

BSP Nutrition

Female Fitness Enthusiast Evening-Training Meal Plan

Meal 1: Breakfast		Amount and Type of Food Consumed		Nutrition Info	
Time	6:30am	<i>1 Small serving of Yogurt, Berries & Oats</i> 3/4 cup organic whole yogurt1 tbsp almonds and pecans 1/2 scoop vanilla protein powder1/8 cup old-fashioned oats 1/4 cup wild blueberries 1/4 cup raspberries 1.5 tsp chia seeds		Protein	20
Place	Home			Carbs	31
Beverage(s)				Fiber	7
16oz water or as desired				Fat	13
8oz coffee or tea				Omega-3	0.6
				Calories	321

Meal 2: Mid-Morning Snack		Amount and Type of Food Consumed	Nutrition Info	
Time	10:00am	1 Small serving of Apple & Cheese 1oz organic cheddar cheese 1 apple	Protein	8
Place	Work		Carbs	31
Beverage(s)			Fiber	5
8oz tea			Fat	9
			Omega-3	0
			Calories	237

Meal 3: Lunch		Amount and Type of Food Consumed		Nutrition Info	
Time	1:00pm	1 Small serving of Quinoa & Coconut Chicken, with fruit		Protein	35
Place	Work	1/2 cooked chicken breast, chopped	1 tsp extra virgin olive oil	Carbs	32
Beverage(s)		1 whole pastured or omega-3 egg	season to taste	Fiber	7.5
12oz water		1.5 tbsp quinoa or quinoa flakes	1 small piece fruit of choice	Fat	15.5
8oz tea		1.5 tbsp shredded unsweetened coconut		Omega-3	0.2
		1 cup green beans and carrots		Calories	408

Meal 4: Pre-Training Smoothie		Amount and Type of Food Consumed		Nutrition Info	
Time	4:00pm	<i>1 Small serving of Tropical Awesomeness Super Smoothie</i> 8oz unsweetened vanilla almond milk 1/2 cup frozen mango 3/4 scoop vanilla protein powder 1/2 cup frozen pineapple chunks 12oz water 1 tbsp chia seeds 8oz tea 1.5 tsp organic extra virgin unrefined coconut oil 1/2 cup frozen halved strawberries		Protein	19
Place	Work			Carbs	37
Beverage(s)				Fiber	7.5
				Fat	14
				Omega-3	1.2
				Calories	350

Meal 5: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30pm	1 Small serving of Pesto Chicken Pizza, with fruit	Protein	34
Place	Home		Carbs	39
Beverage(s)			not my recipe, so I won't type it up, but buy the cookbook!	Fiber
12oz water		1 kiwi fruit, or other small piece of fruit of choice	Fat	10.5
8oz rooibos tea			Omega-3	0.3
			Calories	387

Supplements		Totals
Fish Oil	1-2 grams EPA and DHA combined. 1 tsp Carlson's would be perfect.	Protein 116
Vitamin D3	2,000-4,000IU per day, or as much as needed to reach ideal blood levels.	Carbs 170
Probiotics	taken as directed.	Fiber 38
Multi Vitamin	taken as directed.	Fat 62
Whey Protein	as shown in meal plan, preferably no more than 2 scoops per day.	Omega-3 2.3
		Calories 1702

- 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.