

BSP Nutrition

Scrawny Beanpole Get Big Evening-Training Meal Plan

Meal 1: Breakfast		Amount and Type of Food Consumed	Nutrition Info	
Time	6:30am	1 Large serving of My Favorite Breakfast Burrito, with fruit	Protein	43
Place	Home	5 whole pastured or omega-3 eggs	Carbs	82
Beverage(s)		dash sea salt, black pepper	Fiber	16
16oz water or as desired		1 sprouted-grain wrap	Fat	30
2oz POM wonderful		2 large handfuls baby spinach	Omega-3	1
8oz coffee or tea		2 tbsp guacamole	Calories	770
		1/2 cup chopped onions		
		1/2 cup chopped peppers		
		1/2 cup chopped broccoli		
		2 tbsp salsa		

Meal 2: Mid-Morning Snack		Amount and Type of Food Consumed	Nutrition Info	
Time	10:00am	1 Large serving of Yogurt, Berries & Oats	Protein	42
Place	Work	1.5 cups whole fat organic yogurt	Carbs	75
Beverage(s)		2 tbsp almonds and pecans	Fiber	15.5
8oz tea		1/2 cup old-fashioned oats	Fat	27
		1 scoop vanilla whey protein	Omega-3	1.2
		1/2 cup wild blueberries	Calories	711
		1/2 cup raspberries		
		1 tbsp chia seeds		

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info	
Time	1:00pm	1 Large Serving of Bison Burger, with fruit	Protein	51
Place	Work	8oz lean ground bison	Carbs	61
Beverage(s)		large handful baby spinach	Fiber	13.5
12oz water		2 tsp expeller pressed canola oil mayo	Fat	31
8oz tea		ketchup or salsa to taste	Omega-3	0.4
		season to taste	Calories	727
		mustard of choice to taste		
		1 piece fruit of choice		
		2 tbsp of guacamole		

Meal 4: Pre-Training Smoothie		Amount and Type of Food Consumed	Nutrition Info	
Time	4:00pm	1 Large serving of Chocolate Cherry Bliss Super Smoothie, with oats	Protein	35
Place	Work	4oz unsweetened chocolate almond milk	Carbs	64
Beverage(s)		1 tbsp cacao nibs	Fiber	15.5
12oz water		4oz unsweetened vanilla almond milk	Fat	32.5
8oz tea		1/4 cup chopped walnuts	Omega-3	2.7
		1 scoop chocolate protein powder	Calories	689
		1/2 cup old-fashioned oats		
		1 cup frozen organic dark sweet cherries		
		1 tbsp milled flax seeds		

Meal 5: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30pm	1 Large serving of Quinoa & Coconut Chicken, with fruit	Protein	66
Place	Home	1 cooked chicken breast, chopped	Carbs	74
Beverage(s)		1 tbsp extra virgin olive oil	Fiber	16
12oz water		season to taste	Fat	33
8oz rooibos tea		1 whole pastured or omega-3 egg	Omega-3	0.2
		1/4 cup quinoa or quinoa flakes	Calories	857
		1 piece fruit of choice		
		3 tbsp shredded unsweetened coconut		
		2 cups green beans and carrots		

Meal 6: Pre-Bed Snack		Amount and Type of Food Consumed	Nutrition Info	
Time	10:00pm	1 Small serving of My Wife's Chili	Protein	29
Place	Home		Carbs	35
Beverage(s)		this recipe is far too big to put in here!	Fiber	9.5
8oz water			Fat	10.5
			Omega-3	0
			Calories	351

Supplements	
Fish Oil	1-2 grams EPA and DHA combined. 1 tsp Carlson's would be perfect.
Vitamin D3	2,000-4,000IU per day, or as much as needed to reach ideal blood levels.
Probiotics	taken as directed.
Multi Vitamin	taken as directed.
Whey Protein	as shown in meal plan, preferably no more than 2 scoops per day.

Totals	
Protein	266
Carbs	391
Fiber	86
Fat	164
Omega-3	5.5
Calories	4104

- 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.