

BSP Nutrition

Male Maintenance Evening-Training Example Menu

Meal 1: Breakfast		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30am	<i>1 Large Serving of World's Best Oatmeal</i>	Protein	36
Place	Home	2/3 cup old fashioned oats	Carbs	57
Beverage(s)		1 scoop vanilla protein powder	Fiber	15
water as desired		8oz unsweetened vanilla almond milk	Fat	15
coffee / tea		2/3 cup wild frozen blueberries	Omega-3	2.1
		1 tbsp milled flax seeds	Calories	507
		cinnamon to taste		

Meal 2: Lunch		Amount and Type of Food Consumed	Nutrition Info	
Time	12:00pm	<i>1 Large Serving of Quinoa, Feta, Spinach & Beef, with extra fruit</i>	Protein	67
Place	Work	8oz sirloin strips	Carbs	66
Beverage(s)		2 cups fresh spinach	Fiber	10
water as desired		1/3 cup quinoa	Fat	27
coffee / tea		2/3 cup water	Omega-3	0.5
		1 piece fruit of choice	Calories	775
		2 tsp extra virgin olive oil		
		2 cloves garlic, minced		

Meal 3: Mid-Afternoon Smoothie		Amount and Type of Food Consumed	Nutrition Info	
Time	4:00pm	<i>1 Large Serving of Calming Pear Super Smoothie, with extra fats</i>	Protein	59
Place	Work	8oz unsweetened vanilla almond milk	Carbs	51
Beverage(s)		1 tbsp milled flax seed	Fiber	13.5
water as desired		2 scoops vanilla protein powder	Fat	15
tea		2 tbsp slivered almonds	Omega-3	1.6
		1 cup spinach	Calories	575
		1/2 medium banana		
		1 pear, cored and sliced		

Meal 4: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30pm	<i>1 Large Serving of Pork, Quinoa & Green Beans, 1 Serving of Blueberry Apple Crisp</i>	Protein	59
Place	Work		Carbs	70
Beverage(s)		This recipe is too big to put here!	Fiber	15
water as desired			Fat	31
rooibos tea			Omega-3	0.4
			Calories	795

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	221
Carbs	244
Fiber	53.5
Fat	88
Omega-3	4.6
Calories	2652

- 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.