# Meal Plan – AM Training Session

**MEAL ONE (6am)**

**Before training** select one of the following options:
- Slice of toast (x1) – Wholegrain, Spelt or Rye. Topped with vegemite or peanut butter.
- Musashi High Protein Powder mixed with water ie. 100% Whey, High Protein or Musashi Bulk and 1tsp Creatine Monohydrate

**Supplement before training**
- Musashi Pre-Workout (15g) mixed with water

**During Training**
- Musashi Intra Workout (15g) mixed with water

**Post Training**
- Musashi Protein Powder mixed with water ie. 100% Whey, High Protein or Musashi Bulk and 1tsp Creatine Monohydrate

**MEAL TWO (8am)**

Within 45-min of finishing training select one of the following options:
- **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 Powder (15g).
- Scrambled eggs (x2) on toast (x1) wholegrain or rye toast/ low fat spread and ½ avocado. Easy tip: make in microwave in 1min.
- Hard Boiled Egg on toast (x1) spell, rye or wholegrain with ½ avocado and cherry tomato’s. Easy tip: boil eggs the night before and store in the fridge.

**MEAL THREE (11am)**

Select one of the following options:
- **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.

**MEAL FOUR (1pm)**

Select one of the following options:
- 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 Mice 250g) with peas and sweet corn, layer top of mince with sweet potato mash (150-200g) and place in the oven for 20-min.

**MEAL FIVE (3.30pm)**

Select one of the following options:
- 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.

**MEAL (6.30pm)**

Select one of the following options:
- Musashi Shred and Burn (60g)
- Musashi Protein Deluxe (60g)
- Musashi Bulk Extreme Bar (90g)
- 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.

**TIPS**

- To provide 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 – PM Training Session

<table>
<thead>
<tr>
<th>MEAL ONE (7am)</th>
<th>MEAL TWO (10am)</th>
<th>MEAL THREE (1pm)</th>
<th>MEAL FOUR (Snack 3pm)</th>
<th>MEAL FIVE (5pm)</th>
<th>MEAL (7:30pm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select one of the following options:</td>
<td>Select one of the following options:</td>
<td>Select one of the following options:</td>
<td>Select one of the following options:</td>
<td>30-min before training select one of the following Musashi Pre workout options:</td>
<td>Select one of the following options:</td>
</tr>
<tr>
<td>• Scrambled Eggs (x2 whole eggs) on x1 toast (spelt, rye or wholegrain)</td>
<td>• Grilled chicken breast (100g -130g) with x1 Uncle Bens microwave rice and</td>
<td>• Chicken or Egg Salad - chicken breast (100g -130g) or hardboiled eggs (x2)</td>
<td>• Musashi High Protein (375ml)</td>
<td>• Musashi Pre Workout Energy Bar (65g)</td>
<td>• Lean Steak (140g) and mixed salad (6 cups) with low fat dressing and sweet</td>
</tr>
<tr>
<td>• Oats (80-90g) – made into porridge with ⅓ water and ⅓ milk. Topped with</td>
<td>steamed broccoli (1 cup) Tip: steam broccoli in microwave.</td>
<td>• Musashi Bulk Extreme Bar (90g)</td>
<td>• Homemade Musashi Recipe: Musashi Popcorn, Slice</td>
<td>• Musashi Pre Workout (9g) mixed with 250-300ml water</td>
<td>potato (150-200g) or cooked quinoa (1 cup).</td>
</tr>
<tr>
<td>• Protein Pancakes</td>
<td>• Pasta with Turkey or Beef Mince brown or Spelt Pasta (120-150g) turkey</td>
<td>• Musashi High Protein (375ml)</td>
<td>• Musashi High Protein</td>
<td>During training Musashi Intra Workout (95g) mixed with 300ml water</td>
<td>• Chicken (100-130g) Tacos (wholegrain tortilla wrap x2-3) with mixed</td>
</tr>
<tr>
<td>Raw oats (⅓ cup), Musashi High Protein powder (15g), egg whites (x3), water</td>
<td>mince or beef (125-140g) peas or cherry tomato’s and low fat cheese grated.</td>
<td>OR</td>
<td>OR</td>
<td>Within 15-min of finishing training 1 tsp Creatine Monohydrate added to either</td>
<td>vegetables (capsicum, onion, asparagus, green beans), ⅓ avocado and tomato</td>
</tr>
<tr>
<td>• Rice Cakes topped with ⅔ avocado and a small pot of cottage cheese.</td>
<td>Supplement post meal: 1 tsp Creatine Monohydrate with 100ml juice</td>
<td>Supplement post meal: 1 tsp Creatine Monohydrate with 100ml juice</td>
<td>1 tsp Creatine Monohydrate added to either of the following protein powders:</td>
<td>training Musashi Intra Workout (95g) mixed with 300ml water</td>
<td>salsa (low salt and low sugar).</td>
</tr>
<tr>
<td>Supplement post meal: 1 tsp Creatine Monohydrate with 100ml juice</td>
<td>1 tsp Creatine Monohydrate with 100ml juice</td>
<td>1 tsp Creatine Monohydrate added to either of the following protein powders:</td>
<td>Musashi 100% Whey OR Musashi High Protein mixed with water</td>
<td>1 tsp Creatine Monohydrate added to either of the following protein powders:</td>
<td>• Baked Sweet Potato filled with salad (x2-3 cups), sweet corn and peas and ⅓</td>
</tr>
<tr>
<td>• Musashi Protein Bars or Drinks</td>
<td>1 tsp Creatine Monohydrate added to either of the following protein powders:</td>
<td>Musashi High Protein</td>
<td></td>
<td>1 tsp Creatine Monohydrate added to either of the following protein powders:</td>
<td>- 1 tin of tuna (45g-90g) and low fat mayonnaise (1tsp) or hummus (3 tsp).</td>
</tr>
</tbody>
</table>

---

**THE WAY TO FUEL**