

# BSP Nutrition

## Female Maintenance Evening-Training Example Menu

Meal 1: Breakfast		Amount and Type of Food Consumed	Nutrition Info
Time	7:30am	1 Small Serving of Chicken Sausage Omelet with Oatmeal, with extra fats ~1 tbsp slivered almonds added to oatmeal	Protein 24
Place	Home		Carbs 32
Beverage(s)			Fiber 8.5
water as desired coffee / tea		The rest of the recipe is too big to put here!	Fat 16 Omega-3 1 Calories 368

Meal 2: Lunch		Amount and Type of Food Consumed	Nutrition Info
Time	12:00pm	1 Small Serving of Pesto & Guacamole Chicken Wrap, with extra fruit 1/2 cooked chicken breast, chopped                      1/2 tbsp guacamole 1/2 sprouted-grain wrap    5 baby carrots	Protein 33
Place	Work		Carbs 41
Beverage(s)			Fiber 7
water as desired coffee / tea		1 large handfuls baby spinach                                      2 plums 1/8 cup chopped cucumbers 1 tbsp basil evoo pesto	Fat 10 Omega-3 0.2 Calories 386

Meal 3: Mid-Afternoon Smoothie		Amount and Type of Food Consumed	Nutrition Info
Time	4:00pm	1 Small Serving of Yogurt & Apricot Super Smoothie 3 oz unsweetened vanilla almond milk                      1/2 tbsp chia seeds 3 oz plain whole-fat yogurt    1/2 tbsp chopped walnuts	Protein 32
Place	Work		Carbs 33
Beverage(s)			Fiber 5
water as desired tea		1 scoop vanilla protein powder 1/2 cup spinach 5 dried apricots	Fat 9 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 Spinach, Chicken & Feta Salad, 1 Serving of Dark Chocolate & Fruit	Protein 35
Place	Work		Carbs 55
Beverage(s)			Fiber 10
water as desired rooibos tea		This recipe is too big to put here!	Fat 21 Omega-3 0.1 Calories 549

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	124
Carbs	161
Fiber	30.5
Fat	56
Omega-3	2.2
Calories	1644

- 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.