

BSP Nutrition

Recommended Meals & Snacks

Breakfast Recipes

My Favorite Breakfast Burrito

My Favorite Breakfast Burrito					
Ingredients		Instructions		Nutrition Info	
5 whole pastured or omega-3 eggs		Saute veggies in a frying pan coated with an olive oil spray on medium heat for 3-5 minutes. In a separate bowl mix eggs with dash of sea salt and pepper. Pour eggs on top of veggies. Once the eggs begin to bubble around the edges, lift a portion of the eggs, allowing runny eggs on top to run underneath. Do this around entire perimeter of omelet. Flip omelet, and once bottom is solid remove from pan. While eggs are cooking place 2 tbsp guacamole on the sprouted-grain wrap. Lay spinach on top. Next place omelet and salsa on top. Enjoy! <i>Makes 1 large or 2 small servings</i>		Large	Small
1/2 cup chopped onions			Calories	626	313
1/2 cup chopped peppers			Protein	42	21
1/2 cup chopped broccoli			Carbs	47	23.5
2 tbsp salsa			Fiber	12	6
dash sea salt, black pepper			Sugar	9	4.5
1 sprouted-grain wrap			Fat	30	15
2 large handfuls baby spinach			Sat	7.5	3.75
2 tbsp guacamole			Omega-3	1	0.5

The Original: Scrambled & Toast

The Original: Scrambled & Toast				
Ingredients		Instructions		Nutrition Info
5 whole pastured or omega-3 eggs		Melt butter in frying pan over medium heat. Add eggs to bowl and		LargeSmall
1 tsp pastured butter		stir until even mixed. Once eggs near completion add desired amount		Calories671362
sea salt and pepper to taste		of sea salt and pepper. While eggs are cooking place sprouted-grain		Protein3818
1 slice sprouted-grain bread		in toaster. Toast until bread reaches desired state of toastyness.		Carbs5133
1 tbsp natural peanut butter		Spread peanut butter on toast, then add sliced bananas on top and		Fiber7.55.5
1 banana, sliced		finish with sprinkled cinnamon to taste.		Sugar2010
cinnamon to taste		To make small serving, cut down to 2 eggs, 1/2 tbsp pb and 1/2 banana.		Fat3517.5
		Enjoy!		Sat9.55.5
		Makes 1 large or 1 small serving		Omega-310.5

Yogurt, Berries & Oats

Yogurt, Berries & Oats					
Ingredients		Instructions		Nutrition Info	
1.5 cups whole fat organic yogurt or 2% Greek yogurt		Pour yogurt into a bowl. Add in protein powder and chia seeds and stir until well mixed.		Large	Small
1 scoop vanilla whey protein		Next stir in oats until well mixed.		Calories	634
1/2 cup wild blueberries		Sprinkle berries and nuts on top.		Protein	39
1/2 cup raspberries		Enjoy!		Carbs	61
1 tbsp chia seeds				Fiber	13.5
2 tbsp almonds and pecans				Sugar	30
1/4 cup old-fashioned oats				Fat	26
				Sat	10
				Omega-3	1.2
		Makes 1 large or 2 small servings			0.6

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Lunch & Dinner Recipes

Pesto & Guacamole Chicken Wrap				
Ingredients		Instructions		Nutrition Info
1 cooked chicken breast, chopped		Evenly spread pesto onto sprouted-grain wrap. Lay spinach on top in an even layer. Then lay down chicken breast on top of spinach.		Large Small
1 sprouted-grain wrap		Spread guacamole on top of chicken breast and toss in diced cucumbers.		Calories 601 316.5
2 large handfuls baby spinach		Have plum for dessert!		Protein 61 30.5
1/4 cup chopped cucumbers		For the smaller serving, have half of the wrap but keep the fruit.		Carbs 42 25
2 tbsp basil evoo pesto		Enjoy!		Fiber 8.5 4.75
2 tbsp guacamole				Sugar 9 8
1 plum				Fat 21 10.5
or other small piece of fruit				Sat 3.5 1.75
		Makes 1 large or 2 small servings		Omega-3 0 0

Quinoa & Coconut Chicken				
Ingredients		Instructions		Nutrition Info
1 cooked chicken breast, chopped		Whip both eggs in a bowl. Place quinoa and coconut into a bowl and mix together. Dip each piece of chicken breast in the eggs, then dip into the quinoa and coconut mixture, evenly covering the piece.		Large Small
1 whole pastured or omega-3 egg		Place all covered pieces in a large pyrex dish, cover with tin foil and bake at 350 degrees for about 20 minutes, or until done.		Calories 614 307
3 tbsp quinoa or quinoa flakes		While chicken is cooking saute the green beans and carrots in olive oil in a covered pan over medium to medium-high heat. Season to taste.		Protein 63 31.5
3 tbsp shredded unsweetened coconut		Enjoy!		Carbs 41 20.5
2 cups green beans and carrots				Fiber 11 5.5
1 tsp extra virgin olive oil				Sugar 7 3.5
season to taste				Fat 22 11
		Makes 1 large or 2 small servings		Sat 11 5.5
				Omega-3 0.2 0.1

Bison Burger				
Ingredients		Instructions		Nutrition Info
8oz lean ground bison		Sprinkle seasonings of choice onto ground bison and form into a patty. Place patty on grill of choice and cook until you reach desired level of pink. I will recommend you not overcook bison, as it tends to dry out easily.		Large Small
2 tsp ep canola oil mayo		While bison is grilling toast a sprouted-grain English muffin. Once toasted spread on expeller pressed canola oil mayonnaise, mustard, guacamole, and ketchup or salsa. Once bison is done place on prepared English muffin and enjoy!		Calories 623 312
ketchup or salsa to taste				Protein 50 25
mustard of choice to taste				Carbs 36 18
2 tbsp of guacamole				Fiber 9.5 4.75
large handful baby spinach				Sugar 1 0.5
1 sprouted-grain English muffin				Fat 31 15.5
season to taste				Sat 8.5 4.25
		Makes 1 large or 2 small servings		Omega-3 0.4 0.2

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Lunch & Dinner Recipes

Asian Chicken & Broccoli

Asian Chicken & Broccoli																													
Ingredients	Instructions	Nutrition Info																											
1 cooked chicken breast, chopped 2 cups broccoli 2 cups mushrooms 1.5 tbsp expeller pressed sesame oil 1 tbsp low sodium soy sauce ginger and garlic to taste 1 orange or other piece of fruit	Pour reduced sodium soy sauce and sesame oil in a large frying pan on medium heat. Add chicken, broccoli and mushrooms and allow to cook for 2-3 minutes, sprinkle on garlic and ginger powder to taste. Cook until broccoli is bright green. Have orange for dessert. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table> <tr> <td></td><td>Large</td><td>Small</td></tr> <tr> <td>Calories</td><td>591</td><td>328</td></tr> <tr> <td>Protein</td><td>63</td><td>32</td></tr> <tr> <td>Carbs</td><td>33</td><td>24</td></tr> <tr> <td>Fiber</td><td>9</td><td>6</td></tr> <tr> <td>Sugar</td><td>18</td><td>15</td></tr> <tr> <td>Fat</td><td>23</td><td>11.5</td></tr> <tr> <td>Sat</td><td>4</td><td>2</td></tr> <tr> <td>Omega-3</td><td>0</td><td>0</td></tr> </table>		Large	Small	Calories	591	328	Protein	63	32	Carbs	33	24	Fiber	9	6	Sugar	18	15	Fat	23	11.5	Sat	4	2	Omega-3	0	0
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Tuna Salad Wrap

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Ingredients	Instructions	Nutrition Info																											
1 can tuna 1 tbsp ep canola oil mayo 1/4 cup chopped onions 1/4 cup chopped cucumbers 1/2 mashed avocado 2 large handfuls baby spinach 1 sprouted-grain wrap sea salt and pepper to taste	In a large bowl mix tuna, expeller pressed canola oil mayo, onions, cucumbers, and avocado. Set aside. Lay spinach on top of sprouted-grain wrap. Spoon tuna salad onto bed of spinach. Sea salt and pepper to taste. Roll wrap up tightly. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table> <tr> <td></td><td>Large</td><td>Small</td></tr> <tr> <td>Calories</td><td>618</td><td>309</td></tr> <tr> <td>Protein</td><td>47</td><td>23.5</td></tr> <tr> <td>Carbs</td><td>40</td><td>20</td></tr> <tr> <td>Fiber</td><td>12.5</td><td>6.25</td></tr> <tr> <td>Sugar</td><td>2</td><td>1</td></tr> <tr> <td>Fat</td><td>30</td><td>15</td></tr> <tr> <td>Sat</td><td>4</td><td>2</td></tr> <tr> <td>Omega-3</td><td>1.6</td><td>0.8</td></tr> </table>		Large	Small	Calories	618	309	Protein	47	23.5	Carbs	40	20	Fiber	12.5	6.25	Sugar	2	1	Fat	30	15	Sat	4	2	Omega-3	1.6	0.8
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Pork Tenderloin & Quinoa

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Ingredients	Instructions	Nutrition Info																											
8oz Pork Tenderloin, Teriyaki 12 asparagus spears 1 tbsp evoo sea salt and pepper to taste season to taste 1/2 cup quinoa	Cook pork tenderloin according to instructions. In a large frying pan on medium heat add extra virgin olive oil, asparagus, sea salt, pepper and other seasonings to taste. Saute until asparagus is cooked to desired level. While pork is cooking bring 3/4 cup water to a boil in a small sauce pan. Add in 1/2 cup quinoa, and bring heat down to low. Let simmer for 10-15 minutes or until all water is absorbed by quinoa. Have half with this meal and save other half for later. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table> <tr> <td></td><td>Large</td><td>Small</td></tr> <tr> <td>Calories</td><td>608</td><td>304</td></tr> <tr> <td>Protein</td><td>53</td><td>26.5</td></tr> <tr> <td>Carbs</td><td>45</td><td>22.5</td></tr> <tr> <td>Fiber</td><td>7</td><td>3.5</td></tr> <tr> <td>Sugar</td><td>12</td><td>6</td></tr> <tr> <td>Fat</td><td>24</td><td>12</td></tr> <tr> <td>Sat</td><td>4.5</td><td>2.25</td></tr> <tr> <td>Omega-3</td><td>0</td><td>0</td></tr> </table>		Large	Small	Calories	608	304	Protein	53	26.5	Carbs	45	22.5	Fiber	7	3.5	Sugar	12	6	Fat	24	12	Sat	4.5	2.25	Omega-3	0	0
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Post-Training Meal Recipes

My Wife's Chili

My Wife's Chili					
Ingredients		Instructions		Nutrition Info	
2 lbs of 93% lean ground beef		Cook the beef, onion, and green pepper in a large skillet over		Large	Small
1 large onion, chopped		medium heat with 2 tbsp extra virgin olive oil.		Calories	706353
1 large green pepper, chopped		In a large pot combine the tomatoes, tomato sauce, kidney beans,		Protein	5829
2 cans stewed tomatoes, 14oz each		garbanzo beans, corn and chili powder and cook over medium heat.		Carbs	7035
1 can tomato sauce, 16oz		Do not drain canned goods. Once the beef, onion and green pepper		Fiber	199.5
1 can light red kidney beans		mixture is thoroughly cooked, add to the large pot.		Sugar	14.57.25
1 can dark red kidney beans		Stir and simmer uncovered for 15 minutes.		Fat	21.510.75
1 can garbanzo beans		Enjoy!		Sat	52.5
1 small can of corn		Makes 5 large or 10 small servings		Omega-3	00
2 tbsp chili powder					
2 tbsp extra virgin olive oil					

Salmon & Sweet Potatoes

Salmon & Sweet Potatoes				
Ingredients		Instructions		Nutrition Info
8oz wild-caught salmon		As much as I dislike the microwave, microwave your sweet potato on high for approximately 10 minutes. Wrap in tin foil and set aside.		LargeSmall
1.5 tsp honey		Preheat oven to 350. Place a sheet of tin foil on top of a baking sheet.		Calories704352
1.5 tsp brown sugar		Place salmon on top of tin foil. Lightly spritz salmon with olive oil		Protein5527.5
1.5 tsp dijon mustard		and sprinkle with a dash of salt of pepper. Set aside.		Carbs7638
olive oil spray		Mix brown sugar, honey and dijon mustard in a bowl until evenly		Fiber178.5
sea salt & pepper		mixed. Spread mixture evenly onto salmon. Place salmon and sweet		Sugar3819
1 large sweet potato		potato in over for about 20 minutes or until done. While salmon and		Fat2010
cinnamon to taste		sweet potato are cooking, steam broccoli. Enjoy fruit as dessert!		Sat21
1 tsp pastured butter		Makes 1 large or 2 small servings		Omega-34.52.25
2 cups broccoli				
1 small piece fruit				

Lisa's Wheatberry Salad with Chicken

Lisa's Wheatberry Salad with Chicken						
Ingredients		Instructions		Nutrition Info		
2 cooked chicken breasts, chopped		Place the wheatberries and 3 cups of salted water in a saucepan and cook, uncovered, for 45 minutes or until soft. Drain. Saute the red onion in 2 tbsp of olive oil over medium-low heat until translucent, about 5 minutes. Turn off heat and add remaining 1/4c olive oil and the balsamic vinegar. In a large bowl combine the warm wheatberries, sauted onions, celery, red pepper, chicken, grapes, and about 1/2 tsp sea salt and pepper or to taste. Allow to sit for at least 30 minutes for wheatberries to absorb the sauce. Enjoy! <i>Makes 3 large or 6 small servings</i>		Large	Small	
1 cup hard winter wheatberries				Calories	706	353
1 finely diced red onion				Protein	43	21.5
6 tbsp extra virgin olive oil				Carbs	66	33
2 tbsp balsamic vinegar				Fiber	10.5	5.25
1/2 red bell pepper, diced				Sugar	16	8
1 stalk celery, diced				Fat	30	15
1.5 cups red grapes, halved				Sat	4.5	2.25
sea salt and pepper to taste				Omega-3	0	0

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Quick & Easy Snacks

Hard Boiled Eggs & Hummus						
Ingredients		Instructions		Nutrition Info		
4 pastured or omega-3 eggs 10 baby carrots 3 tbsp hummus		In a medium pot filled half-way with water, place eggs in pot. Place on burner on high, once water starts to boil then begin 10 minute timer. Remove eggs and place in bowl of cold water. Remove and discard shells, place shell-less on a plate. Enjoy eggs with half of the hummus, and baby carrots with the other half. For the smaller serving you can cut back to two eggs, but keep the carrots and hummus the same. <i>Makes 1 large or 1 small serving</i>				
				Large	Small	
				Calories	404	267
				Protein	28	15
				Carbs	19	18
				Fiber	4.5	4.5
				Sugar	8	7
				Fat	24	15
				Sat	6	3
				Omega-3	0.8	0.4

Dried Fruit & Nuts				
Ingredients		Instructions		Nutrition Info
1 serving dried figs or unsweetened dried fruit of choice 1/4 mixed nuts of choice		I am not particularly picky about the choice in fruit or nuts, I would just state that the fruit have no added sugar or sweetener, and at least one of the nuts could be slightly salted if desired. It makes the nuts more enjoyable, and encourages fluid consumption. Enjoy!		Calories 291 Protein 6 Carbs 33 Fiber 6 Sugar 21 Fat 15 Sat 2 Omega-3 0.2
		Makes 1 serving		

Apple & Cheese					
Ingredients		Instructions	Nutrition Info		
2oz organic sharp cheddar cheese or hard cheese of choice		I prefer Organic Valley raw sharp cheddar cheese myself, but as long as you choose a hard cheese that is from grass-fed cows, then whatever you choose is completely fine. I prefer Gala apples with hard cheese, but again just personal preference, any apple will work. For the small serving you can cut back to 1oz cheese, but still have entire apple. Enjoy! <i>Makes 1 large or 1 small serving</i>		Large	Small
1 large apple			Calories	346	237
			Protein	15	8
			Carbs	31	31
			Fiber	5	5
			Sugar	23	23
			Fat	18	9
			Sat	12	6
			Omega-3	0.1	0

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Quick & Easy Snacks

Ants on a Log

Ants on a Log																													
Ingredients	Instructions	Nutrition Info																											
3 large celery stalks 3 tbsp natural peanut butter 1/2oz raisins	Spread peanut butter evenly over the two celery stalks. Place raisins on top of peanut butter. Enjoy this timeless classic! To make a small serving, reduce to 2 celery stalks, and 2 tbsp of peanut butter. <i>Makes 1 large or 1 small serving</i>	<table> <tr> <th></th><th>Large</th><th>Small</th></tr> <tr> <td>Calories</td><td>376</td><td>260</td></tr> <tr> <td>Protein</td><td>12</td><td>8</td></tr> <tr> <td>Carbs</td><td>28</td><td>21</td></tr> <tr> <td>Fiber</td><td>7</td><td>5</td></tr> <tr> <td>Sugar</td><td>15</td><td>13</td></tr> <tr> <td>Fat</td><td>24</td><td>16</td></tr> <tr> <td>Sat</td><td>4.5</td><td>3</td></tr> <tr> <td>Omega-3</td><td>0</td><td>0</td></tr> </table>		Large	Small	Calories	376	260	Protein	12	8	Carbs	28	21	Fiber	7	5	Sugar	15	13	Fat	24	16	Sat	4.5	3	Omega-3	0	0
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Apple, Almond Butter & Cinnamon

Apple, Almond Butter & Cinnamon																													
Ingredients	Instructions	Nutrition Info																											
1 large apple 3 tbsp natural almond butter cinnamon to taste	This one is as easy as it gets. Core and slice the apple, slather on some almond butter (or peanut butter if you prefer) on each slice, sprinkle on a little cinnamon, and enjoy! Don't be afraid to get creative and use a pear, or different types of apples, or cashew butter. Small changes make big differences and make tired snack choices fresh again. To make a small serving, reduce to a small apple and 2 tbsp of almond butter. <i>Makes 1 large or 1 small serving</i>	<table> <tr> <th></th><th>Large</th><th>Small</th></tr> <tr> <td>Calories</td><td>443</td><td>282</td></tr> <tr> <td>Protein</td><td>10</td><td>5</td></tr> <tr> <td>Carbs</td><td>40</td><td>25</td></tr> <tr> <td>Fiber</td><td>9.5</td><td>7</td></tr> <tr> <td>Sugar</td><td>26</td><td>17</td></tr> <tr> <td>Fat</td><td>27</td><td>18</td></tr> <tr> <td>Sat</td><td>3</td><td>2</td></tr> <tr> <td>Omega-3</td><td>0.2</td><td>0.1</td></tr> </table>		Large	Small	Calories	443	282	Protein	10	5	Carbs	40	25	Fiber	9.5	7	Sugar	26	17	Fat	27	18	Sat	3	2	Omega-3	0.2	0.1
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Youbar.com Protein Bar

Youbar.com Protein Bar																													
Ingredients	Instructions	Nutrition Info																											
organic peanut butter whey protein powder chia seeds organic flax seeds organic raisins organic shredded coconut organic brown rice syrup chocolate chips oat bran	Yourbar.com is a website where you can completely customize your own protein bar. Most pre-made bars on the market are full of crap ingredients. Youbars are made from high quality real food, and taste great. Ideally you would combine one bar with a serving of fruit. This is a recipe I designed for a college baseball player. He absolutely loves it. I chose the extra protein, normal nuts/seeds, normal fruit/berries, not too sweet sweetener, and average grains. You can choose small, medium or large bar sizes. Enjoy! <i>Makes 1 large or 1 small serving</i>	<table> <tr> <th></th><th>Large</th><th>Small</th></tr> <tr> <td>Calories</td><td>280</td><td>178</td></tr> <tr> <td>Protein</td><td>16</td><td>10</td></tr> <tr> <td>Carbs</td><td>18</td><td>12</td></tr> <tr> <td>Fiber</td><td>4</td><td>2</td></tr> <tr> <td>Sugar</td><td>9</td><td>6</td></tr> <tr> <td>Fat</td><td>16</td><td>10</td></tr> <tr> <td>Sat</td><td>5</td><td>3</td></tr> <tr> <td>Omega-3</td><td>0.5</td><td>0.3</td></tr> </table>		Large	Small	Calories	280	178	Protein	16	10	Carbs	18	12	Fiber	4	2	Sugar	9	6	Fat	16	10	Sat	5	3	Omega-3	0.5	0.3
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Super Smoothies

Chocolate Cherry Bliss

Chocolate Cherry Bliss																													
Ingredients	Instructions	Nutrition Info																											
4oz each unsweetened vanilla and chocolate almond milk 1 scoop chocolate protein powder 1 cup frozen dark sweet cherries 1 tbsp milled flax seed 1 tbsp cacao nibs 2 tbsp chopped walnuts	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 8oz organic whole milk. If this is for post-training and you are trying to gain weight you can substitute the whole milk and add 1/2 cup old-fashioned oats as well. To make a small serving cut down protein to 3/4 scoop, cherries to 3/4 cup, and walnuts to 1 tbsp. <i>Makes 1 large or 1 small serving</i>	<table> <tr> <th></th><th>Large</th><th>Small</th></tr> <tr> <td>Calories</td><td>428</td><td>323</td></tr> <tr> <td>Protein</td><td>28</td><td>21</td></tr> <tr> <td>Carbs</td><td>35</td><td>27</td></tr> <tr> <td>Fiber</td><td>10.5</td><td>9.5</td></tr> <tr> <td>Sugar</td><td>20</td><td>15</td></tr> <tr> <td>Fat</td><td>19.5</td><td>14.5</td></tr> <tr> <td>Sat</td><td>4</td><td>3</td></tr> <tr> <td>Omega-3</td><td>2.7</td><td>2.1</td></tr> </table>		Large	Small	Calories	428	323	Protein	28	21	Carbs	35	27	Fiber	10.5	9.5	Sugar	20	15	Fat	19.5	14.5	Sat	4	3	Omega-3	2.7	2.1
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Apple, Cinnamon & Vanilla

Apple, Cinnamon & Vanilla																													
Ingredients	Instructions	Nutrition Info																											
8oz unsweetened vanilla almond milk 1 scoop vanilla protein powder 1 Gala apple, cored and sliced 1 tbsp milled flax seed 2 tbsp almonds cinnamon to taste ice cubes as desired	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 8oz organic whole milk. If this is for post-training and you are trying to gain weight you can substitute the whole milk and add 1/2 cup old-fashioned oats as well. To make a small serving cut down protein to 3/4 scoop, from large apple to small, and almonds to 1 tbsp. <i>Makes 1 large or 1 small serving</i>	<table> <tr> <th></th><th>Large</th><th>Small</th></tr> <tr> <td>Calories</td><td>420</td><td>303</td></tr> <tr> <td>Protein</td><td>27</td><td>20</td></tr> <tr> <td>Carbs</td><td>43</td><td>31</td></tr> <tr> <td>Fiber</td><td>10.5</td><td>8.5</td></tr> <tr> <td>Sugar</td><td>25</td><td>16</td></tr> <tr> <td>Fat</td><td>15.5</td><td>11</td></tr> <tr> <td>Sat</td><td>1.5</td><td>1</td></tr> <tr> <td>Omega-3</td><td>1.5</td><td>1.5</td></tr> </table>		Large	Small	Calories	420	303	Protein	27	20	Carbs	43	31	Fiber	10.5	8.5	Sugar	25	16	Fat	15.5	11	Sat	1.5	1	Omega-3	1.5	1.5
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Chocolate, PB & Banana

Chocolate, PB & Banana																													
Ingredients	Instructions	Nutrition Info																											
8oz unsweetened chocolate almond milk 1 scoop chocolate protein powder 1 large banana 1 tbsp milled flax seed 1 tbsp cacao nibs 1 tbsp natural peanut butter ice cubes as desired	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 8oz organic whole milk. If this is for post-training and you are trying to gain weight you can substitute the whole milk and add 1/2 cup old-fashioned oats as well. To make a small serving cut down protein to 3/4 scoop, from large banana to 1/2 large banana, and peanut butter to 1/2 tbsp. <i>Makes 1 large or 1 small serving</i>	<table> <tr> <th></th><th>Large</th><th>Small</th></tr> <tr> <td>Calories</td><td>479</td><td>339</td></tr> <tr> <td>Protein</td><td>30</td><td>23</td></tr> <tr> <td>Carbs</td><td>47</td><td>29</td></tr> <tr> <td>Fiber</td><td>11.5</td><td>8.5</td></tr> <tr> <td>Sugar</td><td>20</td><td>11</td></tr> <tr> <td>Fat</td><td>19</td><td>14.5</td></tr> <tr> <td>Sat</td><td>4.5</td><td>3</td></tr> <tr> <td>Omega-3</td><td>1.5</td><td>1.5</td></tr> </table>		Large	Small	Calories	479	339	Protein	30	23	Carbs	47	29	Fiber	11.5	8.5	Sugar	20	11	Fat	19	14.5	Sat	4.5	3	Omega-3	1.5	1.5
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BSP Nutrition

Recommended Meals & Snacks

Super Smoothies

Vanilla & Berries						
Ingredients		Instructions		Nutrition Info		
8oz unsweetened vanilla almond milk		Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 8oz organic whole milk. If this is for post-training and you are trying to gain weight you can substitute the whole milk and add 1/2 cup old-fashioned oats as well. To make a small serving cut down protein to 3/4 scoop, and walnuts to 1 tbsp. <i>Makes 1 large or 1 small serving</i>		Large		Small
1 scoop vanilla protein powder				Calories	361	284
1/2 cup wild frozen blueberries				Protein	26	20
1/2 cup wild frozen raspberries				Carbs	27	25
1 tbsp milled flax seed				Fiber	11	10.5
2 tbsp chopped walnuts				Sugar	10	9
				Fat	16.5	11.5
		Sat	2	1		
		Omega-3	2.7	2.1		

Vanilla Pumpkin Pie				
Ingredients		Instructions		Nutrition Info
8oz unsweetened vanilla almond milk		Simply add all ingredients to a blender and blend until smooth!		LargeSmall
1 scoop vanilla protein powder		Enjoy!		Calories341264
1/2 cup canned pumpkin		If trying to gain weight you can substitute almond milk with 8oz		Protein2721
1 tbsp milled flax seed		organic whole milk.		Carbs2018
2 tbsp chopped walnuts		If this is for post-training and you are trying to gain weight you can		Fiber9.59
cinnamon and nutmeg to taste		substitute the whole milk and add 1/2 cup old-fashioned oats as well.		Sugar6.55.5
ice cubes as desired		To make a small serving cut down protein to 3/4 scoop, and walnuts		Fat1712
		to 1 tbsp.		Sat21
		Makes 1 large or 1 small serving		Omega-32.72.1

Peaches & Cream					
Ingredients		Instructions		Nutrition Info	
8oz unsweetened vanilla almond milk		Simply add all ingredients to a blender and blend until smooth!		Large	Small
1 scoop vanilla protein powder		Enjoy!		Calories	369 300
1 cup frozen peaches		If trying to gain weight you can substitute almond milk with 8oz		Protein	26 24
1 tbsp chia seeds		organic whole milk.		Carbs	29 24
2 tbsp chopped walnuts		If this is for post-training and you are trying to gain weight you can		Fiber	6.5 5.5
		substitute the whole milk and add 1/2 cup old-fashioned oats as well.		Sugar	15 12
		To make a small serving cut down peaches to 3/4 cup, and walnuts		Fat	16.5 12
		to 1 tbsp.		Sat	2 1.5
		Makes 1 large or 1 small serving		Omega-3	2.4 1.8

BSP Nutrition

Recommended Meals & Snacks

Super Smoothies

Smooth Strawberry Dream

Smooth Strawberry Dream																													
Ingredients	Instructions	Nutrition Info																											
8oz unsweetened vanilla almond milk 1 scoop vanilla protein powder 1 cup frozen halved strawberries 1 tbsp chia seeds 1 tbsp organic extra virgin unrefined coconut oil	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 8oz organic whole milk. If this is for post-training and you are trying to gain weight you can substitute the whole milk and add 1/2 cup old-fashioned oats as well. To make a small serving cut down coconut oil to 1/2 tbsp. <i>Makes 1 large or 1 small serving</i>	<table> <tr> <th></th><th>Large</th><th>Small</th></tr> <tr> <td>Calories</td><td>382</td><td>319</td></tr> <tr> <td>Protein</td><td>24</td><td>24</td></tr> <tr> <td>Carbs</td><td>23</td><td>23</td></tr> <tr> <td>Fiber</td><td>7</td><td>7</td></tr> <tr> <td>Sugar</td><td>8</td><td>8</td></tr> <tr> <td>Fat</td><td>21.5</td><td>14.5</td></tr> <tr> <td>Sat</td><td>13.5</td><td>7</td></tr> <tr> <td>Omega-3</td><td>1.2</td><td>1.2</td></tr> </table>		Large	Small	Calories	382	319	Protein	24	24	Carbs	23	23	Fiber	7	7	Sugar	8	8	Fat	21.5	14.5	Sat	13.5	7	Omega-3	1.2	1.2
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Tropical Awesomeness

Tropical Awesomeness																													
Ingredients	Instructions	Nutrition Info																											
8oz unsweetened vanilla almond milk 1 scoop vanilla protein powder 1/2 cup frozen halved strawberries 1/2 cup frozen mango 1/2 cup frozen pineapple chunks 1 tbsp chia seeds 1 tbsp organic extra virgin unrefined coconut oil	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 8oz organic whole milk. If this is for post-training and you are trying to gain weight you can substitute the whole milk and add 1/2 cup old-fashioned oats as well. To make a small serving cut down protein to 3/4 scoop and coconut oil to 1/2 tbsp. <i>Makes 1 large or 1 small serving</i>	<table> <tr> <th></th><th>Large</th><th>Small</th></tr> <tr> <td>Calories</td><td>442</td><td>350</td></tr> <tr> <td>Protein</td><td>24</td><td>19</td></tr> <tr> <td>Carbs</td><td>38</td><td>37</td></tr> <tr> <td>Fiber</td><td>7.5</td><td>7.5</td></tr> <tr> <td>Sugar</td><td>19.5</td><td>19</td></tr> <tr> <td>Fat</td><td>21.5</td><td>14</td></tr> <tr> <td>Sat</td><td>13.5</td><td>6.5</td></tr> <tr> <td>Omega-3</td><td>1.2</td><td>1.2</td></tr> </table>		Large	Small	Calories	442	350	Protein	24	19	Carbs	38	37	Fiber	7.5	7.5	Sugar	19.5	19	Fat	21.5	14	Sat	13.5	6.5	Omega-3	1.2	1.2
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NOTES

- Unsweetened almond milk is available at most supermarkets and all Whole Foods. Those with a nut allergy can replace it and nuts with unsweetened hemp milk.
- [chia seeds](#) [cacao nibs](#) and [organic coconut oil](#) are available at Whole Foods or Amazon.com. I recommend Navitas Naturals for all of them.
- Milled flax seeds are available at most supermarkets and all Whole Foods. I recommend Barlean's Forti-Flax.
- There are a lot of great cookbooks out there that can provide you with hundreds of nutritious and delicious recipes. Below are some of my favorites.
- [Gourmet Nutrition 2.0](#) by Dr. John Berardi.
- [The Healthiest Meals on Earth](#) by Dr. Jonny Bowden
- These meals and snacks can be manipulated in so many ways, as long as you focus on making them will real, whole, unprocessed foods, have fun with them!