

BSP Nutrition

Male Athlete Evening-Training Meal Plan

Meal 1: Breakfast		Amount and Type of Food Consumed	Nutrition Info	
Time	6:30am	<i>1 Large serving of The Original: Scrambled & Toast</i> 5 whole pasture-raised or omega-3 eggs 1 banana, sliced 1 tsp butter from grass-fed cows cinnamon to taste sea salt and pepper to taste 1 slice sprouted grain toast 1 tbsp natural peanut butter	Protein	38
Place	Home		Carbs	61
Beverage(s)			Fiber	7.5
16oz water or as desired			Fat	35
2oz POM wonderful			Omega-3	1
8oz coffee or tea		Calories	711	

Meal 2: Mid-Morning Snack		Amount and Type of Food Consumed	Nutrition Info	
Time	10:00am	<i>1 Large serving of Chocolate and Cherry Bliss Super Smoothie</i> 8oz organic whole milk 2 tbsp chopped walnuts 1 scoop chocolate protein powder 1 cup frozen organic dark sweet cherries 1 tbsp milled flax seeds 1 tbsp cacao nibs	Protein	35
Place	Work		Carbs	45
Beverage(s)			Fiber	10.5
8oz tea			Fat	24.5
			Omega-3	2.7
		Calories	541	

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info	
Time	1:00pm	1 skinless boneless chicken breast 5 kalamata olives 2-3 cups organic baby spinach 1 piece fruit of choice 1/2 cup chopped red onion 1 tbsp extra virgin olive oil 1 tbsp red wine vinegar 2 tbsp organic feta cheese	Protein	59
Place	Work		Carbs	39
Beverage(s)			Fiber	10
12oz water			Fat	24
8oz tea			Omega-3	0
		Calories	608	

Meal 4: Pre-Training Meal		Amount and Type of Food Consumed	Nutrition Info	
Time	4:00pm	<i>1 Large serving of Yogurt, Berries & Oats</i> 1.5 cups whole-fat organic yogurt 1 tbsp chia seeds 1 scoop vanilla protein powder 2 tbsp almonds 1/2 cup wild blueberries 1/2 cup raspberries 1/2 cup old-fashioned oats	Protein	41
Place	Work		Carbs	75
Beverage(s)			Fiber	15.5
12oz water			Fat	27.5
8oz tea			Omega-3	1.2
		Calories	712	

Meal 5: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30pm	<i>1 Large serving of Salmon & Sweet Potatoes</i> 8oz wild salmon, spritzed with olive oil, seasoned with salt and pepper topped with mixture: 1.5 tsp each brown sugar, honey, dijon mustard 1 large sweet potato with 1 tsp pastured butter and cinnamon to taste 2 cups steamed broccoli or vegetables of choice 1 plum or other small piece of fruit of choice	Protein	55
Place	Home		Carbs	76
Beverage(s)			Fiber	17
12oz water			Fat	20
8oz rooibos tea			Omega-3	4.5
		Calories	704	

Supplements	
Fish Oil	1-2 grams EPA and DHA combined. 1 tsp Carlson's would be perfect.
Vitamin D3	2,000-4,000IU per day, or as much as needed to reach ideal blood levels.
Probiotics	taken as directed.
Multi Vitamin	taken as directed.
Whey Protein	as shown in meal plan, preferably no more than 2 scoops per day.

Totals	
Protein	228
Carbs	296
Fiber	60.5
Fat	131
Omega-3	9.4
Calories	3275

- 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.