



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

The Musashi Rugby 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><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 Intra Workout</b>            (14.5g) 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 (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>  <b>BANANA BREAD</b>            toasted with a thin layer of low-fat spread (i.e. low-fat butter).</p> <p><b>MEAL THREE 12.30 PM</b>  <b>CHICKEN (100g) WRAP</b>            (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.   <b>Musashi Electrolyte</b>            (10g) mixed with 500ml water</p> <p><b>MEAL FIVE 6.30 PM</b>  <b>GRILLED SALMON</b>            (150-200g) with steamed vegetables spinach, green beans and carrots and s steamed basmati rice (1 cup).</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>  <b>Musashi Electrolyte</b>            (10g) mixed with 500ml water</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> <b>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>CHICKEN STIR FRY</b>            (100-130g) Stir Fry mixed vegetables, vermicelli noodles (3 cups) Optional: flavour with light soy sauce and fresh chili.</p> <p><b>MEAL SIX 8.00 PM</b> <b>optional</b>  <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>            (1cup) topped with milk of choice and sliced banana and chia seeds. Toast (wholegrain bread) topped with peanut butter or vegemite.</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>. And an apple.</p> <p><b>MEAL THREE 12.30 PM</b>  <b>TURKEY (85g) SANDWICHES</b>            (x2) whole grain bread. Followed by a low fat Greek yogurt (150g) and a glass of fresh orange juice (600ml).</p> <p><b>MEAL FOUR 3.30 PM</b>  <b>CRACKERS</b> topped with cottage cheese and tomato. Handful of raw almonds and a glass of fresh juice (400ml).  <b>Musashi Electrolyte</b>            (10g) mixed with 500ml water</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 Intra Workout</b>            (14.5g) 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 sweet potato wedges (200g) with a large portion steamed mixed vegetables or salad.</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>  <b>Musashi Electrolyte</b>            (10g) mixed with 500ml water</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 PASTA SALAD</b>            Tin of Tuna (95g), spelt pasta (230g) cold 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> <b>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 <b>Musashi 100% Whey protein powder</b>.</p> <p><b>MEAL FIVE 6.30 PM</b>  <b>CHICKEN SATAY SQUAWKERS</b>            (1 chicken breast) large green salad and steamed basmati rice (2 cups).</p> <p><b>MEAL SIX 8.00 PM</b> <b>optional</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>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 Intra Workout</b>            (14.5g) 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>PEANUT BUTTER SANDWICH</b>            (x2) followed by a fruit salad or a large glass fresh juice.</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 3.30 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>BAKED POTATO</b>            topped with large green leafy salad (2-3 cups) grated cheese (1 cup) and 1 tin baked beans OR 1 tin of tuna.</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>TUNA PASTA SALAD</b>            topped with olive oil, fresh basil and ground pepper.</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>SUSHI ROLLS</b>            x3 or a large sandwich of your choice.  <b>Musashi Electrolyte</b>            (10g) mixed with 500ml water</p> <p><b>MEAL FIVE 6.30 PM</b>  <b>SPAGHETTI BOLOGNAISE</b>            Beef or turkey mince (200g) wholemeal spaghetti (100g) Bolognese sauce (220g).</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.   <b>8.00AM</b>  <b>Musashi Electrolyte</b>            (10g) mixed with 500ml water</p> <p><b>MEAL TWO 10.00 AM</b>  <b>RITA CRACKERS</b>            (x4) topped with vegemite, avocado and tomato and a hard boiled egg sliced.</p> <p><b>MEAL THREE 12.30 PM</b>            Left overs:  <b>SPAGHETTI BOLOGNAISE</b>            a portion of the spaghetti bolognese from the night before.</p> <p><b>MEAL FOUR 3.00 PM</b>  <b>Musashi High Protein Bar</b>            and a large glass of milk or fresh juice.</p> <p><b>MEAL FIVE 6.30 PM</b>  <b>EASY ROAST CHICKEN</b>            Sachet of cooked basmati rice – cook in microwave. Pre-cooked roast chicken from supermarket alongside a serve of steamed mixed vegetables.</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>



## RUGBY NUTRITION PROGRAM

### PRE SEASON

### NUTRITION GOAL - SPEED & POWER

The Musashi Rugby 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><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 Intra Workout</i> (14.5g) 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> <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>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>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</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>MEAL ONE 7.00 AM</b> <b>WEETBIX</b> 4-6 topped with full fat milk topped with sliced banana and berries. Toast topped with peanut butter (x2 slices).</p> <p><b>MEAL TWO 10.00 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>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> Eat out on the go: <b>SUSHI ROLLS (X3)</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 Intra Workout</i> (14.5g) 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>PRAWN STIR FRY</b> King prawns – cooked and peeled, mixed with the following: garlic, chilli, onion, lime juice, soy sauce and fish sauce. Mixed vegetables and fresh egg noodles (200g).</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 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>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>CHICKEN SATAY SKEWERS</b> (1 chicken breast) large green salad and steamed basmati rice (1 cup cooked).</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 Intra Workout</i> (14.5g) 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> and a glass of milk.</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> <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 FIVE 6.30 PM</b> <b>BEEF STIR FRY</b> selection of mixed steamed vegetables and vermicelli noodles (2 cups cooked).</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>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 THREE 12.30 PM</b> Left overs: <b>BEEF STIR FRY</b> reheat serving in microwave.</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> and 2 handfuls of trail mix (dried fruit and nuts) and an apple or orange.</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> or <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 FIVE 6.30 PM</b> <b>HEALTHY BARITO BOWL</b> 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><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>



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

The Musashi Rugby 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><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 Intra Workout</i> (14.5g) 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>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 10.30 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>MUSHROOM RISOTTO</b> Risotto rice, mushrooms, vegetable stock, garlic, onion to flavour topped with parmesan.</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 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>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>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 optional</b> <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>MEAL TWO 10.00 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>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>CHIA POD</b> and a handful of trail mix (dried fruit and nuts and a banana).</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 Intra Workout</i> (14.5g) 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 TOPPED</b> with salad (3 cups) cheese (½ cup) and tuna (90g), sweet corn and light mayonnaise.</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>FRUIT SALAD TOPPED</b> with Greek yogurt, tsp of chia seeds and 1tsp sunflower seeds.</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>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 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>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 Intra Workout</i> (14.5g) 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>GRILLED SALMON</b> (150-200g) with soba noodles, cucumber, edamame and carrots.</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>.</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 or orange juice.</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> <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>LEAN BEEF STEAK BURRITO</b> Cut steak into finger length strips, fry with spice of choice, add capsicum and onion to the fry pan and cook further. Fill tortilla wrap with above and top with avocado, sour cream and fresh rocket.</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 AND BROCCOLI PESTO PASTA</b> Grilled chicken breast, broccoli, and penne pasta, cooked with basil pesto topped with pine nuts.</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>