# Meal Plan – AM Training Session

**THE WAY TO BULK**

### Guide to reading the meal plan
- Select one of the food options per meal slot.
- All serving sizes are approximate. Please adapt serving sizes to reflect your personal requirements.
- Drink water with every meal (500–600ml).
- Avoid caffeine with meals.
- Cooking options – steam or bake vegetables.
- Grill, dry fry or use spray oil when cooking meats.
- Be prepared, always plan ahead. Prepare your meals the day before when possible.
- Keep Musashi protein bars in your gym bag, desk draw or glove compartment of your car.
- Approximate serving sizes are provided and all meat is shown in grams of cooked meat.

### MEAL ONE (6am)
**30min before training**
- Toast (x1) wholegrain, Spelt or Rye topped with vegemite or peanut butter.
- Large Banana
- Musashi Bulk Protein UHT (375ml)

**During training**
Musashi Elevator (15g) mixed with 300–400ml water

**Post training (ASAP after training)**
Musashi Bulk Protein Powder (60g) mixed with 300ml water OR Musashi Bulk Extreme Protein Powder (90g) mixed with 300ml water

### MEAL TWO (8am)
Select from one of the following options within 45min of finishing training:
- **Raw oats** (1 cup/90g) 300ml milk topped with a medium sliced banana and 2 handfuls of raw almonds.
- **Scrambled eggs** (x2) and salmon (50g) & wholegrain toast (x2), avocado (½).
- **Weetbix** (x4-5) topped with milk (350ml) and x1 handful of blueberries or 1 large banana sliced.

### MEAL THREE (11am)
Select from one of the following options:
- **Protein Smoothie** – Mixed berries (x2 handfuls of frozen or fresh), banana (x1), Greek yoghurt (x3 tbsp.), rolled oats (x2 handfuls) and Musashi Bulk Protein Powder (30g)
- **Musashi Bulk Protein and a large glass of milk** (600ml)

### MEAL FOUR (1pm)
Select one of the following options:
- **Chicken** (150g) or Egg (x2 hardboiled) and salad wrap (whole grain wrap) with low-fat mayonnaise, spinach leaves and salad toppings of your choice. Followed by a piece of fruit (e.g. orange or apple).
- **Eating out**: Hot Roast Chicken – fresh from supermarket (150-200g) alongside a large mixed salad (250g)
- **Grilled salmon** (150-200g) with steamed vegetables: spinach, green beans (x2 cups) and sweet potatoes (150g) or basmati rice (2 cups cooked).
- **Lamb cutlets** (x4) - fat trimmed and pan fried (spray oil), steamed basmati rice (2 cups) with a large portion mixed steamed vegetables (2 cups).
- **Thai green curry** chicken (130g) or tofu (90g), basmati steamed rice (1 cup) and a selection of vegetables (2 cups).

### MEAL FIVE (3.30pm)
Musashi Bulk Protein Powder (60g) with 300ml water OR Musashi Bulk Extreme Protein Powder (90g) mixed with 300ml water alongside one of the following options:
- **Greek yoghurt** (200g) with blueberries (2 handfuls) and 1 scoop (30g) of Musashi Bulk Protein Powder.

### MEAL SIX (6.30pm)
Select one of the following options:
- **Rice Cakes** (x4-5) topped with peanut butter.
- **Musashi Bulk Protein Bar** (45g)
### Meal Plan – PM Training Session

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**Select one of the following options:**

- **Oats** (x1 cup 90g) – made into porridge with ½ water and ½ milk. Topped with banana (x1) sliced and natural honey (x1 tsp).

- **Eggs** – hard boiled (x2) made the night before and stored in fridge with wholegrain toast (x2) and avocado (½).

- **Omelette** whole eggs (x2) and egg white (x1) mixed with a selection of vegetables and cheese.

**Select from one of the following options:**

- Bulk Protein Powder
- **Bulk Extreme Protein Powder**
- Musashi Bulk Protein Powder (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange)
- Musashi Bulk UHT (375ml) and a piece of fruit (optional).

**Select one of the following options:**

- **Turkey** (85g) Sandwich made with whole grain bread or wrap mixed with lettuce, tomato and small layer of mayonnaise. Followed by a low fat Greek yogurt (150g).

- **Grilled chicken breast** diced (150g) with x1 Uncle Bens microwave rice and broccoli (1 cup - steamed in microwave).

- **Tuna Pasta Salad.** Tin of Tuna (95g), spelt pasta (230g) with mixed green salad leaves (150g), tomato, avocado (½), topped with feta cheese and a drizzle of olive oil.

- **Eating out** – Nandos Chicken paella (large) and a mixed side salad.

**Select from one of the following options:**

- **Musashi Bulk Protein Powder (60g)** OR **Musashi Bulk Extreme Protein Powder (90g)** mixed with water (300ml) or milk (500ml) alongside one of the following options:
  - **Musashi Bulk Peanut Butter Cookies x3**
  - **Bulk Protein Bar (80g)**
  - Selection of raw vegetables i.e. carrot, celery, broccoli dipped in low fat hummus.

**30-min before training**

- **Musashi pre workout options:**
  - **Musashi Pre Workout (9g)** mixed with 250-300ml water

**During training**

- **Musashi Intra Workout (15g)** mixed with 300ml water

**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

- **Chicken breast** diced (200g) stir fried vegetables (2 cups) & brown basmati rice (2 cups) OR fresh noodles (2 cups).

- **Lean steak** (250g) grilled or pan fried with spray oil alongside a mixed salad (4 cups) topped with a drizzle of olive oil and steamed sweet potato (200g).

- **Homemade pizza.** Pitta Pockets (x3-4) topped with tomato paste (low salt + low sugar), onion, low fat mozzarella, tin of tuna (90g) and spinach leaves. Place under the grill or in the oven.

**Snack post dinner (optional)**

- **Musashi Bulk Extreme (90g) with 500ml Milk**