

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 Egg & Potato Scramble</i> 1 medium red potato 1/3 of an onion 1/3 of a green pepper 1 tsp extra virgin olive oil 5 whole pastured or omega-3 eggs	Protein 37	
Place	Home		1 tsp extra virgin coconut oil	Carbs 55
Beverage(s)			2 large handfuls spinach	Fiber 13.5
water as desired			1 cup raspberries	Fat 31
coffee / tea			salt and pepper to taste	Omega-3 1.2
			Calories 647	

Meal 2: Lunch		Amount and Type of Food Consumed	Nutrition Info	
Time	12:00pm	<i>1 Large Serving of Asian Chicken & Broccoli</i> 1 cooked chicken breast, chopped 2 cups broccoli 2 cups mushrooms 1.5 tbsp expeller pressed sesame oil 1 tbsp low sodium soy sauce	Protein 64	
Place	Work		ginger and garlic to taste	Carbs 40
Beverage(s)			1 orange	Fiber 10.5
water as desired				Fat 23
coffee / tea				Omega-3 0.1
			Calories 623	

Meal 3: Mid-Afternoon Smoothie		Amount and Type of Food Consumed	Nutrition Info	
Time	4:00pm	<i>1 Large Serving of Berry Blast Super Smoothie</i> 12oz unsweetened vanilla almond milk 2 scoops hemp, pea or brown rice vanilla protein powder 1 cup spinach 1 cup wild frozen blueberries 1 cup frozen strawberries	Protein 58	
Place	Work		1 tbsp milled flax seed	Carbs 38
Beverage(s)			1 tbsp slivered almond	Fiber 14.5
water as desired				Fat 13
tea				Omega-3 1.6
			Calories 501	

Meal 4: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30pm	<i>1 Large Serving of Irish Beef Stew, 1 Serving of Mediterranean Salad, 1 Serving of Dark Chocolate & Dried Fruit</i> This recipe is too big to put here!	Protein 56	
Place	Work			Carbs 89
Beverage(s)				Fiber 13
water as desired				Fat 31
rooibos tea				Omega-3 0.3
			Calories 859	

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	215
Carbs	222
Fiber	51.5
Fat	98
Omega-3	3.2
Calories	2630

- 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.