

FUEL

BULK

SHRED

GAIN LEAN MUSCLE AND ACHIEVE
OPTIMAL BODY COMPOSITION

RECOVER

THE WAY TO SHRED

Guide to reading the meal plan

This meal plan provides a daily energy intake of roughly 10,158kJ (2,428Cal) and is based on recommendations for healthy weight loss in 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 and health status. Genetic differences can also mean that the same diet and exercise plan may not be appropriate for all individuals. For personalized advice, see a sports dietician.

For weight loss, calories consumed must be less than calories expended. You can achieve this by decreasing the amount of food you eat at meal times (pay careful attention to portion sizes) and eating foods that aren't as calorie dense.

Decreased calories while maintaining a nutritionally balanced diet is key for weight loss. For fat loss (while maintaining protein/muscle mass) an exercise plan focusing on aerobic & resistance activity will increase calorie expenditure while maintaining lean body (muscle) mass. Monitor your weight loss not only with scales but with circumference measures and other body composition procedures to ensure you are losing body fat and not sacrificing muscle mass which may affect performance.

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

Grill, dry-fry or use spray oil when cooking meats.

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.

Choose canned fruit in natural juice, not syrup.

Opt for reduced fat dairy and sauces but check the ingredients list to make sure a heap of sugar hasn't been added in its place.

Use herbs and spices to give more flavor without needing to add lots of sauces.

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.

An after-dinner snack or dessert will contribute extra calories to your day. We've factored in a couple of calorie controlled options so you don't have to miss out.



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Meal Plan – AM Training Session

MEAL ONE (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 drink Musashi Carnitine Capsules <p>During training Musashi Intra Workout</p> <p>Post training (within 30min) Musashi Shred & Burn protein powder mixed with 200ml reduced fat milk</p>	<p>Select from one of the following options within 45min of finishing training:</p> <ul style="list-style-type: none"> Poached eggs (x2) with 1 handful spinach, 1 grilled tomato on 2 x wholegrain toast with 2 tsp reduced fat spread. Plus 1 banana Bircher muesli Mix 1/2 grated green apple with 3/4 cup wholegrain oats, 1 Tbsp sultanas, pinch of cinnamon, 1/2 cup of Greek yoghurt (low fat) & 50ml water. Refrigerate overnight 	<ul style="list-style-type: none"> Musashi Shred and Burn shake plus 2 x thick wholegrain rice wafers with 1 tsp Vegemite or Marmite and 2 slices light cheese 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> Soup 2 cups of home-made or 500g tin of chunky meat & vegetable soup or stew + 2 tbsp sour cream (reduced fat). Plus 1 slice of wholegrain toast with 1 tsp reduced fat spread with 1 orange, apple or other fresh fruit Ham and salad roll 1 x wholegrain bread roll, 50g sliced ham + 1/2 cup salad veg (lettuce, tomato, cucumber etc) 1 x hard - boiled egg & 1 tsp mayo (reduced fat). Plus 1 large latte or similar espresso coffee (reduced fat milk). With 1 orange, apple or other fresh fruit 	<ul style="list-style-type: none"> Musashi Shred and Burn protein powder mixed with reduced fat milk (200ml). With 1 orange, apple or other fresh fruit & small handful of almonds 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> Pork steak and veg 1 x 150g steak (fat removed) + 1 cup mixed vegetables (peas, carrots and corn) + 1/2 cup mashed kumara (1/2 cup cooked kumara + 1 tsp reduced fat spread, splash of milk, salt and pepper) Fish, kumara chips and salad 1 snapper fillet (approx. 150g) tossed in flour, beaten egg, whole meal bread crumbs (mix with fresh chopped herbs, grated lemon rind, salt & pepper) & baked in oven with 1/2 a kumara sliced into chips. 1 tsp tartare sauce, with 1 cup salad veg (lettuce, tomato, cucumber etc)



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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 from one of the following options:</p> <ul style="list-style-type: none"> • English muffin x1 topped with 1 sliced banana and drizzled with honey. Plus 1 large latte or similar espresso coffee (reduced fat milk) • Porridge ½ cup rolled oats with 1 cup of reduced fat milk and ½ cup of peach slices (in juice, not syrup) 	<ul style="list-style-type: none"> • Musashi Shred and Burn protein powder mixed with water (200-400ml) Plus ¼ cup of hummus with 1 cup veg sticks (carrot, broccoli, celery etc) and 2 sticks of cheese (reduced fat) 	<p>Select from one of the following options:</p> <ul style="list-style-type: none"> • Tuna pasta salad 95g tuna (in spring water), ¼ cup cooked whole meal pasta, ¼ cup cottage cheese (reduced fat), 1 tbsp pesto + ½ cup corn kernels and ½ cup broccoli pieces. With 1 orange, apple or other fresh fruit • Frittata/Omelette Made with 2 x eggs, ¼ cup milk (reduced fat), 50g ham, 1 cup of spinach and ¼ cup grated cheese (reduced fat). Served with 1 slice of wholegrain bread. With 1 orange, apple or other fresh fruit 	<ul style="list-style-type: none"> • Musashi Shred and Burn Protein Bar (60g). Plus 1 x sliced tomato and 1 x hard-boiled egg on 1 slice of wholegrain toast 	<p>30 min before training</p> <ul style="list-style-type: none"> • Musashi L-Carnitine capsules with 100ml of water • Musashi Pre Workout <p>During training Musashi Intra Workout in 400ml of water during training</p> <p>Within 30min of finishing training Musashi Shred & Burn protein powder mixed with water</p>	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Chicken tacos 2 x corn taco shells filled with 130g grilled chicken breast (sprinkled with paprika and cumin). 1 cup salad veg (lettuce, tomato, onion). ¼ avocado, 2 tbsp tomato salsa and 2 tbsp sour cream (reduced fat) • Vegetable soup Blend 1 cup cooked pumpkin + 1 medium sweet potato. Add ½ onion, ¾ cup cooked lentils + 2 cups vegetable stock. Season with cumin and serve with 2 tbsp sour cream (reduced fat) 	<p>Select one of the following options:</p> <ul style="list-style-type: none"> • Musashi Low Carb bar • Dark chocolate 20g (approx. 2 squares) • ½ cup of strawberries or blueberries mixed with 2 tbsp ricotta cheese and 1 tsp honey