

BSP Nutrition

Get Big Morning-Training Example Menu

Meal 1: Pre-Training Smoothie		Amount and Type of Food Consumed	Nutrition Info
Time	5:00am	1 Large Serving of Tropical Awesomeness Super Smoothie, with extra oats	Protein 61
Place	Home	12 oz unsweetened vanilla almond milk 1/2 cup frozen mango	Carbs 80
Beverage(s)		2 scoops vanilla protein powder 1/2 cup frozen pineapple chunks	Fiber 14.5
		1 tbsp chia seeds 1/2 cup uncooked oats	Fat 26
		1 tbsp extra virgin coconut oil 1 cup spinach	Omega-3 1.3
		1 small banana	Calories 798

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed	Nutrition Info
Time	8:00am	1 Large Serving of Scromelet & Toast, with extra fruit	Protein 44
Place	Home	5 whole pasture-raised or omega-3 eggs sea salt and pepper to taste	Carbs 74
Beverage(s)		1 tsp pastured butter 2 slices sprouted-grain toast	Fiber 15
water as desired		1 cup chopped broccoli 1 piece fruit of choice	Fat 28
coffee / tea		1/2 cup chopped tomatoes	Omega-3 1
		1/2 cup chopped onions or leeks	Calories 724

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info
Time	12:00pm	1 Large Serving of Pesto & Guacamole Chicken Wrap, with extra fats	Protein 65
Place	Work	1 cooked chicken breast, chopped 2 tbsp guacamole	Carbs 54
Beverage(s)		1 sprouted-grain wrap 10 baby carrots	Fiber 11.5
water as desired		2 large handfuls baby spinach 1 plum	Fat 28
tea		1/4 cup chopped cucumbers	Omega-3 0.3
		3 tbsp basil extra virgin olive oil pesto	Calories 728

Meal 4: Mid-Afternoon Snack		Amount and Type of Food Consumed	Nutrition Info
Time	3:30pm	1 Large serving of Vanilla & Berry Cottage Cheese, with extra oats	Protein 61
Place	Work	1 cup cottage cheese 1 tbsp milled flax seed	Carbs 55
Beverage(s)		1 scoop vanilla protein powder 1/2 cup uncooked oats	Fiber 14
water as desired		1/2 cup frozen blueberries	Fat 17
		1/2 cup frozen raspberries	Omega-3 2.5
		1 tbsp chopped walnuts	Calories 617

Meal 5: Dinner		Amount and Type of Food Consumed	Nutrition Info
Time	7:00pm	1 Large serving of My Wife's Chili, with extra fats	Protein 49
Place	Home	add 2 tbsp cashews	Carbs 73
Beverage(s)			Fiber 20
water as desired			Fat 23
rooibos tea			Omega-3 0.2
			Calories 695

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	280
Carbs	336
Fiber	75
Fat	122
Omega-3	5.3
Calories	3562

- 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.