



BULK

GAIN SIZE AND STRENGTH
TO PERFORM AT YOUR PEAK

SHRED

RECOVER

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 Plan – AM Training Session

MEAL ONE (6am)	MEAL TWO (8am)	MEAL THREE (11am)	MEAL FOUR (1pm)	MEAL FIVE (3.30pm)	MEAL SIX (6.30pm)
<p>30min before training Toast (x1) wholegrain, Spelt or Rye topped with vegemite or peanut butter.</p> <ul style="list-style-type: none"> • Large Banana • Musashi Bulk Protein UHT (375ml) <p>During training Musashi Elevator (15g) mixed with 300-400ml water</p> <p>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</p>	<p>Select from one of the following options within 45min of finishing training:</p> <ul style="list-style-type: none"> • Raw oats (1cup/ 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. 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • 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) • Musashi Bulk Extreme Protein and a glass of milk (600ml) 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • 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) • Tin of tuna (95g) with x1 Uncle Bens microwave rice and 1 small tin of sweetcorn. 	<p>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:</p> <ul style="list-style-type: none"> • Rice Cakes (x4-5) topped with peanut butter. • Greek yoghurt (200g) with blueberries (2 handfuls) and 1 scoop (30g) of Musashi Bulk Protein Powder. • Bulk Protein Bar (45g) 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • 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).

FUEL

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Meal Plan – PM Training Session

MEAL ONE (7am)	MEAL TWO (10am)	MEAL THREE (1pm)	MEAL FOUR (Snack 3pm)	MEAL FIVE (5.30pm)	MEALSIX
<p>Select one of the following options:</p> <ul style="list-style-type: none"> • 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. 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • 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). 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • 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. 	<p>Select from one of the following options:</p> <p>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:</p> <ul style="list-style-type: none"> • Musashi Bulk Peanut Butter Cookies x3 • Bulk Protein Bar (80g) • Selection of raw vegetables i.e. carrot, celery, broccoli dipped in low fat hummus. 	<p>30-min before training select one of the following Musashi pre workout options:</p> <ul style="list-style-type: none"> • 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"> • 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. <p>Snack post dinner (optional)</p> <ul style="list-style-type: none"> • Musashi Bulk Extreme (90g) with 500ml Milk