

BSP Nutrition

Male Endurance Athlete Morning-Training Meal Plan

Meal 1: Pre-Training Smoothie		Amount and Type of Food Consumed	Nutrition Info
Time	5:00am	1 Large Serving Peaches & Cream Super Smoothie, with oats 10oz unsweetened vanilla almond milk 1 cup old-fashioned oats 1 scoop vanilla protein powder 1 cup frozen peaches 1 tbsp chia seeds 2 tbsp chopped walnuts	Protein 36
Place	Home		Carbs 83
Beverage(s)			Fiber 14.5
8oz water or as desired			Fat 22.5
			Omega-3 2.4
			Calories 679

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed	Nutrition Info
Time	7:30am	1 Large serving of My Favorite Breakfast Burrito, with fruit 5 whole pastured or omega-3 eggs dash sea salt, black pepper 1/2 cup chopped onions 1 sprouted-grain wrap 1/2 cup chopped peppers 2 large handfuls baby spinach 1/2 cup chopped broccoli 2 tbsp guacamole 2 tbsp salsa 1 piece fruit of choice	Protein 43
Place	Home		Carbs 82
Beverage(s)			Fiber 16
16oz water or as desired			Fat 30
2oz POM wonderful			Omega-3 1
8oz coffee or tea			Calories 770

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info
Time	12:00pm	1 Large serving of Lisa's Wheatberry Salad with Chicken, with fruit this recipe is far too big to put in here! 1 piece fruit of choice	Protein 44
Place	Work		Carbs 91
Beverage(s)			Fiber 14.5
12oz water			Fat 30
8oz tea			Omega-3 0
			Calories 810

Meal 4: Mid-Afternoon Snack		Amount and Type of Food Consumed	Nutrition Info
Time	3:30pm	2 Large servings of Ants on a Log 6 large celery stalks 3 tbsp natural peanut butter 2oz raisins (1/2 cup)	Protein 14
Place	Work		Carbs 61
Beverage(s)			Fiber 9.5
12oz water			Fat 24
8oz tea			Omega-3 0
			Calories 516

Meal 5: Dinner		Amount and Type of Food Consumed	Nutrition Info
Time	7:00pm	1 Large serving of Pesto Chicken Pizza, from Gourmet Nutrition, with fruit not my recipe, so I won't type it up, but buy the cookbook! 1 piece fruit of choice	Protein 67
Place	Home		Carbs 76
Beverage(s)			Fiber 20
12oz water			Fat 21
8oz rooibos tea			Omega-3 0.7
			Calories 761

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	204
Carbs	393
Fiber	74.5
Fat	128
Omega-3	4.1
Calories	3536

- This plan assumes a 9-5 work schedule and a 5:30-6:30am 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.