



# THE WAY TO SHRED

## Meal Plan – AM Training Session

### 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 ONE (6am)	MEAL TWO (8am)	MEAL THREE (11am)	MEAL FOUR (1pm)	MEAL FIVE (3.30-4pm)	MEAL SIX (7.30pm)
<p><a href="#">Musashi L-Carnitine</a> (1 tsp with 100ml of water) on an empty stomach.</p> <p><b>Before training</b> (weight training days) Banana</p> <p><b>Before Training</b> (cardio days only) Fasted cardio**</p> <p><b>During Training</b> Water (approx. 500-600ml)</p> <p><b>Post Training</b> <a href="#">Musashi Protein powder</a> 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>Select from one of the following options within 45min of finishing training:</p> <ul style="list-style-type: none"> <li>• <b>Raw oats</b> (0.5-1cup) 300ml milk topped with banana and trail mix (2 handfuls). Add one scoop (15g) of Musashi 100% Whey or Musashi High Protein Powder.</li> <li>• <b>Scrambled eggs</b> (x2) &amp; wholegrain toast (x1-2) with a low fat spread.</li> <li>• <b>WeetBix</b> (x3-4) topped with milk (350ml) and blueberries (x1 handful) or banana sliced.</li> </ul>	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> <li>• <a href="#">Musashi Shred and Burn Protein powder</a> (34g) mixed with water (200-400ml)</li> <li>• <a href="#">Musashi Shred and Burn Protein Bar</a> (60g)</li> <li>• Musashi Shred and Burn (375ml)</li> <li>• Greek yoghurt (170g) and a piece of fruit</li> </ul>	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Chicken</b> (100-130g) whole grain wrap (x1) topped with mixed salad leaves, grated carrot, tomato, avocado and low fat hummus.</li> <li>• <b>Vegetable Soup</b> (220g) and slice of wholegrain bread (x1 slice)</li> <li>• <b>Tofu Quinoa Salad</b> (tofu diced and lightly pan fried – spray oil) with soy sauce. Quinoa (½ cup cooked) and a green leafy mixed salad (as much salad as you like).</li> <li>• <b>Sandwich made to order:</b> Wholegrain bread, no butter, tuna or egg with salad low fat mayonnaise.</li> </ul>	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> <li>• Musashi Shred and Burn Protein powder (34g) mixed with water (200-400ml)</li> <li>• Musashi Shred and Burn Protein Bar (60g)</li> <li>• Musashi Shred and Burn (375ml)</li> <li>• Selection of raw vegetables i.e. carrot, celery, broccoli dipped in low fat hummus – small serve tub.</li> </ul>	<p>Select one of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Grilled salmon</b> (130-150g) with mixed steamed vegetables (180g) and sweet potatoes boiled or mashed (150g)</li> <li>• <b>Stir Fry Chicken</b> (100-130g) or <b>Tofu</b> (90g), mixed vegetables (120g) and basmati steamed rice (2 cups) or vermicelli noodles (2 cups).</li> <li>• <b>Homemade Pizza.</b> Pitta Pockets (x2). Topped with tomato paste, onion, low fat mozzarella, tin of tuna (drained) and spinach leaves- place in oven 170c for approx. 10min.</li> </ul> <p>Snack post dinner (optional)</p> <ul style="list-style-type: none"> <li>• Frozen grapes (2 handfuls)</li> <li>• Greek yogurt (170g) with a handful of almonds</li> </ul>

FUEL

BULK

SHRED

GAIN LEAN MUSCLE AND ACHIEVE  
OPTIMAL BODY COMPOSITION

RECOVER

## THE WAY TO SHRED

## Meal Plan – PM Training Session

MEAL ONE (7am)	MEAL TWO (10am)	MEAL THREE (1pm)	MEAL FOUR (3pm)	MEAL FIVE (4.30-5pm)	MEALSIX (7.30pm)
<p><a href="#">Musashi L-Carnitine</a> (1 tsp with 100ml of water) on an empty stomach.</p> <p>Select from one of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Scrambled eggs</b> (x2 whole eggs – beaten, with a dash of milk) on whole grain toast (x2) and a glass of orange juice.</li> <li>• <b>Oats</b> (80g) – made into porridge with ½ water and ½ milk. Topped with banana sliced and natural honey (1tsp).</li> <li>• <b>Hard boiled Eggs</b> (x1-2) Tip make the night before and store in fridge sliced on whole grain toast with avocado and tomato sliced. Optional: Vegemite spread thinly.</li> </ul>	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> <li>• Musashi Shred and Burn Protein powder (34g) mixed with water (200-400ml)</li> <li>• Musashi Shred and Burn Protein Bar (60g)</li> <li>• Musashi Shred and Burn (375ml)</li> <li>• Rice Cakes topped with ½ avocado and a small pot of cottage cheese</li> </ul>	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Sandwich</b> Turkey or Chicken (80-100g) with salad and whole grain bread (x2) or wrap (x1). Followed by a low fat Greek yogurt (150g)</li> <li>• <b>Eating out:</b> Chicken &amp; Vegetable Pho (220g)</li> <li>• <b>Large Mixed Salad</b> (250g) topped with either: Tin of Tuna in spring water (90g) or Hard boiled eggs (x2). Optional: drizzle of olive oil and balsamic vinegar</li> </ul>	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> <li>• Musashi Shred and Burn Protein powder (34g) mixed with water (200-400ml)</li> <li>• Musashi Shred and Burn Protein Bar (60g)</li> <li>• Musashi Shred and Burn (375ml)</li> <li>• Selection of raw vegetables i.e. carrot, celery, broccoli dipped in low fat hummus</li> </ul>	<p><b>20-min before training</b> Musashi L-Carnitine (1 tsp) with 100ml of water.</p> <p><b>During training</b> Water – sip approximately 500-600ml during training</p> <p><b>Within 15-min of finishing training</b> <a href="#">Musashi protein powder</a> i.e. Musashi 100% Whey mixed with water</p>	<p>Select one of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Lean steak</b> (120-140g) – dry fried or with spray oil. Quinoa (1-2 cups - 180g cooked) and a large side salad (3-4 cups)</li> <li>• <b>Chicken breast</b> (100-130g) grilled, sweet potato (150g) mixed steam vegetables (2 cups)</li> <li>• <b>Chicken tacos</b> (130g - chicken) with salad (lettuce, tomato, avocado, onion) tomato salsa or low fat sour cream.</li> </ul> <p>Snack post dinner (optional)</p> <ul style="list-style-type: none"> <li>• Greek yoghurt (150g) with 15g Musashi 100% Whey protein powder</li> <li>• Dark chocolate x4 squares of (+80% coco)</li> </ul>