



SOCCER NUTRITION PROGRAM
OFF SEASON
NUTRITION GOAL - SPORT SPECIFIC STRENGTH

The Musashi Soccer 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 speed and agility that is required in such a high-speed, directionally-dynamic sport.

MUSASHI
PERFORMANCE
LAB

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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| <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 (1cup) chia seeds (1tsp) honey (1tsp) coconut milk (1 cup). Leave in fridge overnight. Top with nuts, seeds and berries to serve.</p> <p>MEAL TWO 10.30 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 CHICKEN (100g) or FALAFEL (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>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 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 SCRAMBLED EGGS (x2) on TOAST (x1) wholegrain or rye toast/ low fat spread and ½ avocado. Easy tip: make in microwave (1min).</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 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 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 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 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 Musashi 100% Whey Protein mixed with 250ml water and a piece of fruit or 2 rice crackers topped with peanut butter.</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 steamed basmati rice (2cups) OR sweet potato (200g) with a large portion steamed 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 BANANA BREAD toasted and topped with low fat butter.</p> <p>MEAL THREE 12.30 PM CHICKEN or EGG salad sandwich or roll followed by a piece of fruit.</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 SATAY SQUAWKERS (1 chicken breast) large green salad and homemade sweet potato fries.</p> <p>MEAL SIX 8.00 PM optional 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 ½ avocado. Easy tip: make in microwave (1min).</p> <p>MEAL TWO 10.30 AM Musashi 100% Whey Protein mixed with 250ml water and a piece of fruit or 2 rice crackers topped with 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>MATCH DAY 3.00 PM PRE-MATCH Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING MATCH Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-MATCH (RECOVERY) Musashi Bulk Protein Powder (60g) mixed with 300ml water</p> <p>MEAL FOUR 5.00 PM LARGE SANDWICH or roll of your choice.</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 SMASHED AVOCADO with feta on toast (x2). Add lemon, pepper and chilli flacks for additional taste.</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> |



SOCCER NUTRITION PROGRAM
PRE SEASON
NUTRITION GOAL - SPEED & POWER

The Musashi Soccer 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 speed and agility that is required in such a high-speed, directionally-dynamic sport.

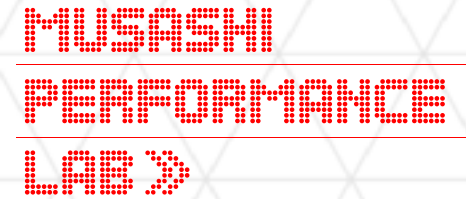
MUSASHI
PERFORMANCE
LAB

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| <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.</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 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 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 Musashi 100% Whey Protein mixed with 250ml water and a piece of fruit or 2 rice crackers topped with peanut butter.</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> 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 <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 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</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 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 Bulk Protein Powder (60g) mixed with 300ml water</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 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</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 High Protein Bar</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 PESTO PASTA SALAD</p> <p>MATCH DAY 3.00 PM PRE-MATCH Musashi Pre Workout (9g) mixed with 250ml water</p> <p>DURING MATCH Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-MATCH (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.</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 BREAKFAST BURRITO Tortillas lightly toasted, fried egg, chunky tomato salsa and ½ avocado sliced.</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 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 BANANA & PEANUT BUTTER SMOOTHIE 1 banana, 1tbs peanut butter, 1 cup milk, 1 scoop (15g) Musashi 100% Whey.</p> |



SOCCER NUTRITION PROGRAM
DURING SEASON
NUTRITION GOAL - ENDURANCE & AGILITY

The Musashi Soccer 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 speed and agility that is required in such a high-speed, directionally-dynamic sport.



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| <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 selection of 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 <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> 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 CHIA POD and a handful of trail mix (dried fruit and nuts).</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 <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 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 (9g) mixed with 250ml water</p> <p>DURING MATCH Musashi Electrolyte (10g) mixed with 500ml water</p> <p>POST-MATCH (RECOVERY) Musashi Bulk Protein Powder (60g) mixed with 300ml 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 HOMEMADE LAMB SOUVLAKI OR KEBAB Lamb, pitta bread, grilled vegetables and hummus or sauce of choice.</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 a handful 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).</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> |