

BSP Nutrition

Male Fitness Enthusiast Morning-Training Meal Plan

Meal 1: Pre-Training Smoothie		Amount and Type of Food Consumed	Nutrition Info
Time	5:00am	<i>1 Large Serving of Apple, Cinnamon & Vanilla Super Smoothie, with oats</i> 8oz unsweetened vanilla almond milk 1/2 cup old-fashioned oats 1 scoop vanilla protein powder cinnamon to taste 1 Gala apple, cored and sliced ice cubes 1 tbsp milled flax seed 2 tbsp almonds	Protein 32
Place	Home		Carbs 70
Beverage(s)			Fiber 14.5
8oz water or as desired			Fat 18.5
			Omega-3 1.5
		Calories 575	

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed	Nutrition Info
Time	7:30am	<i>1 Large serving of My Favorite Breakfast Burrito, with fruit</i> 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	<i>1 Large serving of Pork Tenderloin & Quinoa</i> 8oz Pork Tenderloin, Teriyaki 1/4 cup quinoa 12 asparagus spears 1 tbsp evoo sea salt and pepper to taste season to taste	Protein 53
Place	Work		Carbs 45
Beverage(s)			Fiber 7
12oz water			Fat 24
8oz tea			Omega-3 0
		Calories 608	

Meal 4: Mid-Afternoon Snack		Amount and Type of Food Consumed	Nutrition Info
Time	3:30pm	<i>1 serving of Dried Fruit & Nuts</i> 1 serving dried apricots, or unsweetened dried fruit of choice 1/4 cup mixed nuts	Protein 6
Place	Work		Carbs 33
Beverage(s)			Fiber 5
12oz water			Fat 15
8oz tea			Omega-3 0.1
		Calories 291	

Meal 5: Dinner		Amount and Type of Food Consumed	Nutrition Info
Time	7:00pm	<i>1 Large serving of Bison Burger</i> 8oz lean ground bison large handful baby spinach 2 tsp ep canola oil mayo 1 sprouted-grain English muffin ketchup or salsa to taste season to taste mustard of choice to taste 2 tbsp of guacamole	Protein 50
Place	Home		Carbs 36
Beverage(s)			Fiber 9.5
12oz water			Fat 31
8oz rooibos tea			Omega-3 0.4
		Calories 623	

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	184
Carbs	266
Fiber	52
Fat	119
Omega-3	3
Calories	2867

- 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.