

BSP Nutrition

Male Get Lean Evening-Training Meal Plan

Meal 1: Breakfast		Amount and Type of Food Consumed		Nutrition Info	
Time	6:30am	1 Large serving of Chocolate, PB & Banana Super Smoothie 8oz unsweetened chocolate almond milk 1 tbsp cacao nibs 1 scoop chocolate protein powder ice cubes 1 banana 1 tbsp natural peanut butter 1 tbsp milled flax seeds		Protein	30
Place	Home			Carbs	47
Beverage(s)				Fiber	11.5
16oz water or as desired				Fat	19
8oz coffee or tea				Omega-3	1.5
				Calories	479

Meal 2: Mid-Morning Snack		Amount and Type of Food Consumed	Nutrition Info	
Time	10:00am	1 Large serving of Hard Boiled Eggs & Hummus 4 whole pastured or omega-3 eggs 10 baby carrots 3 tbsp hummus	Protein	28
Place	Work		Carbs	19
Beverage(s)			Fiber	4.5
8oz tea			Fat	24
			Omega-3	0.8
			Calories	404

Meal 3: Lunch		Amount and Type of Food Consumed	Nutrition Info	
Time	1:00pm	1 skinless boneless chicken breast 2-3 cups organic baby spinach 1/2 cup chopped red onion 1 tbsp extra virgin olive oil 1 tbsp red wine vinegar 1 tbsp organic feta cheese	Protein	56
Place	Work		Carbs	12
Beverage(s)			Fiber	6
12oz water			Fat	18
8oz tea			Omega-3	0
			Calories	434

Meal 4: Pre-Training Snack		Amount and Type of Food Consumed	Nutrition Info	
Time	4:00pm	1 Large Youbar, with fruit 1 large youbar 1 piece fruit of choice	Protein	17
Place	Work		Carbs	43
Beverage(s)			Fiber	8
12oz water			Fat	16
8oz tea			Omega-3	0.5
			Calories	384

Meal 5: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30pm	1 Large serving of Lisa's Wheatberry Salad & Chicken this recipe is far too big to put in here!	Protein	43
Place	Home		Carbs	66
Beverage(s)			Fiber	10.5
12oz water			Fat	30
8oz rooibos tea			Omega-3	0
			Calories	706

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	174
Carbs	187
Fiber	40.5
Fat	107
Omega-3	2.8
Calories	2407

- 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.