

# BSP Nutrition

## Female Maintenance Morning-Training Example Menu

Meal 1: Pre-Training Smoothie		Amount and Type of Food Consumed	Nutrition Info
Time	5:00am	1 Small Serving of Chocolate Cherry Bliss Super Smoothie	Protein 29
Place	Home	3 oz unsweetened chocolate almond milk      1/2 tbsp milled flax seed	Carbs 27
Beverage(s)		3 oz unsweetened vanilla almond milk      1/2 tbsp chopped walnuts	Fiber 7
		1 scoop chocolate protein powder      1/2 tbsp cacao nibs	Fat 8
		1/2 cup spinach	Omega-3 1.1
		1 cup frozen dark sweet cherries	Calories 296

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed	Nutrition Info
Time	8:00am	1 Small Serving of My Favorite Breakfast Burrito, with extra fruit	Protein 28
Place	Home	3 whole pastured or omega-3 eggs      sea salt and pepper to taste	Carbs 49
Beverage(s)		1/4 cup chopped onions      1/2 sprouted-grain wrap	Fiber 10
water as desired		1/4 cup chopped peppers      1 small handful spinach	Fat 20
coffee / tea		1/4 cup chopped broccoli      1 tbsp guacamole	Omega-3 0.8
		1 tbsp salsa      1 piece fruit of choice	Calories 488

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info
Time	12:30pm	1 Small Serving of Spinach, Chicken & Feta Salad	Protein 33
Place	Work	1/2 cooked chicken breast, chopped      1 tbsp feta cheese	Carbs 25
Beverage(s)		1.5 cups baby spinach      3 large calamata olives	Fiber 5
water as desired		1/4 cup chopped red onion      1/6 cup quinoa	Fat 14
tea		1/2 tbsp extra virgin olive oil      1/3 cup water	Omega-3 0.1
		1/2 tbsp red wine vinegar	Calories 358

Meal 4: Dinner		Amount and Type of Food Consumed	Nutrition Info
Time	5:30pm	1 Small Serving of Salmon & Sweet Potatoes, 1 Serving Nancy's Pumpkin Cheesecake	Protein 46
Place	Home		Carbs 41
Beverage(s)		this recipe is too big to put here!	Fiber 16.5
water as desired			Fat 21
rooibos tea			Omega-3 2.8
			Calories 537

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	136
Carbs	142
Fiber	38.5
Fat	63
Omega-3	4.8
Calories	1679

- This plan assumes a 9-5 work schedule and a 6:00-7:00am 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.