# Meal Plan – AM Training Session

## Meal Plan

### MEAL ONE (6am)

- **Before training** (weight training days)
  - Musashi High Protein (375ml)
- **Before Training** (cardio days only)
  - Fasted cardio**

### MEAL TWO (8am)

- **During Training**
  - Water (approx. 500-600ml)
- **Post Training**
  - Musashi Protein powder mixed with water i.e. Musashi 100% Whey or Musashi High Protein powder

**Within 45-min of finish training select from one of the following options:**

- **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.
- **Posched 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.

### MEAL THREE (11am)

- **Select from one of the following options:**
  - Musashi High Protein Bar (90g)
  - Musashi Protein Wafer Bar (40g)
  - Musashi Deluxe Protein Bar (80g)

### MEAL FOUR (1pm)

- **Select from one of the following options:**
  - **Chicken** (100-130g) or Falafel (3-4x) 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)

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

- Musashi High Protein Bar (375ml)
- Musashi Protein Wafer (40g)
- Greek Yogurt (170g) & x1 handful of blueberries mixed with Musashi 100% Whey Protein powder (15g)

### MEAL FIVE (3.30-4pm)

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

### MEAL SIX (7.30pm)

- **Select one of the following options:**
  - 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.

**Prior to bed**

- Musashi Nightime aminos mixed with water and ZMA+ capsules (x2)

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**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.

**Prior to bed**

- Musashi Nightime aminos mixed with water and ZMA+ capsules (x2)
### Meal Plan – PM Training Session

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| Prior to breakfast ZMA+ capsules (x2) with a glass of water (200ml). Select from one of the following options:  
- **Raw Oats** (1 cup), trail mix (20g) and natural Greek yoghurt (170g) mixed with [Musashi Protein Powder] (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. | Select from one of the following options:  
- **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. | Select from one of the following options:  
- **Salad & Protein** of your choice: Large mixed green leafy salad (250g) with either: **tuna** (90g), **hard boiled egg** (x2), mozzarella (60g) 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. | Select from one of the following options:  
- **Raw almonds** (x2 handfuls) and a piece of fruit.  
- **Musashi High Protein** (375ml) and a piece of fruit. | Select from one of the following options:  
- **Spaghetti bolognaise** Turkey mince (200g) spelt spaghetti (170g) 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). | Post dinner snack (optional): Select from one of the following options:  
- **Musashi Recovery Protein** (375ml)  
- **Homemade**: [Musashi Recovery Muesli Bar]  
Tip: Avoid sugary biscuits and snacks, for your sweet tooth choose frozen grapes, sugar free jelly or fruit.  
**Prior to bed** [Musashi Nighttime aminos] mixed with water and [ZMA+ capsules] (x2) |

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**Evening training session**

**30-40min before training**

- Swim OR Run **Musashi Protein Wafer Bar** (40g)  
- Cycle **Musashi Deluxe Protein Bar** (60g)  
- Strength Session **Musashi High Protein Bar** (90g)  
**During Training**

Water or **Musashi Intra-workout**  
Within 15-30min of finishing training

**Musashi 100% Whey or Musashi High Protein powder mixed with water**