

# BSP Nutrition

## Female Athlete Morning-Training Meal Plan

Meal 1: Pre-Training Smoothie		Amount and Type of Food Consumed	Nutrition Info
Time	5:00am	1 Large Serving Smooth Strawberry Dream Super Smoothie, with oats	Protein 27
Place	Home	8oz unsweetened vanilla almond milk 1/4 cup old-fashioned oats	Carbs 37
Beverage(s)		1 scoop vanilla protein powder	Fiber 9
8oz water or as desired		1 cup frozen halved strawberries	Fat 16
		1 tbsp chia seeds	Omega-3 1.2
		1.5 tsp organic unrefined coconut oil	Calories 400

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed	Nutrition Info
Time	7:30am	1 Small serving of The Original: Scrambled & Toast	Protein 31
Place	Home	3 whole pasture-raised or omega-3 eggs 1 banana, sliced	Carbs 66
Beverage(s)		1 tsp butter from grass-fed cows cinnamon to taste	Fiber 11
16oz water or as desired		sea salt and pepper to taste	Fat 24
8oz coffee or tea		2 slices sprouted grain toast	Omega-3 0.4
		1 tbsp natural peanut butter	Calories 604

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info
Time	12:00pm	1 Small serving of Pesto & Guacamole Chicken Wrap	Protein 31
Place	Work	1/2 cooked chicken breast, chopped 1 tbsp guacamole	Carbs 30
Beverage(s)		1/2 sprouted-grain wrap 1 kiwi fruit	Fiber 8
12oz water		1 large handful baby spinach	Fat 10.5
8oz tea		2 tbsp chopped cucumbers	Omega-3 0
		1 tbsp basil evo0 pesto	Calories 339

Meal 4: Mid-Afternoon Snack		Amount and Type of Food Consumed	Nutrition Info
Time	3:30pm	1 Small serving of Vanilla & Berries Super Smoothie	Protein 20
Place	Work	8oz unsweetened vanilla almond milk 1 tbsp chopped walnuts	Carbs 25
Beverage(s)		3/4 scoop vanilla protein powder ice cubes if using fresh fruit	Fiber 10.5
12oz water		1/2 wild fresh or frozen blueberries	Fat 11.5
8oz tea		1/2 wild fresh or frozen raspberries	Omega-3 2.1
		1 tbsp milled flax seed	Calories 284

Meal 5: Dinner		Amount and Type of Food Consumed	Nutrition Info
Time	7:00pm	1 Small serving of Salmon & Sweet Potatoes, without fruit	Protein 27
Place	Home	4oz wild salmon, spritzed with olive oil, seasoned with salt and pepper	Carbs 37
Beverage(s)		topped with mixture: .75 tsp each brown sugar, honey, dijon mustard	Fiber 6
12oz water		1 medium sweet potato with 1 tsp pastured butter and cinnamon to taste	Fat 12
8oz rooibos tea		1 cup steamed broccoli or vegetables of choice	Omega-3 2.25
			Calories 364

Supplements	
<b>Fish Oil</b>	1-2 grams EPA and DHA combined. 1 tsp Carlson's would be perfect.
<b>Vitamin D3</b>	2,000-4,000IU per day, or as much as needed to reach ideal blood levels.
<b>Probiotics</b>	taken as directed.
<b>Multi Vitamin</b>	taken as directed.
<b>Whey Protein</b>	as shown in meal plan, preferably no more than 2 scoops per day.

Totals	
Protein	136
Carbs	195
Fiber	44.5
Fat	74
Omega-3	5.95
Calories	1990

- This plan assumes a 9-5 work schedule and a 5:30-6:30am morning training session (plus commute and shower).
- Macronutrients and calories are simply an example, you may require more or less depending on many factors.
- While all of the meat, fish and produce in this meal plan are ideally from wild, pasture-raised, grass-fed or organic sources, if you can't afford or don't have access to them, consuming some conventionally-raised options is still better than man-made food products.