

# BSP Nutrition

## Male Get Lean Evening-Training Example Menu

Meal 1: Breakfast		Amount and Type of Food Consumed	Nutrition Info		
Time	7:30am	<i>1 Large Serving of Incan Warrior Breakfast</i>		Protein	61
Place	Home	1/3 cup quinoa	1/2 cup raspberries	Carbs	73
Beverage(s)		2/3 cup water	1 scoop Biotest Superfood	Fiber	14
water as desired		pinch sea salt and pepper	2 tbsp chopped walnuts	Fat	14
coffee / tea		dash of cinnamon, nutmeg, allspice	2 scoops vanilla protein powder	Omega-3	1.5
		1 apple, cored and diced		Calories	662

Meal 2: Lunch		Amount and Type of Food Consumed	Nutrition Info		
Time	12:00pm	<i>1 Large Serving of Bison Burger</i>		Protein	51
Place	Work	8 oz lean ground bison	large handful baby spinach	Carbs	44
Beverage(s)		2 tsp ep canola oil mayo	1 sprouted-grain English muffin	Fiber	9.5
water as desired		ketchup or salsa to taste	season to taste	Fat	31
coffee / tea		mustard of choice to taste	1 clementine	Omega-3	0.5
		1 tbsp of guacamole		Calories	659

Meal 3: Mid-Afternoon Smoothie		Amount and Type of Food Consumed	Nutrition Info		
Time	4:00pm	<i>1 Large Serving of Chocolate Cherry Bliss Super Smoothie</i>		Protein	57
Place	Work	6oz each unsweetened vanilla and chocolate almond milk		Carbs	54
Beverage(s)		2 scoops chocolate protein powder	1 tbsp chopped walnuts	Fiber	13.5
water as desired		1 cup spinach	1 tbsp cacao nibs	Fat	16
tea		2 cups frozen dark sweet cherries		Omega-3	2.2
		1 tbsp milled flax seed		Calories	588

Meal 4: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info		
Time	7:30pm	<i>1 Large Serving of Irish Beef Stew</i>		Protein	52
Place	Work			Carbs	51
Beverage(s)		This recipe is too big to put here!		Fiber	6
water as desired				Fat	17
rooibos tea				Omega-3	0.2
				Calories	565

Supplements	
<b>Fish Oil</b>	1-2 grams combined EPA and DHA.
<b>Vitamin D3</b>	1,000-2,000IU per day, or as much as needed to reach desired blood levels.
<b>Probiotics</b>	taken as directed.
<b>Multi Vitamin</b>	taken as directed.
<b>Whey Protein</b>	as shown.

Totals	
Protein	221
Carbs	222
Fiber	43
Fat	78
Omega-3	4.4
Calories	2474

- 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.