



CRICKET NUTRITION PROGRAM
OFF SEASON
NUTRITION GOAL - SPORT SPECIFIC STRENGTH

The Musashi Cricket 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 muscular requirements of intense rotational and balance-intense movements.

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 OVERNIGHT OATS Rolled oats (¼ cup), Greek yogurt (¼ cup), mixed berries, milk of choice (½ cup). Mix together and leave in fridge overnight. Serve cold. Musashi Electrolyte (10g) mixed with 500ml water</p> <p>MEAL TWO 10.30 AM ENGLISH MUFFIN topped peanut butter OR avocado and cheese.</p> <p>MEAL THREE 12.30 PM CHICKEN (100g) WRAP (whole grain or mixed grain wrap) and salad (spinach leaves and salad toppings of your choice) topped with low fat hummus.</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 soba noodles, cucumber, edamame and carrots.</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). 8.00AM Musashi Electrolyte (10g) mixed with 500ml water</p> <p>MEAL TWO 10.00 AM PROBIOTIC YOGURT (120g) topped with fresh berries, honey (1tsp), pumpkin seeds (1tsp) and goji berries (1tsp).</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> GREEN SMOOTHIE ½ ripe avocado, 30g baby spinach leaves, ½ Lebanese cucumber, 1 granny smith apple, 2 cups water, 2tsp fresh ginger, ½ lime, ½ cup oats. Mix together in a blender.</p> <p>MEAL FIVE 6.30 PM CHICKEN (100-130g) or HALLOUMI TACOS (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 MUESLI (1cup) topped with milk of choice and sliced banana and chia seeds.</p> <p>MEAL TWO 10.00 AM BANANA & PEANUT BUTTER SMOOTHIE 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) Musashi 100% Whey.</p> <p>MEAL THREE 12.30 PM VEGETABLE QUICHE alongside a large mixed green leafy salad (250g).</p> <p>MEAL FOUR 3.30 PM MANGO CHIA PUDDING Chia seeds (¼ cup), mango cut in cubes, coconut milk, maple syrup (1tsp). Mix and leave to rest for 20min before eating.</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 LEAN STEAK served with sweet potato wedges (200g) with a large portion steamed mixed vegetables or salad.</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 HOMEMADE PROTEIN BALLS see Musashi recipes. Oats, dried apricots, dried prunes, 100% whey protein, chia seeds, peanut butter.</p> <p>MEAL THREE 12.30 PM EGG MAYONNAISE with lettuce and tomato sandwich followed by fresh fruit (e.g. watermelon, orange, apple or kiwi fruit).</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 HONEY AND SOY ROAST CHICKEN BREAST served with mixed steamed vegetables and potato wedges – in air fryer or baked in oven.</p> <p>MEAL SIX 8.00 PM <i>optional</i> BANANA & PEANUT BUTTER SMOOTHIE 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) Musashi 100% Whey.</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 HOMEMADE PROTEIN BALLS see Musashi recipes. Oats, dried apricots, dried prunes, 100% whey protein, chia seeds, peanut butter.</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 TUNA PASTA SALAD topped with olive oil, fresh basil and ground pepper.</p> <p>GAME DAY 3.00 PM PRE-GAME Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING GAME Musashi Electrolyte (14.5g) 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 ENGLISH MUFFIN topped with peanut butter.</p> <p>MEAL FIVE 6.30 PM QUINOA AND GRILLED HALLOUMI SALAD Cooked quinoa (2 cups), haloumi grilled, rocket, tomato, capsicum, carrot, sweet corn, spring onion and grilled asparagus.</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 RITA CRACKERS (x4) topped with vegemite, avocado and tomato. Optional add 1 hard-boiled egg.</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 EASY ROAST CHICKEN Sachet of cooked basmati rice – cook in microwave. Pre-cooked roast chicken from supermarket alongside a serve of steamed mixed vegetables.</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>



CRICKET NUTRITION PROGRAM
PRE SEASON
NUTRITION GOAL - SPORT SPECIFIC POWER

The Musashi Cricket 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 muscular requirements of intense rotational and balance-intense movements.

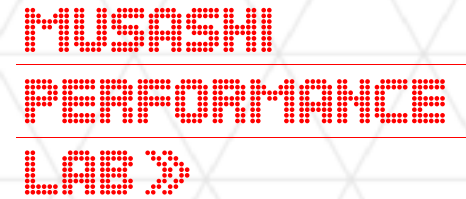
MUSASHI
PERFORMANCE
LAB

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 (~600ml)</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein mixed with water</p> <p>MEAL ONE 8.00 AM OVERNIGHT OATS Rolled oats (¼ cup), Greek yogurt (¼ cup), mixed berries, milk of choice (½ cup). Mix together and leave in fridge overnight. Serve cold.</p> <p>MEAL TWO 10.30 AM Musashi 100% Whey Protein mixed with 250ml water with 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 TUNA STEAK with a large green leafy salad (250g). 1 cup of cooked quinoa and a drizzle of olive oil and cracked pepper.</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 MANGO CHIA PUDDING Chia seeds (¼ cup), mango cut in cubes, coconut milk, maple syrup (1tsp). Mix and leave to rest for 20min before eating.</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 GREEN SMOOTHIE ½ ripe avocado, 30g baby spinach leaves, ½ Lebanese cucumber, 1 granny smith apple, 2 cups water, 2tsp fresh ginger, ½ lime, ½ cup oats. Mix together in a blender.</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 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 WEETBIX x4-6 topped with full fat milk topped with sliced banana and berries. Toast topped with peanut butter (x2 slices).</p> <p>MEAL TWO 10.00 AM Musashi Protein Wafer and a large glass of water.</p> <p>MEAL THREE 12.30 PM GRILLED CHICKEN breast diced (150g) with x1 sachet of microwave rice and broccoli (1 cup - steamed in microwave).</p> <p>MEAL FOUR 3.30 PM PROBIOTIC YOGURT (120g) topped with fresh berries, honey (1tsp), pumpkin seeds (1tsp) and goji berries (1tsp).</p> <p>PRE-WORKOUT 5.00 PM PRE-TRAINING Musashi Pre Workout</p> <p>DURING TRAINING Musashi Electrolyte (~600ml)</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein mixed with water</p> <p>MEAL FIVE 6.30 PM CAULIFLOWER RICE AND GRILLED SALMON blend cauliflower in food processor, place in a non-stick frying pan and cook until soft. Serve with a broccoli and spinach.</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 Protein Wafer and a large glass of water.</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 CHICKEN SQUAWKERS (1 chicken breast) large green salad and steamed basmati rice (1 cup cooked).</p> <p>MEAL SIX 8.00 PM optional PROBIOTIC YOGURT (120g) topped with fresh berries, honey (1tsp), pumpkin seeds (1tsp) and goji berries (1tsp).</p>	<p>PRE-WORKOUT 7.00 AM PRE-TRAINING Musashi Pre Workout</p> <p>DURING TRAINING Musashi Electrolyte (~600ml)</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein mixed with 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 High Protein Bar and a large glass of water.</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 GREEN SMOOTHIE ½ ripe avocado, 30g baby spinach leaves, ½ Lebanese cucumber, 1 granny smith apple, 2 cups water, 2tsp fresh ginger, ½ lime, ½ cup oats. Mix together in a blender.</p> <p>MEAL THREE 12.30 PM BEEF STIR FRY Left overs from the night before. One serve of Beef Stir Fry.</p> <p>MATCH DAY 3.00 PM PRE-MATCH Musashi Pre Workout</p> <p>DURING MATCH Musashi Electrolyte (~600ml)</p> <p>POST-MATCH (RECOVERY) Musashi Bulk Protein mixed with water</p> <p>MEAL FOUR 5.00 PM CHEESE AND SALAD SANDWICH and a glass of water and a piece of fruit.</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 SMASHED AVOCADO with feta on toast (x2). Add lemon, pepper and chilli flacks for additional taste.</p> <p>8.00AM Musashi Electrolyte (10g) mixed with 500ml water</p> <p>MEAL TWO 10.00 AM BANANA & PEANUT BUTTER SMOOTHIE 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) Musashi 100% Whey.</p> <p>MEAL THREE 12.30 PM ROLL OR SANDWICH filled with protein of choice e.g. egg, chicken or cheese, topped with salad, beetroot, carrot and mayonnaise.</p> <p>MEAL FOUR 3.00 PM Musashi High Protein Bar</p> <p>MEAL FIVE 6.30 PM HEALTHY BARITO BOWL Steamed rice (1cup) corn, avocado, red capsicum, carrot, cucumber, raw spinach, tomato diced. Either add pan cooked chicken (100g) or pan cooked tofu (90g) - spray oil in pan on cooktop.</p> <p>MEAL SIX 8.30 PM PLAIN POPCORN (1-2 cups) and a glass of water.</p>



CRICKET NUTRITION PROGRAM DURING SEASON NUTRITION GOAL - REACTIONS & MOVEMENT

The Musashi Cricket 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 muscular requirements of intense rotational and balance-intense movements.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>PRE-WORKOUT 7.00 AM PRE-TRAINING Musashi Pre Workout</p> <p>DURING TRAINING Musashi Electrolyte (~600ml)</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein mixed with 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 100% Whey Protein mixed with and a piece of fruit (apple, banana, or orange).</p> <p>MEAL THREE 12.30 PM TURKEY SANDWICH (85g) 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 PASTA NAPOLITANO Spelt pasta topped with Napolitano Pasta sauce and mixed vegetables.</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 100% Whey Protein mixed with 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 <i>optional</i> 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 mixed with and a piece of fruit (apple, banana, or orange).</p> <p>MEAL THREE 12.30 PM GRILLED CHICKEN breast diced (150g) with x1 sachet of microwave rice and broccoli (1 cup - steamed in microwave).</p> <p>MEAL FOUR 3.30 PM MANGO CHIA PUDDING Chia seeds (¼ cup), mango cut in cubes, coconut milk, maple syrup (1tsp). Mix and leave to rest for 20min before eating.</p> <p>PRE-WORKOUT 5.00 PM PRE-TRAINING Musashi Pre Workout</p> <p>DURING TRAINING Musashi Electrolyte (~600ml)</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein mixed with water</p> <p>MEAL FIVE 6.30 PM BAKED POTATO topped with salad (2 cups) cheese (1 cup) and tuna (45g).</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 <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</p> <p>DURING TRAINING Musashi Electrolyte (~600ml)</p> <p>POST-TRAINING (RECOVERY) Musashi Bulk Protein mixed with 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 SANDWICH or ROLL filled with protein of choice e.g. egg, chicken or cheese, topped with salad, beetroot, carrot and mayonnaise.</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>MATCH DAY 3.00 PM PRE-MATCH Musashi Pre Workout</p> <p>DURING MATCH Musashi Electrolyte (~600ml)</p> <p>POST-MATCH (RECOVERY) Musashi Bulk Protein mixed with water</p> <p>MEAL FOUR 5.00 PM CHICKEN AND SALAD ROLL with a large glass of water.</p> <p>MEAL FIVE 6.30 PM MOROCCAN SALMON TRAYBAKE Add the following to a tray and bake in oven 220c. Chickpeas (½ tin), baby champ potatoes diced, capsicum chopped, red onion chopped Moroccan seasoning (1tbs). Bake for 15min adding a skinless salmon fillet (150g) for a further 8minutes.</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 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 CHICKEN STIR FRY (200g - chicken) stir fried vegetables (2 cups) with vermicelli noodles (2 cups). Tossed in a wok over a medium heat.</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>



TOP TIPS FOR A HEALTHY CRICKET PLAYER

- > Choose fresh foods where possible.
- > Enjoy a variety of fresh lean meats, vegetarian dishes and fish dishes.
- > Limit take-away foods to once a week.
- > Sleep is essential for recovery, aim for 7-8 hours of sleep a night.
- > Nuts and seeds contain lots of essential nutrients and are particularly high in vitamin E and magnesium. Easily added to breakfasts, snacks or main meals.
- > Pumpkin seeds are good sources of both magnesium (lower stress & assist muscle contraction) and zinc (boost immune system, sleep and reduce anxiety).
- > Cherries are high in anti-inflammatory and anti-oxidants, you can add to yogurt, overnight oats or even salads.
- > Meal preparation is important. Plan your meals at the start of the week, prepare meals ahead of time when possible and have healthy snacks on hand. E.g. have hard boiled eggs pre-made in fridge ready to eat or have one serve of Musashi protein powder in a shaker ready to add water when required.
- > MUSASHI BCAA capsules provides 600mg of Branched Chain Amino Acids in a 2:1:1 ratio to support muscle protein stores and assist muscle growth during exercise. It also assists with muscle protein synthesis following workouts or training. Branched chain amino acids are essential Amino Acids and can only be obtained from diet or supplementation. Take one serve after each training session.