



**BASKETBALL NUTRITION PROGRAM**  
**OFF SEASON**  
**NUTRITION GOAL - SPORT SPECIFIC STRENGTH**

The Musashi Basketball 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 power and explosiveness that is required in such a high-speed plyometric sport.

**MUSASHI**  
**PERFORMANCE**  
**LAB** ➤

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>PRE-WORKOUT 7.00 AM</b>  <b>PRE-TRAINING</b>  <b>Musashi Pre Workout</b> (9g) mixed with 250ml water</p> <p><b>DURING TRAINING</b>  <b>Musashi Electrolyte</b> (10g) mixed with 500ml water</p> <p><b>POST-TRAINING (RECOVERY)</b>  <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water</p> <p><b>MEAL ONE 8.00 AM</b>  <b>OVERNIGHT OATS</b>            Rolled oats (¼ cup), Greek yogurt (½ cup), mixed berries, milk of choice (½ cup). Mix together and leave in fridge overnight. Serve cold.</p> <p><b>MEAL TWO 10.30 AM</b>  <b>Musashi Bulk Protein Powder</b> (60g) mixed with 500ml milk and large banana.</p> <p><b>MEAL THREE 12.30 PM</b>  <b>CHICKEN</b> (100g) or <b>FALAFEL</b> (x2) wrap (whole grain or mixed grain wrap) and salad (spinach leaves and salad toppings of your choice) topped with low fat hummus.</p> <p><b>MEAL FOUR 3.30 PM</b>  <b>GREEK YOGHURT</b> (200g) with a teaspoon of cinnamon, scoop of <b>Musashi 100% Whey protein</b> (15g) and a handful of berries.</p> <p><b>MEAL FIVE 6.30 PM</b>  <b>GRILLED SALMON</b> (150-200g) with soba noodles, cucumber, edamame and carrots.</p>	<p><b>MEAL ONE 7.00 AM</b>  <b>SCRAMBLED EGGS</b> (x2) on <b>TOAST</b> (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p><b>MEAL TWO 10.00 AM</b>  <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).</p> <p><b>MEAL THREE 12.30 PM</b>  <b>TUNA SALAD</b>            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><b>MEAL FOUR 3.00 PM</b> <i>Snack</i>  <b>GREEN SMOOTHIE</b>            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><b>MEAL FIVE 6.30 PM</b>  <b>GRILLED HALLOUMI TACOS</b> (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><b>MEAL SIX 8.00 PM</b> <i>optional</i>  <b>GREEK YOGURT</b> (120g) mix with 1 scoop (15g) <b>Musashi 100% Whey</b> and top with 1 handful of raw almonds.</p>	<p><b>MEAL ONE 7.00 AM</b>  <b>MUESLI</b> (1-2cups) topped with milk of choice and sliced banana and chia seeds.</p> <p><b>MEAL TWO 10.00 AM</b>  <b>BANANA &amp; PEANUT BUTTER SMOOTHIE</b>            1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) <b>Musashi 100% Whey</b>.</p> <p><b>MEAL THREE 12.30 PM</b>  <b>VEGETABLE QUICHE</b> alongside a large mixed green leafy salad (250g).</p> <p><b>MEAL FOUR 3.30 PM</b>  <b>HOMEMADE PROTEIN BALLS</b>            see Musashi recipes. Oats, dried apricots, dried prunes, 100% whey protein, chia seeds, peanut butter.</p> <p><b>PRE-WORKOUT 5.00 PM</b>  <b>PRE-TRAINING</b>  <b>Musashi Pre Workout</b> (9g) mixed with 250ml water</p> <p><b>DURING TRAINING</b>  <b>Musashi Electrolyte</b> (10g) mixed with 500ml water</p> <p><b>POST-TRAINING (RECOVERY)</b>  <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water</p> <p><b>MEAL FIVE 6.30 PM</b>  <b>LEAN STEAK</b>            served with steamed basmati rice (2cups) OR sweet potato (200g) with a large portion steamed mixed vegetables.</p>	<p><b>MEAL ONE 7.00 AM</b>  <b>ROLLED OATS</b>            (1cup raw oats) topped with Greek yogurt (170g) and raw almonds (2 handfuls) and a handful of blueberries. Optional: add 100ml milk.</p> <p><b>MEAL TWO 10.00 AM</b>  <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).</p> <p><b>MEAL THREE 12.30 PM</b>  <b>CHICKEN OR EGG</b>            salad sandwich or roll followed by a piece of fruit.</p> <p><b>MEAL FOUR 3.00 PM</b> <i>Snack</i>  <b>PROTEIN SMOOTHIE</b>            2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <b>Musashi 100% Whey protein powder</b>.</p> <p><b>MEAL FIVE 6.30 PM</b>  <b>CHICKEN</b>  <b>SATAY SQUAWKERS</b>            (1 chicken breast) large mixed green leafy salad and homemade sweet potato fries.</p> <p><b>MEAL SIX 8.00 PM</b> <i>optional</i>  <b>BANANA &amp; PEANUT BUTTER SMOOTHIE</b>            1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) <b>Musashi 100% Whey</b>.</p>	<p><b>PRE-WORKOUT 7.00 AM</b>  <b>PRE-TRAINING</b>  <b>Musashi Pre Workout</b> (9g) mixed with 250ml water</p> <p><b>DURING TRAINING</b>  <b>Musashi Electrolyte</b> (10g) mixed with 500ml water</p> <p><b>POST-TRAINING (RECOVERY)</b>  <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water</p> <p><b>MEAL ONE 8.00 AM</b>  <b>SCRAMBLED EGGS</b> (x2) on <b>TOAST</b> (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p><b>MEAL TWO 10.30 AM</b>  <b>Musashi Bulk Protein Powder</b> (60g) mixed with 500ml milk.</p> <p><b>MEAL THREE 12.30 PM</b>  <b>CHICKPEA AND 3-BEAN SALAD</b>            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.</p> <p><b>MEAL FOUR 3.30 PM</b>  <b>SNACK BOX</b> 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><b>MEAL FIVE 6.30 PM</b>  <b>BBQ: MEAT OF CHOICE</b> (150g) with sweet potato, grilled green beans, grilled asparagus and corn on the cob.</p>	<p><b>MEAL ONE 7.00 AM</b>  <b>POACHED EGGS</b> (x2) on <b>TOAST</b> (x2) wholegrain or rye toast/ low fat butter and ½ avocado.</p> <p><b>MEAL TWO 10.00 AM</b>  <b>PROTEIN SMOOTHIE</b>            2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <b>Musashi 100% Whey protein powder</b>.</p> <p><b>MEAL THREE 12.30 PM</b>  <b>EASY BEETROOT AND WALNUT SALAD WITH SMOKED SALMON</b>            Washed and ready to eat baby spinach and rocket leaves, ready cooked beetroot chopped into chunks, ½ can of lentils, ½ avocado chopped, ¼ cup of walnuts. Smoked salmon ready to eat.</p> <p><b>GAMEDAY 3.00 PM</b>  <b>PRE-GAME</b>  <b>Musashi Pre Workout</b> (9g) mixed with 250ml water</p> <p><b>DURING GAME</b>  <b>Musashi Electrolyte</b> (10g) mixed with 500ml water</p> <p><b>POST-GAME (RECOVERY)</b>  <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water</p> <p><b>MEAL FOUR 5.00 PM</b>  <b>LARGE SANDWICH</b>            or roll of your choice alongside a large glass of water.</p> <p><b>MEAL FIVE 6.30 PM</b>  <b>THAI GREEN CURRY</b>            chicken (130g) or tofu (90g), basmati steamed rice (1 cup) and a selection of vegetables (2 cups).</p>	<p><b>MEAL ONE 7.00 AM</b>  <b>FRIED EGGS</b> (x2) on <b>TOAST</b> (x2) with a side of avocado and grilled tomato.</p> <p><b>MEAL TWO 10.00 AM</b>  <b>Musashi Bulk Protein Powder</b> (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).</p> <p><b>MEAL THREE 12.30 PM</b>  <b>TOASTED CHICKEN</b>            and roast vegetable baguette followed by a piece of fruit.</p> <p><b>MEAL FOUR 3.00 PM</b>  <b>CHIA POD</b>            and 2 handfuls of trail mix (dried fruit and nuts).</p> <p><b>MEAL FIVE 6.30 PM</b>  <b>LAMB CUTLETS</b> (fat trimmed) x3 pan fried (spray oil), steamed basmati rice (2cups) OR sweet potato (200g) with a large portion mixed steamed veg.</p> <p><b>MEAL SIX 8.30 PM</b>  <b>BANANA &amp; PEANUT BUTTER SMOOTHIE</b>            1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) <b>Musashi 100% Whey</b>.</p>



# BASKETBALL NUTRITION PROGRAM

## PRE SEASON

### NUTRITION GOAL - SPEED & POWER

The Musashi Basketball 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 power and explosiveness that is required in such a high-speed plyometric sport.

# MUSASHI

## PERFORMANCE

### LAB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>PRE-WORKOUT 7.00 AM</b> <b>PRE-TRAINING</b> <i>Musashi Pre Workout</i> (9g) mixed with 250ml water</p> <p><b>DURING TRAINING</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>POST-TRAINING (RECOVERY)</b> <i>Musashi Bulk Protein Powder</i> (60g) mixed with 300ml water</p> <p><b>MEAL ONE 8.00 AM</b> <b>OVERNIGHT OATS</b> Rolled oats (¾ cup), Greek yogurt (¼ cup), mixed berries, milk of choice (½ cup). Mix together and leave in fridge overnight. Serve cold.</p> <p><b>MEAL TWO 10.30 AM</b> <i>Musashi Bulk Protein Powder</i> (60g) mixed with 300ml water or 500ml skim milk and a piece of fruit (apple, banana, or orange).</p> <p><b>MEAL THREE 12.30 PM</b> <b>TURKEY (85g) SANDWICH</b> 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><b>MEAL FOUR 3.30 PM</b> <b>GREEK YOGHURT</b> (200g) with a teaspoon of cinnamon, scoop of <i>Musashi 100% Whey protein</i> (15g) and a handful of berries.</p> <p><b>MEAL FIVE 6.30 PM</b> <b>GRILLED TUNA STEAK</b> with a large green leafy salad (250g). 1 cup of cooked quinoa and a drizzle of olive oil and cracked pepper.</p>	<p><b>MEAL ONE 7.00 AM</b> <b>SCRAMBLED EGGS</b> (x2) on <b>TOAST</b> (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min). <b>8.00AM</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>MEAL TWO 10.00 AM</b> <b>PROBIOTIC YOGURT</b> (120g) topped with fresh berries, honey (1tsp), pumpkin seeds (1tsp) and goji berries (1tsp).</p> <p><b>MEAL THREE 12.30 PM</b> <b>TUNA PASTA SALAD</b> 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><b>MEAL FOUR 3.00 PM Snack</b> <b>GREEN SMOOTHIE</b> 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><b>MEAL FIVE 6.30 PM</b> <b>LEAN STEAK</b> (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><b>MEAL SIX 8.00 PM optional</b> <b>GREEK YOGURT</b> (120g) mix with 1 scoop (15g) <i>Musashi 100% Whey</i> and top with 1 handful of raw almonds.</p>	<p><b>MEAL ONE 7.00 AM</b> <b>OMELETTE</b> with x1 whole egg &amp; x4 egg whites with mixed vegetables of your choice.</p> <p><b>MEAL TWO 10.00 AM</b> <i>Musashi Protein Wafer</i> <b>10.30AM</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>MEAL THREE 12.30 PM</b> <b>GRILLED CHICKEN</b> breast diced (150g) with x1 sachet of microwave rice and broccoli (1 cup - steamed in microwave).</p> <p><b>MEAL FOUR 3.30 PM</b></p> <p><b>PRE-WORKOUT 5.00 PM</b> <b>PRE-TRAINING</b> <i>Musashi Pre Workout</i> (9g) mixed with 250ml water</p> <p><b>DURING TRAINING</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>POST-TRAINING (RECOVERY)</b> <i>Musashi Bulk Protein Powder</i> (60g) mixed with 300ml water</p> <p><b>MEAL FIVE 6.30 PM</b> <b>CAULIFLOWER RICE AND GRILLED SALMON</b> blend cauliflower in food processor, place in a non-stick frying pan and cook until soft. Serve with a broccoli and spinach.</p>	<p><b>MEAL ONE 7.00 AM</b> <b>ROLLED OATS</b> (1cup raw oats) topped with Greek yogurt (170g) and raw almonds (2 handfuls) and a handful of blueberries. Optional: add 100ml milk. <b>8.00AM</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>MEAL TWO 10.00 AM</b> <i>Musashi Protein Wafer</i></p> <p><b>MEAL THREE 12.30 PM</b> <b>TIN OF TUNA</b> (95g) with x1 sachet of microwave rice and 1 small tin of sweetcorn.</p> <p><b>MEAL FOUR 3.00 PM Snack</b> <b>PROTEIN SMOOTHIE</b> 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <i>Musashi 100% Whey protein powder</i>.</p> <p><b>MEAL FIVE 6.30 PM</b> <b>CHICKEN SQUAWKERS</b> (1 chicken breast) large green salad and steamed basmati rice (1 cup cooked).</p> <p><b>MEAL SIX 8.00 PM optional</b> <b>MANGO CHIA PUDDING</b> Chia seeds (¼ cup), mango cut in cubes, coconut milk, maple syrup (1tsp). Mix and leave to rest for 20min before eating.</p>	<p><b>PRE-WORKOUT 7.00 AM</b> <b>PRE-TRAINING</b> <i>Musashi Pre Workout</i> (9g) mixed with 250ml water</p> <p><b>DURING TRAINING</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>POST-TRAINING (RECOVERY)</b> <i>Musashi Bulk Protein Powder</i> (60g) mixed with 300ml water</p> <p><b>MEAL ONE 8.00 AM</b> <b>SCRAMBLED EGGS</b> (x2) on <b>TOAST</b> (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p><b>MEAL TWO 10.30 AM</b> <i>Musashi High Protein Bar</i></p> <p><b>MEAL THREE 12.30 PM</b> <b>CHICKPEA AND BEAN SALAD</b> 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><b>MEAL FOUR 3.30 PM</b> <b>SNACK BOX</b> 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><b>MEAL FIVE 6.30 PM</b> <b>PESTO PENNE PASTA</b> with peas, green beans and broccoli.</p>	<p><b>MEAL ONE 7.00 AM</b> <b>POACHED EGGS</b> (x2) on <b>TOAST</b> (x2) wholegrain or rye toast/ low fat butter and ½ avocado. <b>8.00AM</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>MEAL TWO 10.00 AM</b> <b>GREEN SMOOTHIE</b> 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. <b>10.30 AM</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>MEAL THREE 12.30 PM</b> <b>PESTO PENNE PASTA</b> left overs from night before one large serve.</p> <p><b>GAMEDAY 3.00 PM</b> <b>PRE-GAME</b> <i>Musashi Pre Workout</i> (9g) mixed with 250ml water</p> <p><b>DURING GAME</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>POST-GAME (RECOVERY)</b> <i>Musashi Bulk Protein Powder</i> (60g) mixed with 300ml water</p> <p><b>MEAL FOUR 5.00 PM</b> <b>CHEESE AND SALAD SANDWICH</b> and a glass of water and a piece of fruit.</p> <p><b>MEAL FIVE 6.30 PM</b> <b>BBQ: MEAT OF CHOICE</b> (150g) with sweet potato, grilled green beans, grilled asparagus and corn on the cob.</p>	<p><b>MEAL ONE 7.00 AM</b> <b>CORN FRITTERS</b> corn, flour, egg mixed together and cooked in a frying pan. Poached egg (x2) and ½ avocado. <b>8.00AM</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>MEAL TWO 10.00 AM</b> <b>CHIA POD</b> 2 handfuls of trail mix (dried fruit and nuts).</p> <p><b>MEAL THREE 12.30 PM</b> <b>ROLL</b> (x2) or <b>SANDWICH</b> (x2) filled with protein of choice e.g. egg, chicken or cheese, topped with salad, beetroot, carrot and mayonnaise.</p> <p><b>MEAL FOUR 3.00 PM</b> <i>Musashi High Protein Bar</i></p> <p><b>MEAL FIVE 6.30 PM</b> <b>YELLOW PRAWN CURRY</b> Thai yellow curry paste, reduced-fat coconut milk, green prawns, frozen stir fry mix, microwave rice. .</p> <p><b>MEAL SIX 8.30 PM</b> <b>BANANA &amp; PEANUT BUTTER SMOOTHIE</b> 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) <i>Musashi 100% Whey</i>.</p>



## BASKETBALL NUTRITION PROGRAM DURING SEASON NUTRITION GOAL - AGILITY & CONDITIONING

The Musashi Basketball 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 power and explosiveness that is required in such a high-speed plyometric sport.

# MUSASHI PERFORMANCE LAB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>PRE-WORKOUT 7.00 AM</b> <b>PRE-TRAINING</b> <i>Musashi Pre Workout</i> (9g) mixed with 250ml water</p> <p><b>DURING TRAINING</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>POST-TRAINING (RECOVERY)</b> <i>Musashi Bulk Protein Powder</i> (60g) mixed with 300ml water</p>	<p><b>MEAL ONE 7.00 AM</b> <b>SCRAMBLED EGGS</b> (x2) on <b>TOAST</b> (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p><b>MEAL TWO 10.00 AM</b> <i>Musashi 100% Whey Protein</i> mixed with and a piece of fruit (apple, banana, or orange).</p> <p><b>MEAL THREE 12.30 PM</b> <b>TUNA PASTA SALAD</b> 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><b>MEAL FOUR 3.00 PM</b> <i>Snack</i> <b>PROTEIN SMOOTHIE</b> 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <i>Musashi 100% Whey protein powder</i>.</p> <p><b>MEAL FIVE 6.30 PM</b> <b>LEAN STEAK</b> (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><b>MEAL SIX 8.00 PM</b> <i>optional</i> <b>FRUIT SALAD TOPPED</b> with Greek yogurt, tsp of chia seeds and 1tsp sunflower seeds.</p>	<p><b>MEAL ONE 7.00 AM</b> <b>OMELETTE</b> with x1 whole egg &amp; x4 egg whites with mixed vegetables of your choice..</p> <p><b>8.00 AM</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>MEAL TWO 10.00 AM</b> <i>Musashi 100% Whey Protein</i> mixed with and a piece of fruit (apple, banana, or orange).</p> <p><b>MEAL THREE 12.30 PM</b> <b>GRILLED CHICKEN</b> breast diced (150g) with x1 sachet of microwave rice and broccoli (1 cup - steamed in microwave).</p> <p><b>MEAL FOUR 3.30 PM</b> <b>PROBIOTIC YOGURT</b> (120g) topped with fresh berries, honey (1tsp), pumpkin seeds (1tsp) and goji berries (1tsp).</p> <p><b>PRE-WORKOUT 5.00 PM</b> <b>PRE-TRAINING</b> <i>Musashi Pre Workout</i> (9g) mixed with 250ml water</p> <p><b>DURING TRAINING</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>POST-TRAINING (RECOVERY)</b> <i>Musashi Bulk Protein Powder</i> (60g) mixed with 300ml water</p> <p><b>MEAL FIVE 6.30 PM</b> <b>BAKED POTATO</b> topped with salad (2 cups) cheese (1 cup) and tuna (45g).</p>	<p><b>MEAL ONE 7.00 AM</b> <b>ROLLED OATS</b> (1 cup raw oats) topped with Greek yogurt (170g) and raw almonds (2 handfuls) and a handful of blueberries. Optional: add 100ml milk.</p> <p><b>MEAL TWO 10.00 AM</b> <b>MANGO CHIA PUDDING</b> Chia seeds (¼ cup), mango cut in cubes, coconut milk, maple syrup (1tsp). Mix and leave to rest for 20min before eating.</p> <p><b>MEAL THREE 12.30 PM</b> <b>TIN OF TUNA</b> (95g) with x1 sachet of microwave rice and 1 small tin of sweetcorn.</p> <p><b>MEAL FOUR 3.00 PM</b> <i>Snack</i> <b>PROTEIN SMOOTHIE</b> 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <i>Musashi 100% Whey protein powder</i>.</p> <p><b>MEAL FIVE 6.30 PM</b> <b>FAJITAS: CHICKEN</b> (130g) or <b>TOFU</b> (90g) with (x2 wholegrain wraps) mixed vegetables (capsicum red/ yellow, onion, asparagus, green beans) tomato salsa (low salt/ sugar).</p> <p><b>MEAL SIX 8.00 PM</b> <i>optional</i> <b>GREEK YOGURT</b> (120g) mix with 1 scoop (15g) <i>Musashi 100% Whey</i> and top with 1 handful of raw almonds.</p>	<p><b>PRE-WORKOUT 7.00 AM</b> <b>PRE-TRAINING</b> <i>Musashi Pre Workout</i> (9g) mixed with 250ml water</p> <p><b>DURING TRAINING</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>POST-TRAINING (RECOVERY)</b> <i>Musashi Bulk Protein Powder</i> (60g) mixed with 300ml water</p> <p><b>MEAL ONE 8.00 AM</b> <b>SCRAMBLED EGGS</b> (x2) on <b>TOAST</b> (x1) wholegrain or rye toast/ low fat spread and ¼ avocado. Easy tip: make in microwave (1min).</p> <p><b>MEAL TWO 10.30 AM</b> <b>PROTEIN SMOOTHIE</b> 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <i>Musashi 100% Whey protein powder</i>.</p> <p><b>MEAL THREE 12.30 PM</b> <b>SANDWICH OR ROLL</b> filled with protein of choice e.g. egg, chicken or cheese, topped with salad, beetroot, carrot and mayonnaise.</p> <p><b>MEAL FOUR 3.30 PM</b> <b>SNACK BOX</b> 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><b>MEAL FIVE 6.30 PM</b> <b>BEEF STIR FRY</b> selection of mixed steamed vegetables and vermicelli noodles (2 cups cooked). <b>8.30 pm</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p>	<p><b>MEAL ONE 7.00 AM</b> <b>POACHED EGGS</b> (x2) on <b>TOAST</b> (x2) wholegrain or rye toast/ low fat butter and ½ avocado.</p> <p><b>MEAL TWO 10.00 AM</b> <b>PROTEIN SMOOTHIE</b> 2 handfuls of mixed berries (frozen or fresh), x1 banana, Greek yogurt (3 tbsp.), rolled oats (1 handful) and a scoop of <i>Musashi 100% Whey protein powder</i>. <b>10.30 AM</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>MEAL THREE 12.30 PM</b> <b>CHICKEN PASTA SALAD</b> topped with olive oil, fresh basil and ground pepper.</p> <p><b>GAMEDAY 3.00 PM</b> <b>PRE-GAME</b> <i>Musashi Pre Workout</i> (9g) mixed with 250ml water</p> <p><b>DURING GAME</b> <i>Musashi Electrolyte</i> (10g) mixed with 500ml water</p> <p><b>POST-GAME (RECOVERY)</b> <i>Musashi Bulk Protein Powder</i> (60g) mixed with 300ml water</p> <p><b>MEAL FOUR 5.00 PM</b> <b>CHICKEN AND SALAD ROLL</b> with a large glass of water.</p> <p><b>MEAL FIVE 6.30 PM</b> <b>HOMEMADE LAMB SOUVLAKI OR KEBAB</b> Lamb, pitta bread, grilled vegetables and hummus or sauce of choice.</p>	<p><b>MEAL ONE 7.00 AM</b> <b>OMELETTE</b> with x1 whole egg &amp; x4 egg whites with mixed vegetables of your choice.</p> <p><b>MEAL TWO 10.00 AM</b> <b>MANGO CHIA PUDDING</b> Chia seeds (¼ cup), mango cut in cubes, coconut milk, maple syrup (1tsp). Mix and leave to rest for 20min before eating.</p> <p><b>MEAL THREE 12.30 PM</b> <b>EATING OUT</b> Rice paper rolls or sushi x3-4 rolls.</p> <p><b>MEAL FOUR 3.00 PM</b> <i>Musashi Bulk Protein Bar</i> (90g) and a glass of milk (600ml).</p> <p><b>MEAL FIVE 6.30 PM</b> <b>CHICKEN STIR FRY</b> (200g chicken) stir fried vegetables (2 cups) with vermicelli noodles (2 cups).</p> <p><b>MEAL SIX 8.30 PM</b> <b>BANANA &amp; PEANUT BUTTER SMOOTHIE</b> 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) <i>Musashi 100% Whey</i>.</p>



## TOP TIPS FOR A HEALTHY BASKETBALL PLAYER

MUSASHI  
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LAB >

- > Choose fresh foods where possible.
- > 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 7-8hours of sleep a night.
- > Nuts and sees 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.