

# BSP Nutrition

## Female Intermittent Fasting Morning-Training Example Menu

| Meal 1: BCAA's                   |        | Amount and Type of Food Consumed                               | Nutrition Info |    |
|----------------------------------|--------|--|----------------|----|
| Time                             | 6:30am | 10 g of BCAA's (see Supplement piece for recommended products) | Protein        | 10 |
| Place                            | Home   |  | Carbs          | 0  |
| Beverage(s)                      |        |  | Fiber          | 0  |
| water as desired<br>coffee / tea |        |  | Fat            | 0  |
|                                  |        |  | Omega-3        | 0  |
|                                  |        |  | Calories       | 40 |

| Meal 2: Post-Training Breakfast |        | Amount and Type of Food Consumed   | Nutrition Info |     |
|---------------------------------|--------|--|----------------|-----|
| Time                            | 9:30am | 1 Small Serving of Egg Sandwich, 1 Small Serving of Vanilla Pumpkin Pie Super Smoothie | Protein        | 53  |
| Place                           | Work   |  | Carbs          | 49  |
| Beverage(s)                     |        | this recipe is too big to put here!  | Fiber          | 15  |
| water as desired                |        |  | Fat            | 25  |
| coffee / tea                    |        |  | Omega-3        | 1.6 |
|                                 |        |  | Calories       | 633 |

| Meal 3: Lunch    |        | Amount and Type of Food Consumed                            | Nutrition Info |     |
|------------------|--------|---|----------------|-----|
| Time             | 1:30pm | 1 Small Serving of Chicken & Cheese Pizza, with extra fruit | Protein        | 35  |
| Place            | Work   |   | Carbs          | 39  |
| Beverage(s)      |        | 1 sprouted-grain wrap                                       | Fiber          | 7   |
| water as desired |        | 2 teaspoons dried basil                                     | Fat            | 7   |
| tea              |        | 1 cooked & chopped chicken breast                           | Omega-3        | 0.1 |
|                  |        | 1 teaspoon thyme  | Calories       | 359 |
|                  |        | 4 garlic cloves, chopped or minced                          |                |     |
|                  |        | 2 plums   |                |     |
|                  |        | 1/4 cup organic shredded cheese                             |                |     |
|                  |        | 1/2 cup dry sun-dried tomatoes                              |                |     |

| Meal 4: Dinner   |        | Amount and Type of Food Consumed   | Nutrition Info |      |
|------------------|--------|--|----------------|------|
| Time             | 5:30pm | 1 Small Serving of Lisa's Wheatberry Salad, 1 Small Serving of Mediterranean Salad | Protein        | 44   |
| Place            | Home   |  | Carbs          | 56   |
| Beverage(s)      |        | this recipe is too big to put here!  | Fiber          | 16.5 |
| water as desired |        |  | Fat            | 29   |
| rooibos tea      |        |  | Omega-3        | 0.75 |
|                  |        |  | Calories       | 661  |

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

| Totals   |      |
|----------|------|
| Protein  | 142  |
| Carbs    | 144  |
| Fiber    | 38.5 |
| Fat      | 61   |
| Omega-3  | 2.45 |
| Calories | 1693 |

- This plan assumes a 9-5 work schedule and a 7:00-8:00am 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.