

BSP Nutrition

Scrawny Beanpole Get Big Morning-Training Meal Plan

Meal 1: Pre-Training Smoothie		Amount and Type of Food Consumed	Nutrition Info
Time	5:00am	1 Large serving of Tropical Awesomeness Super Smoothie, with oats	Protein 29
Place	Home	8oz unsweetened vanilla almond milk 1/2 cup frozen mango	Carbs 65
Beverage(s)		1 scoop vanilla protein powder 1/2 cup frozen pineapple chunks	Fiber 11.5
8oz water or as desired		1 tbsp chia seeds 1/2 cup old-fashioned oats	Fat 24.5
		1 tbsp organic unrefined extra virgin coconut oil	Omega-3 1.2
		1/2 cup frozen halved strawberries	Calories 597

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed	Nutrition Info
Time	7:30am	1 Large serving of The Original: Scramble & Toast	Protein 42
Place	Home	5 whole pasture-raised or omega-3 eggs 1 banana, sliced	Carbs 76
Beverage(s)		1 tsp butter from grass-fed cows cinnamon to taste	Fiber 10.5
16oz water or as desired		sea salt and pepper to taste	Fat 35.5
2oz POM wonderful		2 slices sprouted grain toast	Omega-3 1
8oz coffee or tea		1 tbsp natural peanut butter	Calories 792

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info
Time	12:00pm	1 Large Serving of Pesto & Guacamole Chicken Wrap	Protein 64
Place	Work	1 cooked chicken breast, chopped 2 tbsp guacamole	Carbs 61
Beverage(s)		1 sprouted-grain wrap 1 piece fruit of choice	Fiber 12
12oz water		2 large handfuls baby spinach	Fat 26.5
8oz tea		1/4 cup chopped cucumbers	Omega-3 0
		3 tbsp basil extra virgin olive oil pesto	Calories 739

Meal 4: Mid-Afternoon Snack		Amount and Type of Food Consumed	Nutrition Info
Time	3:30pm	1 can tuna sea salt and pepper to taste	Protein 50
Place	Work	2 tbsp expeller pressed canola oil mayo 1 piece fruit of choice	Carbs 67
Beverage(s)		1 sprouted-grain English muffin	Fiber 18.5
12oz water		1/4 cup chopped cucumbers	Fat 37.5
8oz tea		1 large handful baby spinach	Omega-3 2.6
		1/2 avocado, sliced	Calories 806

Meal 5: Dinner		Amount and Type of Food Consumed	Nutrition Info
Time	7:00pm	1 Large serving of Pork Tenderloin & Quinoa, with fruit	Protein 54
Place	Home	8oz Pork Tenderloin, Teriyaki 1/4 cup quinoa	Carbs 70
Beverage(s)		12 asparagus spears 1 piece fruit of choice	Fiber 11
12oz water		1 tbsp evoo	Fat 24
8oz rooibos tea		sea salt and pepper to taste	Omega-3
		season to taste	Calories 712

Meal 6: Pre-Bed Snack		Amount and Type of Food Consumed	Nutrition Info
Time	10:00pm	1 Large serving of Vanilla Pumpkin Pie Super Smoothie	Protein 34
Place	Home	8oz organic whole milk cinnamon and nutmeg to taste	Carbs 31
Beverage(s)		1 scoop vanilla protein powder ice cubes as desired	Fiber 9.5
8oz water		1/2 cup canned pumpkin	Fat 22
		1 tbsp milled flax seed	Omega-3 2.7
		2 tbsp chopped walnuts	Calories 458

Supplements		Totals
Fish Oil	1-2 grams EPA and DHA combined. 1 tsp Carlson's would be perfect.	Protein 273
Vitamin D3	2,000-4,000IU per day, or as much as needed to reach ideal blood levels.	Carbs 370
Probiotics	taken as directed.	Fiber 73
Multi Vitamin	taken as directed.	Fat 170
Whey Protein	as shown in meal plan, preferably no more than 2 scoops per day.	Omega-3 7.5
		Calories 4102

- This plan assumes a 9-5 work schedule and a 5:30-6:30am 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.