




CHOOSE ONE MEAL OPTION PER ●

| | MEAL ONE | MEAL TWO | MEAL THREE | MEAL FOUR | MEAL FIVE | MEAL 6 (post dinner snack) |
|---------------------|--|--|--|---|--|---|
| PM Training session | <ul style="list-style-type: none"> Raw oats (x1 cup) made with milk (300mL) topped with a medium sliced banana and 2 handfuls of trail mix. Optional: add one scoop of MUSASHI Natural Protein powder. Rolled oats cooked (porridge): x1-2 cups made with 1/2 skim milk and 1/2 water. Topped with a handful of blueberries and a tsp of natural honey. Omelette: x1 whole egg and x4 egg whites with mixed vegetables of your choice. Poached eggs (x2-3) and x2 slices of wholegrain toast with low fat spread. Smoothie: Mixed berries, banana, crushed ice, x2 scoops of MUSASHI Natural Protein, low fat Greek yoghurt (200g) and x2 hardboiled eggs. | <ul style="list-style-type: none"> MUSASHI Bulk Extreme mixed with water (300mL) and x1 apple. Tin of tuna (95g in spring water) with x4-5 water crackers. Hardboiled eggs x2 sliced, 1/2 an avocado sliced and tomato served on wholegrain crackers (low salt).  | <ul style="list-style-type: none"> Chicken (130g) and salad sandwich x2 (whole grain or mixed grain bread) with low fat mayonnaise, spinach leaves and salad toppings of your choice. Followed by a large orange. Grilled chicken breast diced (150-200g) with x1 Uncle Ben's microwave rice and a handful of broccoli (steamed in microwave). Subway 12 inch low fat sub. Baked sweet potato (large) topped with tuna, cottage cheese and x3 cups of mixed salad. | <p>PRE-TRAINING (1-2 hours before)</p> <ul style="list-style-type: none"> MUSASHI Bulk Extreme x1 serve mixed with water (300mL) and an apple or orange. Oats (x1 cup) with Greek yogurt (200g), x1 handful of blueberries and x1 tsp of natural honey. Quinoa crackers or rice crackers topped with either x1 tin of tuna or x2 hardboiled eggs and avocado. MUSASHI P45 Protein Bar and x1 orange (fruit not juice). <p>DURING</p> <ul style="list-style-type: none"> Water. <p>POST TRAINING</p> <ul style="list-style-type: none"> MUSASHI Bulk Extreme mixed with water. | <ul style="list-style-type: none"> Grilled salmon (150-200g) with spinach, handful of green beans (steamed) and sweet potato (150g). Chicken (130-150g) stir fry with mixed vegetables and basmati rice steamed (x2 cups). Steak (140-150g) and mixed salad (x4 cups) with a low fat dressing and sweet potato mash (x3 scoops). Spaghetti bolognese: Beef or turkey mince (200g), wholemeal spaghetti (100g) and bolognese sauce (220g). | <ul style="list-style-type: none"> MUSASHI Bulk Extreme mixed with skim milk (300mL). Greek yoghurt (200g) with x2 handfuls of blueberries. Milk large glass (600mL). Protein Jelly (see recipe). Almonds (2-3 handfuls).  |
| AM Training session | <p>PRE-TRAINING (20min - 40min before)</p> <ul style="list-style-type: none"> Smoothie: Mixed berries, banana, crushed ice, WPI and low fat yoghurt. Toast (x2 slices) with low fat margarine, vegemite or peanut butter. Banana and x1 glass of milk (500mL). MUSASHI P30 milk drink. <p>POST TRAINING (within 30min)</p> <ul style="list-style-type: none"> MUSASHI Bulk Extreme mixed with water (300mL). | <ul style="list-style-type: none"> Omelette: x1 whole egg and x4 egg whites with mixed vegetables of your choice. Poached eggs (x2-3) and x2 slices of wholegrain toast with low fat margarine. Oats (x1-2 cups) topped with low fat milk (250mL), sliced banana, scoop of MUSASHI Lean WPI or mixed berries and mixed nuts (unsalted). Weetbix x4 topped with low fat milk (250mL), x1 handful of mixed nuts and dried fruit. Followed by x2 slices of mixed grain toast with low fat spread. Protein pancakes (see recipe). | <ul style="list-style-type: none"> Turkey Sandwiches (85g) x2 made with whole grain bread. Followed by a low fat Greek yogurt (150g) and x1 glass of fresh orange juice (600mL). Grilled chicken breast (130g) with x1-2 cups of rice or quinoa and x2 cups of mixed vegetables or salad. Subway 12 inch low fat sub with lots of salad. Spud Bar: Sweet potato (large) topped with tuna and mixed salad. Chicken Salad (large) including chicken breast (130g), hardboiled egg and a low fat dressing. | <ul style="list-style-type: none"> MUSASHI Bulk Extreme with milk and a piece of fruit (orange, mandarin, apple or pear).  | <ul style="list-style-type: none"> Chicken diced (150g) with x2 cups of stir fried vegetables and x2 cups of brown basmati rice or fresh noodles. Lean Steak (140-150g) and mixed salad (x4 cups) with low fat dressing and sweet potato (150-200g). Chicken (150g) fajitas with mixed vegetables (capsicum, onion, asparagus and green beans) and tomato based sauce (low salt and low sugar). | <ul style="list-style-type: none"> Greek yoghurt (200g) with a tsp of cinnamon and a handful of berries. Glass of milk and a handful of almonds. Protein balls x3 (see recipe). |
| REST DAY | <ul style="list-style-type: none"> Omelette: x1 whole egg and x4 egg whites with mixed vegetables of your choice. Poached eggs (x2-3) and x2 slices of wholegrain toast with lite spread. Scrambled eggs on toast with grilled tomato and mushrooms: x1 whole egg and x2 egg whites scrambled, made with skim milk and no butter, x2 slices of mixed grain bread with low fat spread, x1 large whole tomato cut in half and 4-5 button mushrooms (grilled). | <ul style="list-style-type: none"> Greek or plain yoghurt (170g) with x2 pieces of fruit (e.g. apple, orange, kiwi or peach). Sushi rolls x2-3 (fresh). Tin of tuna (in spring water) with steamed rice (x1 cup). Hard boiled eggs x2 sliced, 1/2 avocado sliced and tomato served on wholegrain crackers. Choose your own snack including both carbs and protein (approx. 400kcal). MUSASHI P45 Protein Bar. MUSASHI Bulk Extreme with milk or water and a piece of fruit (orange, mandarin, apple or pear). | <ul style="list-style-type: none"> Chicken wrap (115g): Whole grain wrap filled with chicken and salad of your choice. Followed by a piece of fruit (large orange or a large apple). Fresh prawns (x1 fist size portion) with green salad (large) and x1 cup couscous or quinoa. Chicken paella (large) and a mixed side salad. | <ul style="list-style-type: none"> MUSASHI Bulk Extreme with milk and a piece of fruit (orange, mandarin, apple or pear). Choose your own snack including both carbs and protein (approx. 400kcal). MUSASHI P45 Protein Bar. | <ul style="list-style-type: none"> Lean meat (chicken, beef or turkey) diced and lightly pan fried (130-150g) with a baked sweet potato and mixed green beans and asparagus. Lamb cutlets (fat trimmed) x3 pan fried (spray oil), steamed basmati rice (x2 cups) or sweet potato (200g) with a large portion of mixed steamed vegetables. Homemade Pizza (26cm base): topped with tomato paste, onion, low fat mozzarella, x1 tin of tuna, drained (400g) and spinach leaves. | <ul style="list-style-type: none"> Greek yoghurt (150g) with x1 tsp of honey or cinnamon. Protein Jelly (see recipe). Dark chocolate (>80% cocoa) x4 squares. MUSASHI P8 Protein Bar.  |