

BSP Nutrition

Female Get Lean Evening-Training Example Menu

Meal 1: Breakfast		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30am	1 Small Serving of Egg & Potato Scramble	Protein	17
Place	Home		Carbs	28
Beverage(s)			This recipe is too big to put here!	Fiber
water as desired		Fat		14
coffee / tea		Omega-3		0.6
			Calories	306

Meal 2: Lunch		Amount and Type of Food Consumed	Nutrition Info			
Time	12:00pm	1 Small Serving of Asian Chicken & Broccoli	Protein	32		
Place	Work		1/2 chicken breast, chopped	ginger and garlic to taste	Carbs	20
Beverage(s)			1 cup broccoli	1 kiwi	Fiber	6
water as desired		1 cup mushrooms		Fat	12	
coffee / tea		1 tsp sesame oil		Omega-3	0.7	
			Calories	316		

Meal 3: Mid-Afternoon Smoothie		Amount and Type of Food Consumed	Nutrition Info			
Time	4:00pm	1 Small Serving of Yogurt & Apricot Super Smoothie	Protein	32		
Place	Work		3oz unsweetened vanilla almond milk	1/2 tbsp chia seeds	Carbs	33
Beverage(s)			3oz plain whole-fat yogurt	1/2 tbsp chopped walnuts	Fiber	5
water as desired		1 scoop vanilla protein powder		Fat	9	
tea		1/2 cup spinach		Omega-3	0.9	
			Calories	341		

Meal 4: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info			
Time	7:30pm	1 Small Serving of Chicken & Cheese Pizza, 1 Serving of Dark Chocolate & Dried Fruit	Protein	36		
Place	Home		1/2 sprouted-grain wrap	1 tsp dried basil	Carbs	53
Beverage(s)			1/2 chicken breast, chopped	1 tsp thyme	Fiber	10
water as desired		2 garlic cloves, minced	0.5oz 85%+ dark chocolate	Fat	14	
rooibos tea		2 tbsp shredded cheese	1 serving dried fruit	Omega-3	0.1	
			Calories	482		

Supplements	
Fish Oil	1-2 grams combined EPA and DHA.
Vitamin D3	1,000-2,000IU per day, or as much as needed to reach desired blood levels.
Probiotics	taken as directed.
Multi Vitamin	taken as directed.
Whey Protein	as shown.

Totals	
Protein	117
Carbs	134
Fiber	28
Fat	49
Omega-3	2.3
Calories	1445

- This plan assumes a 9-5 work schedule and a 5:30-6:30pm evening 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.