.00        |
|                          | Almonds (g)                       | 25                    | 4.92          | 1.15          | 13.67         | 147.00      |
|                          | 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          | 13.00       |
|                          | Creatine (g)                      | 5                     | 0.00          | 0.00          | 0.00          | 0.00        |
|                          | Apple                             | 1                     | 0.30          | 14.10         | 0.20          | 52.00       |
| <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          | 163.00      |
|                          | 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 5</b>            | Red Meat (g)                      | 260                   | 45.76         | 0.00          | 26.00         | 417.00      |
|                          | Tomato (whole)                    | 2                     | 0.90          | 3.60          | 0.15          | 18.00       |
|                          | Carrot (g)                        | 110                   | 0.88          | 5.50          | 0.11          | 24.00       |
|                          | Cucumber (g)                      | 160                   | 0.64          | 3.41          | 0.21          | 16.00       |
|                          | Celery (g)                        | 110                   | 0.66          | 1.32          | 0.11          | 8.00        |
| <b>Before Bed</b>        | Protein Powder (g)                | 40                    | 36            | 1.5           | 1.5           | 163         |
|                          | Almonds (g)                       | 25                    | 4.92          | 1.15          | 13.67         | 147         |
|                          | Glutamine (g)                     | 5                     | 0             | 0             | 0             | 0           |
| <b>Total</b>             |                                   |                       | <b>334.68</b> | <b>205.15</b> | <b>155.82</b> | <b>3459</b> |
| <b>Ratio</b>             |                                   |                       | <b>48.11%</b> | <b>29.49%</b> | <b>22.40%</b> |             |



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

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