

BSP Nutrition

Get Big Evening-Training Example Menu

Meal 1: Breakfast		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30am	1 Large Serving of My Favorite Breakfast Burrito, with extra fruit	Protein	43
Place	Home	5 whole pastured or omega-3 eggs	Carbs	72
Beverage(s)		dash sea salt, black pepper	Fiber	16
water as desired		1/2 cup chopped onions	Fat	30
coffee / tea		1 sprouted-grain wrap	Omega-3	1.2
		1/2 cup chopped peppers	Calories	730
		2 large handfuls baby spinach		
		2 tbsp guacamole		
		2 tbsp salsa		
		1 piece fruit of choice		

Meal 2: Lunch		Amount and Type of Food Consumed	Nutrition Info	
Time	12:00pm	1 Large Serving of Quinoa & Coconut Chicken, with extra fats	Protein	64
Place	Work	1 chicken breast, chopped	Carbs	52
Beverage(s)		1 tbsp extra virgin olive oil	Fiber	13
water as desired		seasoned to taste	Fat	32
coffee / tea		1 whole pastured or omega-3 egg	Omega-3	0.6
		3 tbsp quinoa or quinoa flakes	Calories	752
		1 kiwi		
		3 tbsp shredded unsweetened coconut		
		2 cups green beans and carrots		

Meal 3: Mid-Afternoon Smoothie		Amount and Type of Food Consumed	Nutrition Info	
Time	4:00pm	1 Large Serving of Vanilla Pumpkin Pie Super Smoothie, with extra fats	Protein	66
Place	Work	12oz unsweetened vanilla almond milk	Carbs	56
Beverage(s)		2 tbsp chopped walnuts	Fiber	16
water as desired		2 scoops vanilla protein powder	Fat	24
tea		1 cup canned pumpkin	Omega-3	2.2
		ice cubes as desired	Calories	704
		1/2 cup uncooked oats		
		2 tbsp milled flax seed		

Meal 4: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30pm	1 Large Serving of Lisa's Wheatberry Salad, 1 Serving of Blueberry Apple Crisp	Protein	46
Place	Home		Carbs	103
Beverage(s)		This recipe is far too big to put in here!	Fiber	17
water as desired			Fat	25
			Omega-3	0.3
			Calories	821

Meal 5: Pre-Bed Snack		Amount and Type of Food Consumed	Nutrition Info	
Time	10:30pm	1 Large Serving of Greek Raspberry "Custard", with extra oats	Protein	55
Place	Home	1 cup Plain Greek Yogurt 2%	Carbs	53
Beverage(s)		1 scoop vanilla protein powder	Fiber	13
water as desired		1 cup frozen raspberries	Fat	20
rooibos tea		2 tbsp chopped walnuts	Omega-3	1.6
		1/2 cup uncooked oats	Calories	612

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	274
Carbs	336
Fiber	75
Fat	131
Omega-3	5.9
Calories	3619

- 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.