

# BSP Nutrition

## Male Intermittent Fasting Morning-Training Example Menu

Meal 1: BCAA's		Amount and Type of Food Consumed	Nutrition Info	
Time	6:30am	10 g of BCAA's (see Supplement piece for recommended products)	Protein	10
Place	Home		Carbs	0
Beverage(s)			Fiber	0
water as desired coffee / tea			Fat	0
			Omega-3	0
			Calories	40

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed	Nutrition Info	
Time	9:30am	1 Large Serving of Scromelet & Toast, 1 Large Serving of Refreshing Apple Super Smoothie	Protein	100
Place	Work		Carbs	103
Beverage(s)			Fiber	21.5
water as desired coffee / tea			Fat	45
		This recipe is too big to put here!	Omega-3	2.8
			Calories	1217

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info	
Time	1:30pm	1 Large Serving of My Wife's Chili	Protein	46
Place	Work		Carbs	68
Beverage(s)			Fiber	19
water as desired tea			Fat	17
		This recipe is too big to put here!	Omega-3	0.2
			Calories	609

Meal 4: Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	5:30pm	1 Large Serving of Pork, Quinoa & Green Beans, 1 Serving of Blueberry Apple Crisp	Protein	59
Place	Home		Carbs	70
Beverage(s)			Fiber	15
water as desired rooibos tea			Fat	31
		This recipe is too big to put here!	Omega-3	0.4
			Calories	795

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	215
Carbs	241
Fiber	55.5
Fat	93
Omega-3	3.4
Calories	2661

- This plan assumes a 9-5 work schedule and a 7:00-8:00am 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.