

BSP Nutrition

Male Get Lean Morning-Training Example Menu

Meal 1: Pre-Training Smoothie		Amount and Type of Food Consumed	Nutrition Info
Time	5:00am	1 Large Serving of Berry Blast Super Smoothie	Protein 58
Place	Home	12oz unsweetened vanilla almond milk	Carbs 38
Beverage(s)		1 tbsp milled flax seed	Fiber 14.5
		2 scoops strawberry protein powder	Fat 13
		1 cup spinach	Omega-3 1.6
		1 cup wild frozen blueberries	Calories 501
		1 cup frozen strawberries	

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed	Nutrition Info
Time	8:00am	1 Large Serving of Chicken Sausage Omelet with Oatmeal	Protein 43
Place	Home		Carbs 59
Beverage(s)		this recipe is too big to put here!	Fiber 15
water as desired			Fat 23
coffee / tea			Omega-3 2
			Calories 615

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info
Time	12:30pm	1 Large Serving of Tuna Salad Wrap	Protein 48
Place	Work	1 can tuna	Carbs 48
Beverage(s)		2 large handfuls baby spinach	Fiber 13.5
water as desired		1 tbsp ep canola oil mayo	Fat 30
tea		1/4 cup chopped onions	Omega-3 1.6
		1/4 cup chopped cucumbers	Calories 654
		1/2 mashed avocado	
		1 sprouted-grain wrap	
		sea salt and pepper to taste	
		1 plum	

Meal 4: Dinner		Amount and Type of Food Consumed	Nutrition Info
Time	5:30pm	1 Large Serving of Pork Tenderloin & Quinoa	Protein 55
Place	Work	8oz Pork Tenderloin, Teriyaki	Carbs 50
Beverage(s)		1/3 cup quinoa	Fiber 7
water as desired		2/3 cup water	Fat 24
rooibos tea		12 asparagus spears	Omega-3 0.2
		1 tbsp evoo	Calories 636
		sea salt and pepper to taste	
		season to taste	

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	204
Carbs	195
Fiber	50
Fat	90
Omega-3	5.4
Calories	2406

- 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.