



FUEL

BULK

SHRED

RECOVER

REBUILD AND RECOVER RAPIDLY  
TO STAY AHEAD OF THE GAME

## THE WAY TO RECOVER

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## 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 personalised advice, see a sports dietician.

Inadequate nutrition can result in poor recovery through increased fatigue and muscle soreness, as well as decreased performance and gains.

Protein has an important role in the strengthening and repair of muscles. In resistance sports, a higher protein diet helps to build muscle while also supporting recovery.

Post-exercise meals should be rich in quality carbohydrates, contain a source of lean protein, fluid and electrolytes.

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 and 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<br>(Pre training 5:30am)   | MEAL TWO<br>(8:30am)   | MEAL THREE<br>(10:30am)  | MEAL FOUR<br>(1pm)  | MEAL FIVE<br>(3.30pm)  | MEAL SIX<br>(6.30pm)  |
|---|--|--|---|--|---|
| <p><b>30min before training</b></p> <ul style="list-style-type: none"> <li>• Musashi Pre Workout energy bar</li> <li>• Musashi Pre Workout powder with 2x ZMA+ capsules</li> </ul> <p><b>During training</b><br/>Musashi Intra Workout</p> <p><b>Post training (within 30min)</b><br/>Musashi 100% Whey or High Protein powder with reduced fat milk, or Plant Protein powder with light soy milk</p> | <p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Scrambled eggs</b> 2 x eggs mixed with 100ml milk (reduced fat) on 2x wholegrain toast with 1 cup of chopped spinach cooked in 1 tsp low fat spread. Serve with ½ avocado</li> <li>• <b>Fruit toast</b> 2 slices with 1 tbs jam and ¼ cup of cottage cheese. Plus 1 large latte or similar espresso coffee (reduced fat milk). Plus 1x banana</li> </ul> | <p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• Musashi High Protein bar</li> <li>• <b>Crackers with cheese and tuna</b> 4x wholegrain crackers with 4 slices of cheese + 95g tin of tuna in olive oil</li> </ul> | <p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Chicken and egg wrap</b><br/>100g cooked chicken on 1x wholegrain wrap with ½ cup spinach, ½ tomato, 2 slices of cheese, 1 hard-boiled egg and 1 tbs hummus. Plus 1 orange, apple or other fresh fruit</li> <li>• <b>Sweet potato, beetroot and chickpea salad</b><br/>1x sweet potato cut into cubes, sprinkled with paprika and baked. Mix with ½ cup of canned chickpeas, ½ cup of canned beetroot pieces, 1 cup spinach leaves, 1 tsp of balsamic vinegar and 1 tsp extra virgin olive oil. Plus 2 tbs of feta cheese. With 1 orange, apple or other fresh fruit and 1 handful (10x) almonds</li> </ul> | <ul style="list-style-type: none"> <li>• Musashi High Protein drink</li> <li>• <b>Protein yoghurt with berries</b> Mix 150g of high protein yoghurt + ¼ cup of blueberries, 5 chopped almonds + ½ a scoop of Musashi 100% Whey Protein powder</li> </ul> | <p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Baked salmon, couscous and veg</b> 150g oven baked salmon fillet with 1 cup mixed steamed veg (beans, broccoli, asparagus etc) and ½ cup cooked whole meal couscous</li> <li>• <b>Beef stir-fry with veg and rice</b> 130g beef strips (fat removed) + 1½ cups mixed veg (carrots, broccoli, capsicum, green beans etc) stir fried with 1 tsp sesame oil, 1 tbs soy and 1 tbs oyster sauce. Serve with ¾ cup of cooked brown rice</li> </ul> <p><b>Prior to bed</b><br/>Musashi Nighttime Aminos and 2x ZMA+ capsules</p> |

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## Meal Plan – PM Training Session

| MEAL ONE<br>(7am)   | MEAL TWO<br>(10am)  | MEAL THREE<br>(1pm)   | MEAL FOUR<br>(3pm)   | MEAL FIVE<br>(Pre training 5:30pm)   | MEAL SIX<br>(7:30pm)  | MEAL SEVEN<br>(dessert/supper)   |
|---|---|---|--|--|---|--|
| <p><b>Prior to breakfast</b><br/>2x Musashi ZMA+ capsules</p> <p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Protein pancakes</b><br/>Blend ¼ cup of oats, ½ banana, 1 egg, ½ tsp baking powder, pinch of cinnamon, ½ tbs ground linseed, ¼ cup of milk (reduced fat) + ½ serve of Musashi 100% Whey Protein powder. Pour into non-stick pan at medium heat and cook both sides. Serve with ½ a banana sliced and a drizzle of maple syrup. Plus 1 large latte or similar espresso coffee (reduced fat milk).</li> <li>• <b>Breakfast on-the-go</b> Musashi High Protein drink + 1 banana + 1 x 30g oat-based bar (look for a low sugar option)</li> </ul> | <p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• Musashi High Protein bar</li> <li>• <b>1 cup of veg sticks</b> (broccoli, carrot, celery etc) with ¼ cup of hummus. Plus 2x wholegrain rice wafers with 2 slices of cheese and 1x hard-boiled egg</li> </ul> | <p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Smoked salmon salad</b> 1 large mixed leafy green salad (lettuce, carrot, tomato, cucumber etc) with ¼ cup cooked brown rice, 50g smoked salmon and 50g crumbled feta. Drizzle with balsamic vinegar + 1 tsp extra virgin olive oil.</li> <li>• <b>2 grilled chicken breast</b> 150g with 1x packet of microwave brown rice + 1 cup steamed broccoli</li> </ul> | <ul style="list-style-type: none"> <li>• <b>1 handful (30g) of mixed nuts</b> + 30g of dried fruit (apricots, dates etc). Plus 1 tin (95g) of tuna in olive oil</li> </ul> | <p><b>30min before training</b><br/>Musashi Pre Workout energy bar. Plus Pre Workout with 2x ZMA+ capsules</p> <p><b>During training</b><br/>Musashi Intra Workout</p> <p><b>Post training (within 30mins)</b><br/>Musashi 100% Whey or High Protein powder with reduced fat milk, or Plant Protein powder with light soy milk</p> | <p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• <b>Spaghetti bolognaise</b> 150g (approx. ¾ cup) of prime beef mince cooked with ½ cup of bolognaise sauce. Serve topped with small sprinkle of grated cheese + ¾ cup cooked whole meal spaghetti boiled and 1 cup of steamed broccoli</li> <li>• <b>Fajitas</b> Chicken (100g) or tofu (150g) coat with 1 tsp extra virgin olive oil mixed with ¼ tsp chili powder and ¼ tsp of ground cumin. Place under grill to cook with 1 cup of sliced vegetables (capsicum, onion, asparagus, mushrooms). Serve in 1x large wholegrain wrap with 1 tbs tomato salsa and sprinkle of grated cheese</li> </ul> | <p>Select from <b>one</b> of the following options:</p> <ul style="list-style-type: none"> <li>• Musashi Deluxe Protein bar</li> <li>• <b>Berry smoothie</b> 1 cup almond milk (un-sweetened) + 100g of high protein yoghurt, ½ scoop of Musashi 100% Whey or Plant Protein powder + ½ cup berries</li> </ul> <p><b>Prior to bed</b><br/>Musashi Nighttime Aminos and 2x ZMA+ capsules</p> |