



SHRED AND BURN MEAL PLAN

DESIGNED BY GWEN FITZPATRICK
PERFORMANCE NUTRITIONIST (BSC (HONS), GRAD DIP, RNUTR)



CHOOSE ONE MEAL OPTION PER

PM Training session

AM Training session

MEAL ONE

KICK START YOUR DAY

- Green tea x1 cup.
- Ice cold water (500mL) with a slice of lemon.
- Optional: MUSASHI L-Carnitine** (1 tsp with 100mL water).

BREAKFAST (7.30-8.30am)

- Toast whole grain/rye x1-2 slices, topped with reduced salt vegemite or avocado.
- Optional:** hardboiled egg.
- Seasonal fruit salad (x1 cup) topped with Greek yoghurt (100g), x1 tsp of cinnamon or 1/2 tsp of honey.
- Homemade muesli: Rolled raw oats (x1-2 handfuls) and trail mix (x1 handful) topped with skim milk and a scoop of **MUSASHI Lean WPI Protein** or **MUSASHI Natural Protein**.

MEAL TWO

MID-MORNING SNACK (10.00-10.30am)

MUSASHI Shred & Burn Protein shake (mixed with water in a MUSASHI Shaker) with a snack from the below list.
Note: Only one Shred & Burn Protein shake per day.

- Almonds x2 handfuls
- Apple x1
- Selection of raw vegetables i.e. carrot, celery, broccoli
- Kiwi fruit x2
- Peach x1



MEAL THREE

LUNCH (12.30-1.00pm)

- Wholegrain or rye wrap filled with mixed salad and one of the following: chicken, egg or tuna.
- Optional:** Hummus or small layer of low fat mayonnaise.
- Large mixed green salad (as much as you like) topped with either: Hardboiled egg x1 Small tin tuna (spring water) Lean meat (chicken or turkey). *Recommended serving size for meat = size of your palm.*
- Optional:** sprinkle of olive oil and cracked pepper.
- Zucchini Muffins x2 (see recipe) alongside a large mixed salad or mixed steam vegetables.

MEAL FOUR

MID-AFTERNOON SNACK (3.00-3.30pm)

- **MUSASHI Shred & Burn Protein** shake mixed with water (optional now or 1 hour before exercise). **Note:** One shake per day.
- Selection of raw vegetables (broccoli, cauliflower, cucumber – sliced or cubed) dipped in cottage cheese or hummus (homemade).
- Mixed fruit salad (portion size of your own fist) with low fat Greek yogurt (x3 tbsp) and x1 scoop of protein powder (Lean WPI or Natural).

TRAINING SESSION (4.30pm-5.30pm)

Optional: MUSASHI Shred & Burn Protein shake mixed with water (45 mins before training).

Optional: MUSASHI L-Carnitine (20 mins before training) (x1 tsp with 100mL water).

MEAL FIVE

DINNER (7.00-8.00pm)

- Grilled salmon (size of your fist) and teriyaki chilli sauce (see recipe) with spinach, green beans and sweet potato – boiled or mashed (drop of skim milk and no butter).
- Spaghetti bolognese: Turkey, beef or vegetarian mince (x1 cup). Wholemeal or spelt spaghetti (x2 cups) with tomato based sauce (tin tomato paste flavoured with garlic, onion and fresh or dried herbs) with lots of brightly coloured vegetables.
- Tomato Chicken (see recipe) with steamed broccoli, asparagus, carrots and x1-2 cups of basmati rice or quinoa.

MEAL 6

SNACK (optional)

- Frozen grapes x1-2 handfuls.
 - Dark chocolate (>80% cocoa) x2-3 squares.
 - Protein balls x1-2 (see recipe).
 - Strawberry & Banana protein slice (x1 slice) (see recipe).
- Hot drink option:
1 cup/mug of ginger tea (x3 slices of fresh ginger with a slice of lemon in boiling water, cooled) with a tsp of honey (optional).



KICK START YOUR DAY

- Large glass of cold water (slice of lemon).
- Optional: MUSASHI L-Carnitine** (1 tsp with 100mL water).

AM TRAINING SESSION

PRE-TRAINING (20-30min before)

- x1 whole grain toast with low fat spread or vegemite.
- Banana.

BREAKFAST

- Homemade muesli: Rolled raw oats (x2 handfuls) and trail mix (x1 handful) topped with skim milk and a scoop of **MUSASHI Musashi Lean WPI** or **MUSASHI Natural Protein**.
- 1-2 hardboiled eggs & 1/2 an avocado sliced on spelt or whole-grain bread (x2).
- 2 handfuls oats made with 1/2 cup of skim milk and 1/2 cup of water. Berries (x1 handful) and 1/2 banana.

MID-MORNING SNACK (10.00-10.30am)

Either a snack from the list below or **MUSASHI Shred and Burn Protein** shake (mixed with water in a MUSASHI Shaker) **Note:** Only one Shred & Burn Protein shake per day.

- Almonds x2 handfuls and x1 apple.
- Selection of raw vegetables i.e. carrot, celery, broccoli dipped in low fat hummus.
- Kiwi fruit x1 and a small tub of natural Greek yogurt (120g).



LUNCH (12.00-1.00pm)

- Whole grain or rye wrap filled with mixed salad and one of the following: chicken, egg or tuna.
- Optional:** hummus or small layer of low fat mayonnaise.
- Large mixed green salad (as much as you like) topped with either: Hardboiled egg x1. Small tin tuna (spring water) x1. Lean meat (chicken or turkey). *Recommended serving size for meat = size of your palm.*
- Optional:** sprinkle of olive oil and cracked pepper.
- Rice paper rolls (x2-3) see recipe.
- 6 inch Subway: Choose one of the low fat subs on multigrain bread with no salt or sauce. Followed by a piece of fruit of your choice.
- Leftovers from dinner (choose from the dinner list).

SNACK (3.00-3.30pm)

- **MUSASHI Shred & Burn Protein** shake (mixed with water in a Musashi Shaker) **Note:** Only one Shred & Burn Protein shake per day.
- **Optional: MUSASHI L-Carnitine** (1 tsp with 100mL water).

AFTER WORK SNACK (5.30pm) (if dinner is still a few hours away)

- Selection of raw vegetables (broccoli, cauliflower, cucumber – sliced or cubed) dipped in cottage cheese or hummus (homemade).
- **MUSASHI P8 Protein Bar**.
- Water crackers (x4) with cottage cheese with sliced cherry tomatoes or avocado.
- Cruskits (x2-3) spread with a thin layer of vegemite, sliced cherry tomatoes and 1/3 avocado.

DINNER (7.00-8.00pm)

- Vegetable stir fry fritter (see recipe) with a large salad. **Optional:** drizzle of olive oil and balsamic on salad.
- Steak (size of your flat palm) grilled or cooked on George Foreman with mixed salad (size of two clenched fists) or steamed vegetables (1 clenched fist) with sweet potato mashed or boiled (size of cupped palm).
- Stir fry (beef or chicken – meat size of your flat palm) with mixed vegetables and noodles or brown basmati rice (size of cupped palm).
- Chicken or Tofu fajita (x1-2 wholegrain wraps) mixed vegetables (capsicum red/yellow, onion, asparagus, green beans) tomato salsa (low salt/ sugar) or avocado mashed.

SNACK (after dinner)

- Protein balls x1-2 (see recipe).
 - Frozen grapes x1-2 handfuls.
 - Protein Jelly (see recipe)
 - **MUSASHI P8 Protein Bar**.
 - Unsalted popcorn x3 handfuls.
- Hot drink option:
1 cup/mug of ginger tea (x3 slices of fresh ginger with a slice of lemon in boiling water, cooled) with a tsp of honey (optional).

