



FUEL YOUR PERFORMANCE TO
ACHIEVE YOUR ATHLETIC GOALS

BULK

SHRED

RECOVER

THE WAY TO FUEL

TIPS

- To provided variety in the diet, select ONE of the options from each meal time.
- Where possible prepare your meals in advance i.e. boil eggs and store in the fridge or make an extra serve at dinner and store in the fridge for lunch the following day.
- Always have an easy snack i.e. [Musashi Protein Bar](#) in your gym bag or in your desk draw to avoid hunger.
- Drink 500ml of water with every meal.

Meal Plan – AM Training Session

MEAL ONE (6am)	MEAL TWO (8am)	MEAL THREE (11am)	MEAL FOUR (1pm)	MEAL FIVE (3.30pm)	MEAL (6.30pm)
<p>Before training select one of the following options:</p> <ul style="list-style-type: none"> • Slice of toast (x1) – Wholegrain, Spelt or Rye. Topped with vegemite or peanut butter. • Musashi High Protein 375ml. <p>Supplement before training Musashi Pre-Workout (9g) with 250-300ml water</p> <p>During Training Musashi Intra Workout (15g) mixed with water</p> <p>Post Training Musashi Protein Powder mixed with water i.e. 100% Whey, High Protein or Musashi Bulk and 1tsp Creatine Monohydrate</p>	<p>Within 45-min of finishing training select one of the following options:</p> <ul style="list-style-type: none"> • Raw Oats (1cup) topped with Greek yogurt (170g) and raw almonds (2 handfuls). One scoop of Musashi High Protein Powder or Musashi 100% Whey Protein Power (15g). • Scrambled eggs (x2) on toast (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave in 1min. • Hard Boiled Egg on toast (x1) spelt, rye or wholegrain with ¼ avocado and cherry tomato's. Easy tip: boil eggs the night before and store in the fridge. 	<p>Select one of the following Musashi Protein Bars:</p> <ul style="list-style-type: none"> • Musashi Shred and Burn (60g) • Musashi Protein Deluxe (60g) • Musashi Bulk Extreme Bar (90g) <p>OR</p> <ul style="list-style-type: none"> • Snack Box: Selection of raw vegetables e.g. carrot and celery with sliced cheese (40g) - Bega Country Vintage Light (50%) or Kraft Live Free Cheese. 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Chicken (100g) or Falafel (x2) wrap (whole grain or mixed grain wrap) and salad (spinach leaves and salad toppings of your choice) topped with low fat hummus. • Chickpea Salad ½ tin of chickpeas, handful of rocket or spinach leaves, diced onion, diced cucumber, cherry tomato's, beetroot, ½ avocado, feta cheese. Drizzle of olive oil and balsamic vinegar. • Eating Out: Rice paper rolls (x2) e.g. tuna, tofu or salmon - homemade or shop bought *avoid sushi rolls – high in sugar and salt. <p>Supplement post meal: 1 tsp Creatine Monohydrate with 100ml juice</p>	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Musashi Bulk Protein (375ml) • Musashi High Protein (375ml) • Greek yoghurt (200g) topped with Musashi 100% Whey Protein Powder or Musashi High Protein Powder (15g) and 50g almonds. 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Grilled salmon (150-200g) with steamed vegetables spinach, green beans and carrots and mashed or boiled sweet potato (150g). • Chicken stir fry (chicken 100g-150g cooked) mixed steamed vegetables and basmati steamed rice (x2 cups). • Cottage Pie (Lamb or Beef Mince 250g) with peas and sweet corn, layer top of mince with sweet potato mash (150-200g) and place in the oven for 20-min. <p>Supplement post meal: 1 tsp Creatine Monohydrate with 100ml juice</p>



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Meal Plan – PM Training Session

MEAL ONE (7am)	MEAL TWO (10am)	MEAL THREE (1pm)	MEAL FOUR (Snack 3pm)	MEAL FIVE (5pm)	MEAL (7.30pm)
<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Scrambled Eggs (x2 whole eggs) on x1 toast (spelt, rye or wholegrain) and a glass of freshly squeezed orange juice. • Oats (80-90g) – made into porridge with ½ water and ½ milk. Topped with sliced banana and x1 teaspoon of natural honey. • Protein Pancakes Raw oats (½ cup), Musashi High Protein powder (15g), egg whites (x3), water (¼ cup), tsp cinnamon (1½), top pancakes with strawberries (50g) <p>Supplement post meal: 1 tsp Creatine Monohydrate with 100ml juice</p>	<p>Select one of the following Musashi Protein Bars or Drinks:</p> <ul style="list-style-type: none"> • Musashi Shred and Burn (60g) • Musashi Protein Deluxe (60g) • Musashi Bulk Extreme Bar (90g) • Musashi High Protein (375ml) <p>OR</p> <ul style="list-style-type: none"> • Rice Cakes topped with ½ avocado and a small pot of cottage cheese. 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Grilled chicken breast (100g –130g) with x1 Uncle Bens microwave rice and steamed broccoli (1 cup) Tip: steam broccoli in microwave. • Chicken or Egg Salad - chicken breast (100g -130g) or hardboiled eggs (x2) with a large green leafy salad (250g) and a drizzle of olive oil and cracked pepper. • Pasta with Turkey or Beef Mince brown or Spelt Pasta (120-150g) turkey mince or beef (125-140g), peas or cherry tomato's and low fat cheese grated. <p>Supplement post meal: 1 tsp Creatine Monohydrate with 100ml juice</p>	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Musashi High Protein (375ml) • Homemade Musashi Recipe: Musashi Popcorn Slice 	<p>30-min before training select one of the following Musashi Pre workout options:</p> <ul style="list-style-type: none"> • Musashi Pre Workout Energy Bar (65g) • Musashi Pre Workout (9g) mixed with 250-300ml water <p>During training Musashi Intra Workout (15g) mixed with 300ml water</p> <p>Within 15-min of finishing training 1 tsp Creatine Monohydrate added to either of the following protein powders: Musashi 100% Whey OR Musashi High Protein mixed with water</p>	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Lean Steak (140g) and mixed salad (4 cups) with low fat dressing and sweet potato (150-200g) or cooked quinoa (1 cup). • Chicken (100-130g) Tacos (wholegrain tortilla wrap x2-3) with mixed vegetables (capsicum, onion, asparagus, green beans), ½ avocado and tomato salsa (low salt and low sugar). • Baked Sweet Potato filled with salad (x2-3 cups), sweet corn and peas and ½ - 1 tin of tuna (45g-90g) and low fat mayonnaise (1tsp) or hummus (3 tsp).