



AFL NUTRITION PROGRAM
OFF SEASON
NUTRITION GOAL - SPORT SPECIFIC STRENGTH

The Musashi AFL Nutrition Program incorporates a variety of meals and supplements that provide fuel for and support recovery after training, workouts and game-day performance. The program provides a simple clarification of what foods and products to consume and when in relation to exercise, with the purpose of supporting the high stamina that is required for such a cardio-intense impact sport.

MUSASHI
PERFORMANCE
LAB ➤

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>PRE-WORKOUT 7.00 AM PRE-TRAINING Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING TRAINING Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-TRAINING (RECOVERY) Musashi Shred and Burn (34g) mixed with 200ml water and a piece of fruit</p>	<p>MEAL ONE 7.00 AM SCRAMBLED EGGS (x2) on TOAST (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p>MEAL TWO 10.00 AM Musashi Shred and Burn (34g) mixed with 200ml water and a piece of fruit.</p> <p>MEAL THREE 12.30 PM TUNA SALAD Tin of tuna in spring water (90g) with a large green leafy salad (250g) and a drizzle of olive oil and cracked pepper.</p> <p>MEAL FOUR 3.00 PM <i>Snack</i> PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL FIVE 6.30 PM CHICKEN TACOS (100-130g) (wholegrain tortilla wrap x2-3) with mixed vegetables (capsicum, onion, asparagus, green beans), ½ avocado and tomato salsa (low salt and low sugar).</p> <p>MEAL SIX 8.00 PM <i>optional</i> GREEK YOGURT (120g) mix with 1 scoop (15g) Musashi 100% Whey and top with 1 handful of raw almonds.</p>	<p>MEAL ONE 7.00 AM OMELETTE with x1 whole egg & x4 egg whites with mixed vegetables of your choice.</p> <p>MEAL TWO 10.00 AM Musashi Shred and Burn (34g) mixed with 200ml water and a piece of fruit.</p> <p>MEAL THREE 12.30 PM VEGETABLE QUICHE alongside a large mixed green leafy salad (250g).</p> <p>MEAL FOUR 3.30 PM CHIA POD and 2 handfuls of trail mix (dried fruit and nuts).</p> <p>PRE-WORKOUT 5.00 PM PRE-TRAINING Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING TRAINING Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-TRAINING (RECOVERY) Musashi Shred and Burn (34g) mixed with 200ml water and a piece of fruit</p> <p>MEAL FIVE 6.30 PM SPAGHETTI BOLOGNAISE Beef or turkey mince (200g) wholemeal spaghetti (100g) Bolognese sauce (220g).</p>	<p>MEAL ONE 7.00 AM ROLLED OATS (1cup raw oats) topped with Greek yogurt (170g) and raw almonds (2 handfuls) and a handful of blueberries. Optional: add 100ml milk.</p> <p>MEAL TWO 10.00 AM Musashi Shred and Burn (34g) mixed with 200ml water and a piece of fruit.</p> <p>MEAL THREE 12.30 PM TUNA SALAD Tin of tuna in spring water (90g) with a large green leafy salad (250g) and a drizzle of olive oil and cracked pepper.</p> <p>MEAL FOUR 3.00 PM <i>Snack</i> PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL FIVE 6.30 PM CHICKEN SQUAWKERS (1 chicken breast) large mixed green leafy salad and steamed basmati rice (1-2 cups cooked).</p> <p>MEAL SIX 8.00 PM <i>optional</i> GREEK YOGURT (120g) mix with 1 scoop (15g) Musashi 100% Whey and top with 1 handful of raw almonds.</p>	<p>PRE-WORKOUT 7.00 AM PRE-TRAINING Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING TRAINING Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-TRAINING (RECOVERY) Musashi Shred and Burn (34g) mixed with 200ml water and a piece of fruit</p> <p>MEAL ONE 8.00 AM SCRAMBLED EGGS (x2) on TOAST (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p>MEAL TWO 10.30 AM Musashi Shred and Burn (34g) mixed with 200ml water and a piece of fruit.</p> <p>MEAL THREE 12.30 PM CHICKPEA AND 3-BEAN SALAD ½ tin of chickpeas, ½ can of 3-bean mix, handful of rocket or spinach leaves, diced onion, diced cucumber, cherry tomatoes, beetroot, ½ avocado, feta cheese. Drizzle of olive oil and balsamic vinegar. Two slices of crusty bread with low fat butter.</p> <p>MEAL FOUR 3.30 PM SNACK BOX Selection of raw vegetables e.g. carrot and celery with sliced cheese (40g) - Bega Country Vintage Light (50%) or Kraft Live Free Cheese. Handful of raw almonds and a glass of milk or water.</p> <p>MEAL FIVE 6.30 PM BEEF STIR FRY selection of mixed steamed vegetables and vermicelli noodles (2 cups cooked).</p>	<p>MEAL ONE 7.00 AM POACHED EGGS (x2) on TOAST (x2) wholegrain or rye toast/ low fat butter and ½ avocado.</p> <p>MEAL TWO 10.00 AM PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL THREE 12.30 PM TUNA PASTA SALAD topped with olive oil, fresh basil and ground pepper. 1.00PM Musashi Electrolyte (500ml)</p> <p>GAMEDAY 3.00 PM PRE-GAME Banana and Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING GAME Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-GAME (RECOVERY) Musashi Shred and Burn (34g) mixed with 200ml water and a piece of fruit</p> <p>MEAL FOUR 5.00 PM CHEESE AND HAM SALAD SANDWICH and a glass of water.</p> <p>MEAL FIVE 6.30 PM HOMEMADE PIZZA Topped with tomato base sauce, cheese, ham and vegetables of choice.</p>	<p>MEAL ONE 7.00 AM FRIED EGGS (x2) on TOAST (x2) with a side of avocado and grilled tomato.</p> <p>MEAL TWO 10.00 AM Musashi Shred and Burn (34g) mixed with 200ml water and a piece of fruit.</p> <p>MEAL THREE 12.30 PM TOASTED CHICKEN and salad baguette followed by a piece of fruit.</p> <p>MEAL FOUR 3.00 PM CHIA POD and 2 handfuls of trail mix (dried fruit and nuts).</p> <p>MEAL FIVE 6.30 PM LAMB CUTLETS (fat trimmed) x3 pan fried (spray oil), steamed basmati rice (2cups) OR sweet potato (200g) with a large portion mixed steamed veg.</p> <p>MEAL SIX 8.30 PM BANANA & PEANUT BUTTER SMOOTHIE 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) Musashi 100% Whey.</p>



AFL NUTRITION PROGRAM
PRE SEASON
NUTRITION GOAL - POWER & EXPLOSIVENESS

The Musashi AFL Nutrition Program incorporates a variety of meals and supplements that provide fuel for and support recovery after training, workouts and game-day performance. The program provides a simple clarification of what foods and products to consume and when in relation to exercise, with the purpose of supporting the high stamina that is required for such a cardio-intense impact sport.

MUSASHI
PERFORMANCE
LAB ➤

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>PRE-WORKOUT 7.00 AM PRE-TRAINING Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING TRAINING Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein Powder (60g) mixed with 300ml water</p> <p>MEAL ONE 8.00 AM ROLLED OATS (1cup raw oats) topped with Greek yogurt (170g) and raw almonds (2 handfuls) and a handful of blueberries. Optional: add 100ml milk.</p> <p>MEAL TWO 10.30 AM Musashi Bulk Protein Powder (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).</p> <p>MEAL THREE 12.30 PM TURKEY (85g) SANDWICH made with whole grain bread or wrap mixed with lettuce, tomato and small layer of mayonnaise. Followed by a low-fat Greek yogurt (150g).</p> <p>MEAL FOUR 3.30 PM GREEK YOGHURT (200g) with a teaspoon of cinnamon, scoop of Musashi 100% Whey protein (15g) and a handful of berries.</p> <p>MEAL FIVE 6.30 PM GRILLED SALMON (150-200g) with steamed vegetables spinach, green beans and carrots and steamed basmati rice (1 cup).</p>	<p>MEAL ONE 7.00 AM SCRAMBLED EGGS (x2) on TOAST (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p>MEAL TWO 10.00 AM Musashi Bulk Protein Powder (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).</p> <p>MEAL THREE 12.30 PM TUNA PASTA SALAD Tin of Tuna (95g), spelt pasta (230g) with mixed green salad leaves (150g), tomato, avocado (½), topped with feta cheese and a drizzle of olive oil.</p> <p>MEAL FOUR 3.00 PM <i>Snack</i> PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL FIVE 6.30 PM LEAN STEAK (250g) grilled or pan fried with spray oil alongside a mixed salad (4 cups) topped with a drizzle of olive oil and steamed sweet potato (200g).</p> <p>MEAL SIX 8.00 PM <i>optional</i> GREEK YOGURT (120g) mix with 1 scoop (15g) Musashi 100% Whey and top with 1 handful of raw almonds.</p>	<p>MEAL ONE 7.00 AM OMELETTE with x1 whole egg & x4 egg whites with mixed vegetables of your choice.</p> <p>MEAL TWO 10.00 AM Musashi Bulk Protein Powder (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).</p> <p>MEAL THREE 12.30 PM GRILLED CHICKEN breast diced (100g) with x1 sachet of microwave rice and broccoli (1 cup - steamed in microwave).</p> <p>MEAL FOUR 3.30 PM CHIA POD and a handful of dried fruit and nuts and a banana.</p> <p>PRE-WORKOUT 5.00 PM PRE-TRAINING Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING TRAINING Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein Powder (60g) mixed with 300ml water</p> <p>MEAL FIVE 6.30 PM PASTA NAPOLITANO Spelt pasta topped with Napolitano Pasta sauce and selection of mixed vegetables.</p>	<p>MEAL ONE 7.00 AM ROLLED OATS (1cup raw oats) topped with Greek yogurt (170g) and raw almonds (2 handfuls) and a handful of blueberries. Optional: add 100ml milk.</p> <p>MEAL TWO 10.00 AM Musashi Bulk Protein Bar (90g) and a glass of milk (600ml).</p> <p>MEAL THREE 12.30 PM TIN OF TUNA (95g) with x1 sachet of microwave rice and 1 small tin of sweetcorn.</p> <p>MEAL FOUR 3.00 PM <i>Snack</i> PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL FIVE 6.30 PM CHICKEN SQUAWKERS (1 chicken breast) large green salad and steamed basmati rice (1 cup cooked).</p> <p>MEAL SIX 8.00 PM <i>optional</i> GREEK YOGURT (120g) mix with 1 scoop (15g) Musashi 100% Whey and top with 1 handful of raw almonds.</p>	<p>PRE-WORKOUT 7.00 AM PRE-TRAINING Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING TRAINING Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein Powder (60g) mixed with 300ml water</p> <p>MEAL ONE 8.00 AM SCRAMBLED EGGS (x2) on TOAST (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p>MEAL TWO 10.30 AM Musashi Bulk Protein Bar (90g) and a glass of milk (600ml).</p> <p>MEAL THREE 12.30 PM CHICKPEA AND BEAN SALAD ½ tin of chickpeas, ½ can of three bean mix, handful of rocket or spinach leaves, diced onion, diced cucumber, cherry tomato's, beetroot, ½ avocado, feta cheese. Drizzle of olive oil and balsamic vinegar.</p> <p>MEAL FOUR 3.30 PM SNACK BOX Selection of raw vegetables e.g. carrot and celery with sliced cheese (40g) - Bega Country Vintage Light (50%) or Kraft Live Free Cheese. Handful of raw almonds and a glass of milk or water.</p> <p>MEAL FIVE 6.30 PM BEEF STIR FRY selection of mixed steamed vegetables and vermicelli noodles (2 cups cooked).</p>	<p>MEAL ONE 7.00 AM POACHED EGGS (x2) on TOAST (x2) wholegrain or rye toast/ low fat butter and ½ avocado.</p> <p>MEAL TWO 10.00 AM PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL THREE 12.30 PM CHICKEN PASTA SALAD topped with olive oil, fresh basil and ground pepper.</p> <p>GAMEDAY 3.00 PM PRE-GAME Banana and Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING GAME Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-GAME (RECOVERY) Musashi Bulk Protein Powder (60g) mixed with 300ml water</p> <p>MEAL FOUR 5.00 PM CHEESE AND SALAD SANDWICH and a glass of water and a piece of fruit. 5.30PM Musashi Bulk Protein Powder (60g) mixed with 300ml water.</p> <p>MEAL FIVE 6.30 PM BBQ: MEAT OF CHOICE (150g) with sweet potato, grilled green beans, grilled asparagus and corn on the cob.</p>	<p>MEAL ONE 7.00 AM FRIED EGGS (x2) on TOAST (x2) with a side of avocado and grilled tomato.</p> <p>MEAL TWO 10.00 AM CHIA POD and 2 handfuls of trail mix (dried fruit and nuts).</p> <p>MEAL THREE 12.30 PM EATING OUT Nando's Chicken paella (large) and a mixed side salad.</p> <p>MEAL FOUR 3.00 PM Musashi Bulk Protein Bar (90g) and a glass of milk (600ml).</p> <p>MEAL FIVE 6.30 PM LAMB CUTLETS (fat trimmed) x3 pan fried (spray oil), steamed basmati rice (2cups) OR sweet potato (90g) with a large portion mixed steamed veg.</p> <p>MEAL SIX 8.30 PM BANANA & PEANUT BUTTER SMOOTHIE 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) Musashi 100% Whey.</p>



AFL NUTRITION PROGRAM
DURING SEASON
NUTRITION GOAL - ENDURANCE & MOVEMENT

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Easy tip: make in microwave (1min).</p> <p>MEAL TWO 10.00 AM Musashi 100% Whey Protein (30g) mixed with 250ml water and a piece of fruit (apple, banana, or orange).</p> <p>MEAL THREE 12.30 PM TUNA PASTA SALAD Tin of Tuna (95g), spelt pasta (230g) with mixed green salad leaves (150g), tomato, avocado (½), topped with feta cheese and a drizzle of olive oil.</p> <p>MEAL FOUR 3.00 PM Snack PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL FIVE 6.30 PM LEAN STEAK (250g) grilled or pan fried with spray oil alongside a mixed salad (4 cups) topped with a drizzle of olive oil and steamed sweet potato (200g).</p> <p>MEAL SIX 8.00 PM optional FRUIT SALAD topped with Greek yogurt, tsp of chia seeds and 1tsp sunflower seeds.</p>	<p>MEAL ONE 7.00 AM OMELETTE with x1 whole egg & x4 egg whites with mixed vegetables of your choice.</p> <p>MEAL TWO 10.00 AM Musashi 100% Whey Protein (30g) mixed with 250ml water and a piece of fruit (apple, banana, or orange).</p> <p>MEAL THREE 12.30 PM GRILLED CHICKEN breast diced (100g) with x1 sachet of microwave rice and broccoli (1 cup - steamed in microwave).</p> <p>MEAL FOUR 3.30 PM CHIA POD and a handful of dried fruit and nuts and a glass of milk.</p> <p>PRE-WORKOUT 5.00 PM PRE-TRAINING Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING TRAINING Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein Powder (60g) mixed with 300ml water</p> <p>MEAL FIVE 6.30 PM BAKED POTATO topped with large green leafy salad (2 cups) grated cheese (1 cup) and ½ tin of tuna (45g). Top with low fat mayonnaise or dressing.</p>	<p>MEAL ONE 7.00 AM ROLLED OATS (1cup raw oats) topped with Greek yogurt (170g) and raw almonds (2 handfuls) and a handful of blueberries. Optional: add 100ml milk.</p> <p>MEAL TWO 10.00 AM FRUIT SALAD topped with Greek yogurt, tsp of chia seeds and 1tsp sunflower seeds.</p> <p>MEAL THREE 12.30 PM TIN OF TUNA (95g) with x1 sachet of microwave rice and 1 small tin of sweetcorn.</p> <p>MEAL FOUR 3.00 PM Snack PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL FIVE 6.30 PM FAJITAS: CHICKEN (130g) or TOFU (90g) with (x2 wholegrain wraps) mixed vegetables (capsicum red/ yellow, onion, asparagus, green beans) tomato salsa (low salt/ sugar).</p> <p>MEAL SIX 8.00 PM optional GREEK YOGURT (120g) mix with 1 scoop (15g) Musashi 100% Whey and top with 1 handful of raw almonds.</p>	<p>PRE-WORKOUT 7.00 AM PRE-TRAINING Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING TRAINING Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein Powder (60g) mixed with 300ml water</p> <p>MEAL ONE 8.00 AM SCRAMBLED EGGS (x2) on TOAST (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p>MEAL TWO 10.30 AM PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL THREE 12.30 PM CHICKPEA AND BEAN SALAD ½ tin of chickpeas, ½ can of three bean mix, handful of rocket or spinach leaves, diced onion, diced cucumber, cherry tomato's, beetroot, ½ avocado, feta cheese. Drizzle of olive oil and balsamic vinegar.</p> <p>MEAL FOUR 3.30 PM SNACK BOX Selection of raw vegetables e.g. carrot and celery with sliced cheese (40g) - Bega Country Vintage Light (50%) or Kraft Live Free Cheese. Handful of raw almonds and a glass of milk or water.</p> <p>MEAL FIVE 6.30 PM BEEF STIR FRY selection of mixed steamed vegetables and vermicelli noodles (2 cups cooked).</p>	<p>MEAL ONE 7.00 AM POACHED EGGS (x2) on TOAST (x2) wholegrain or rye toast/ low fat butter and ½ avocado.</p> <p>MEAL TWO 10.00 AM PROTEIN SMOOTHIE 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of Musashi 100% Whey protein powder.</p> <p>MEAL THREE 12.30 PM CHICKEN PASTA SALAD topped with olive oil, fresh basil and ground pepper. 1.00PM Musashi Electrolyte (10g) mixed with 500ml water.</p> <p>GAMEDAY 3.00 PM PRE-GAME Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING GAME Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-GAME (RECOVERY) Musashi Bulk Protein Powder (60g) mixed with 300ml water</p> <p>MEAL FOUR 5.00 PM CHEESE AND HAM SALAD SANDWICH and a glass of water and a piece of fruit. 5.30PM Musashi Bulk Protein Powder (60g) mixed with 300ml water.</p> <p>MEAL FIVE 6.30 PM BURRITO BOWL Steamed basmati rice, chicken or tofu, corn, tomato, carrot, onion, red capsicum, avocado.</p>	<p>MEAL ONE 7.00 AM OMELETTE with x1 whole egg & x4 egg whites with mixed vegetables of your choice.</p> <p>MEAL TWO 10.00 AM CHIA POD and 2 handfuls of trail mix (dried fruit and nuts).</p> <p>MEAL THREE 12.30 PM EATING OUT Rice paper rolls or sushi x3-4 rolls.</p> <p>MEAL FOUR 3.00 PM Musashi Bulk Protein Bar (90g) and a glass of milk (600ml).</p> <p>MEAL FIVE 6.30 PM LAMB CUTLETS (fat trimmed) x3 pan fried (spray oil), steamed basmati rice (2cups) OR sweet potato (200g) with a large portion mixed steamed veg.</p> <p>MEAL SIX 8.30 PM BANANA & PEANUT BUTTER SMOOTHIE 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) Musashi 100% Whey.</p>