

BSP Nutrition

Male Maintenance Morning-Training Example Menu

Meal 1: Pre-Training Smoothie		Amount and Type of Food Consumed	Nutrition Info
Time	5:00am	<i>1 Large Serving of Chocolate, PB & Banana Super Smoothie</i> 12oz unsweetened chocolate almond milk 1 tbsp natural peanut butter 2 scoops chocolate protein powder 1 tbsp cacao nibs 1 cup spinach ice cubes as desired 1 extra large banana 1 tbsp milled flax seed	Protein 63
Place	Home		Carbs 50
Beverage(s)			Fiber 12
			Fat 22
			Omega-3 1.6
		Calories 650	

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed	Nutrition Info
Time	8:00am	<i>1 Large Serving of Egg Sandwich, with extra fruit</i> 4 whole pastured or omega-3 eggs 2 large onion rings 2 tsp pastured butter 1 large handful spinach sea salt and pepper to taste 1 slice cheese 1 sprouted-grain English muffin 1 piece fruit of choice 2 large tomato slices	Protein 43
Place	Home		Carbs 68
Beverage(s)			Fiber 13.5
water as desired			Fat 33
coffee / tea			Omega-3 1
		Calories 741	

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info
Time	12:30pm	<i>1 Large Serving of Spinach, Chicken & Feta Salad</i> 1 cooked chicken breast, chopped 2 tbsp feta cheese 3 cups baby spinach 5 large calamata olives 1/2 cup chopped red onion 1/3 cup quinoa 1 tbsp extra virgin olive oil 2/3 cup water 1 tbsp red wine vinegar	Protein 66
Place	Work		Carbs 50
Beverage(s)			Fiber 10
water as desired			Fat 27
tea			Omega-3 0.1
		Calories 707	

Meal 4: Dinner		Amount and Type of Food Consumed	Nutrition Info
Time	5:30pm	<i>1 Large Serving of Salmon & Sweet Potatoes</i> this recipe is too big to put here!	Protein 52
Place	Home		Carbs 52
Beverage(s)			Fiber 15
water as desired			Fat 20
rooibos tea			Omega-3 4.5
		Calories 596	

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	224
Carbs	220
Fiber	50.5
Fat	102
Omega-3	7.2
Calories	2694

- 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.