



FUEL

FUEL YOUR PERFORMANCE TO
ACHIEVE YOUR ATHLETIC GOALS



BULK



SHRED



RECOVER

THE WAY TO FUEL

Guide to reading the meal plan

This meal plan provides a daily energy intake of roughly 12,250kJ (2,928Cal) and is based on the energy needs of males aged between 18 – 44 years who have moderate - high levels of physical activity. Energy requirements can differ depending on age, gender, activity levels, height, weight, health status and body composition goals. For personalized advice, see a sports dietician.

Eating a balanced diet that includes a variety of wholegrains, fruit & vegetables, high quality protein, healthy fats and fibre can help boost & sustain energy levels. This meal plan aims to keep you fueled and satisfied for longer by incorporating a balance of high fibre, protein rich and lower Glycaemic Index foods throughout the day.

All quantities for meat is given as grams of cooked meat (not raw).

Try limit your intake of red meat to 2 serves a week. Eat white meat regularly (chicken & turkey). Don't forget to include oily fish like salmon. Mix things up by adding some legumes to your diet to provide an alternative source of protein.

Steam or bake your vegetables and leave the skin on for more fibre and extra nutrients.

If you don't like brown rice mix half and half with white.

Plan ahead and prepare your meals the day before when possible.

Keep Musashi protein bars in your gym bag, desk draw or glove compartment of your car.



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Meal Plan – AM Training Session

MEAL ONE (Pre training 5:30am)	MEAL TWO (8:30am)	MEAL THREE (10:30am)	MEAL FOUR (1pm)	MEAL FIVE (3.30pm)	MEAL SIX (6.30pm)
<p>30min before training</p> <ul style="list-style-type: none"> • Musashi Pre Workout energy bar • Musashi Pre Workout powder <p>During training Musashi Intra Workout</p> <p>Post training (within 30min) Musashi 100% Whey, High Protein or Plant Protein powder mixed with 1 serve Musashi Creatine Monohydrate</p>	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Apple Bircher Muesli Mix together ½ cup of wholegrain oats, ¼ cup of milk (reduced fat), 3 tbs natural yoghurt, 1 apple grated and 1 tbs sultanas. Top with 1 tbs chopped nuts and seeds + 1 tsp honey • Scrambled eggs Whisk 2 eggs + ¼ cup of reduced fat milk, 1 tbs chopped chives or parsley, 1 handful of chopped spinach + ground black pepper & salt to taste. Cook in non- stick fry pan. Serve on 2 slices of wholegrain toast with 50g smoked salmon 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Musashi High Protein bar + 2 wholegrain crackers with 2 slices of cheese • 2 slices of fruit toast + ¼ cup of cottage cheese plus 1 cup of sliced strawberries on top 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Corned Beef and Sweet Potato Sandwich 100g (approx. ½) cooked sweet potato, cold and sliced + 1 tsp mustard + 1 tsp mayonnaise + 20g feta + 1 handful of rocket leaves and 50g corned silverside on 2 x wholegrain bread. Plus 200ml natural, unsweetened yoghurt • Cottage Cheese and Salad Bun Mix together 200g cottage cheese, 50g grated cheese, handful of chopped spinach and 1 tbs finely chopped spring onion. Spread onto 1 x wholegrain bun and top with lettuce leaves + ½ grated carrot 	<ul style="list-style-type: none"> • Protein smoothie Blend 1 serve Musashi protein powder, 1 cup of water + 1 tbs nut butter, ¼ cup oats and 1 banana 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Grilled Chicken with Veg Salad and Rice: 100g grilled chicken. Serve with 1 ½ cups of chopped, grilled vegetables (mushroom, capsicum, celery, carrot etc) mixed with 1 cup cooked quinoa or brown rice and 1 tbs balsamic dressing (half extra virgin olive oil, half balsamic vinegar) • Spaghetti Bolognese 1 cup of cooked lean mince cooked with garlic in 1 tsp extra virgin olive oil, ½ cup of bolognese sauce, 1 carrot and 1 zucchini grated. Serve on ¾ cup of whole meal spaghetti and sprinkle with 2 tbs parmesan cheese



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Meal Plan – PM Training Session

MEAL ONE (7am)	MEAL TWO (10am)	MEAL THREE (1pm)	MEAL FOUR (3pm)	MEAL FIVE (Pre training 5:30pm)	MEAL SIX (7:30pm)	MEAL SEVEN (dessert/supper)
<p>Select one of the following options:</p> <ul style="list-style-type: none"> Smashed Avocado and Peas on Toast Lightly mash ½ cup of peas (cooked and cooled) + ½ avocado, squeeze of lemon juice, salt & pepper + 35g of feta. Served on 2x wholegrain toast. Chia + Granola Pudding Mix ¾ cup of unsweetened almond milk, 3 tbs chia seeds, ½ tsp vanilla essence + 3 tbs plain unsweetened yoghurt and leave in the fridge overnight. To serve, add ½ cup of low sugar granola cereal + ¼ cup blueberries 	<ul style="list-style-type: none"> 1 handful of mixed nuts (approx. 30g). Plus 1 apple. Plus 20g (approx. 2 squares) of dark chocolate 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> Tuna and Egg on Toast: 95g tin of tuna (in olive oil) with 1 boiled egg on 1 slice of wholegrain toast. Serve with 1 cup of salad greens (lettuce, tomato, cucumber etc) with 1 tbs of balsamic dressing Chicken Pasta salad 100g of grilled chicken breast. Plus 1 cup of steamed greens (asparagus, broccoli etc) + ½ cup of spinach, ½ red capsicum chopped and 1 cup of cooked wholegrain pasta. Serve with 1 tbs balsamic dressing 	<ul style="list-style-type: none"> Musashi Protein Coffee drink 	<p>½ hour before training</p> <ul style="list-style-type: none"> Musashi Pre Workout bar plus Musashi Pre Workout powder mixed with 250-300ml water <p>During training</p> <p>Musashi Intra Workout mixed with 400ml water</p> <p>Post training (within 30min)</p> <p>Musashi 100% Whey, High Protein or Plant Protein powder mixed with 1 serve Musashi Creatine Monohydrate</p>	<p>Select one of the following options:</p> <ul style="list-style-type: none"> Baked Salmon with Couscous and veg 100g of salmon, baked and served with ½ cup of cooked couscous + 1 ½ cups of cooked veg (cauliflower, broccoli, carrots etc) Baked sweet potato 1x medium sized sweet potato baked whole for approx. 50 mins. In pan, with 1 tsp extra virgin olive oil, cook ½ capsicum, ¼ red onion, large pinch of chilli powder, paprika and cumin + ½ a cup of canned black beans (drained & rinsed). Serve with the baked potato and top with 2 tbs grated cheese, 2 tbs sour cream and 2 tbs salsa 	<ul style="list-style-type: none"> Smoothie Blend 1 cup of natural unsweetened yoghurt + 1 handful of frozen mango (or berries) + ½ banana + ¼ tsp of cinnamon and ½ serve of Musashi Protein powder