



FUEL



BULK



SHRED



RECOVER

REBUILD AND RECOVER RAPIDLY
TO STAY AHEAD OF THE GAME

THE WAY TO RECOVER

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) and avoid caffeine with meals
- Grill, dry fry or use spray oil when cooking meats
- Approximate serving sizes are provided and all meat is shown in grams of cooked meat
- Cooking options – steam or bake vegetables

Meal Plan – AM Training Session

MEAL ONE (6am)	MEAL TWO (8am)	MEAL THREE (11am)	MEAL FOUR (1pm)	MEAL FIVE (3.30-4pm)	MEAL SIX (7.30pm)
<p>Before training (weight training days) Musashi High Protein (375ml)</p> <p>Before Training (cardio days only) Fasted cardio**</p> <p>During Training Water (approx. 500-600ml)</p> <p>Post Training Musashi Protein powder mixed with water i.e. Musashi 100% Whey or Musashi High Protein powder</p> <p><small>**Exercising in a fasted state (8 hours since the last meal) results in a greater proportion of fat being used as the exercise fuel. If your primary goal is to improve performance, have something to eat before exercise. If your primary goal is weight loss, then you can perform 'fasted cardio' on morning cardio sessions only. If you are completing a weight training session eat a small snack as suggested in the meal plan.</small></p>	<p>Within 45-min of finish training select from one of the following options:</p> <ul style="list-style-type: none"> • Raw oats (1cup) 300ml milk topped with banana (x1) sliced and trail mix (x2 handfuls). Add one scoop (15g) of Musashi 100% Whey or Musashi High Protein Powder. • Poached eggs (x2) & wholegrain or rye toast (x2) with a low fat spread. • Omelette whole egg (x1) & egg whites (x4) with mixed vegetables of your choice. 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Musashi High Protein Bar (90g) • Musashi Protein Wafer Bar (40g) • Musashi Deluxe Protein Bar (60g) 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Chicken (100-130g) or Falafel (3-x4) wrap (x1 wholegrain) topped with mixed salad leaves, grated carrot, tomato, avocado (½) and low fat hummus. • Vegetable Frittata (120-140g) alongside a large mixed green leafy salad (250g). • Fresh prawns (1 cup) large green salad (250g) and couscous or quinoa (1 cup) 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Musashi High Protein (375m) • Musashi Protein Wafer (40g) • Greek Yogurt (170g) & x1 handful of blueberries mixed with Musashi 100% Whey Protein powder (15g) 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Grilled salmon (130-150g) with mixed steamed vegetables (2 cups) and sweet potatoes boiled or mashed (150g) • Baked Potato topped with peas & sweetcorn, salad (2 cups) cheese (1 cup) and tuna (45g). • Homemade Pizza. Pitta Pockets (x2). Topped with tomato paste, onion, low fat mozzarella, tin of tuna (90g) and spinach leaves- place in oven 170c for approx. 10min. <p>Prior to bed</p> <ul style="list-style-type: none"> • Musashi Nighttime aminos mixed with water and ZMA+ capsules (x2)



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Meal Plan – PM Training Session

MEAL ONE (7am)	MEAL TWO (10am)	MEAL THREE (1pm)	MEAL FOUR (3.30pm)	MEAL FIVE (7.30pm)	MEAL SIX (9pm)
<p>Prior to breakfast ZMA+ capsules (x2) with a glass of water (200ml).</p> <p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Raw Oats (1 cup), trail mix (20g) and natural Greek yoghurt (170g) mixed with Musashi Protein Powder 15g (either Musashi 100% Whey or Musashi High Protein) • Eggs (x2) – poached or scrambled with wholegrain toast (x2) low fat spread and ½ avocado. • On the go breakfast: Musashi High Protein – 375ml alongside a piece of fruit. Tip: never skip breakfast, this is a quick and easy breakfast to start the day if you are time poor. 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Musashi High Protein (375ml) • Musashi High Protein Bar (90g) • Musashi Deluxe Protein Bar (60g) • Rolled oats x2-3 handfuls, with 200g of Greek yogurt, blueberries 3 handfuls and a teaspoon of honey. 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Salad & Protein of your choice: Large mixed green leafy salad (250g) with either: tuna (90g), hard boiled egg (x2), mozzarella (80g) or tofu (90g). With a drizzle of olive oil or balsamic vinegar (avoid creamy dressings i.e. ranch & mayonnaise). • Grilled chicken breast diced (150-200g) with x1 Uncle Bens microwave rice and steamed broccoli (1 cup) steamed in microwave. • Sandwich made to order: Turkey or chicken (85-100g) and salad sandwich whole grain or rye bread (x2 slices). Followed by a low fat Greek yoghurt (150-175g) and a piece of fruit. 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Raw almonds (x2 handfuls) and a piece of fruit. • Musashi High Protein (375ml) and a piece of fruit. <p style="text-align: center;">Evening training session (5.30-6.30pm)</p> <p>30-40min before training</p> <ul style="list-style-type: none"> • Swim OR Run Musashi Protein Wafer Bar (40g) • Cycle Musashi Deluxe Protein Bar (60g) • Strength Session Musashi High Protein Bar (90g) <p>During Training Water or Musashi Intra-workout</p> <p>Within 15-30min of finishing training Musashi 100% Whey or Musashi High Protein powder mixed with water</p>	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Spaghetti bolognaise Turkey mince (200g) spelt spaghetti (100g) bolognaise sauce (220g) with mixed vegetables. • Stir fry (chicken or beef 130-150g) with fresh mixed vegetables and basmati rice steamed (2 cups) or fresh noodles (2 cups). • Fajitas: Chicken (130g) or Tofu (90g) with (x2 wholegrain wraps) mixed vegetables (capsicum red/yellow, onion, asparagus, green beans) tomato salsa (low salt/ sugar). 	<p>Post dinner snack (optional). Select from one of the following options:</p> <ul style="list-style-type: none"> • Musashi Recovery Protein (375ml) • Homemade: Musashi Recovery Muesli Bar <p>Tip: Avoid sugary biscuits and snacks, for your sweet tooth choose frozen grapes, sugar free jelly or fruit.</p> <p>Prior to bed Musashi Nighttime aminos mixed with water and ZMA+ capsules (x2)</p>