

# BSP Nutrition

## Female Endurance Athlete Evening-Training Meal Plan

Meal 1: Breakfast		Amount and Type of Food Consumed		Nutrition Info	
Time	6:30am	1 Small serving of The Original: Scrambled & Toast 2 whole pasture-raised or omega-3 eggs      1 banana, sliced 1 tsp butter from grass-fed cows      cinnamon to taste sea salt and pepper to taste 2 slices sprouted grain toast 1 tbsp natural peanut butter		Protein	25
Place	Home			Carbs	66
Beverage(s)				Fiber	11
16oz water or as desired				Fat	19.5
8oz coffee or tea				Omega-3	0.4
				Calories	540

Meal 2: Mid-Morning Snack		Amount and Type of Food Consumed		Nutrition Info	
Time	10:00am	1 Large serving of Apple, Cinnamon & Vanilla Super Smoothie		Protein	27
Place	Work			8oz unsweetened vanilla almond milk	cinnamon to taste
Beverage(s)		1 scoop vanilla protein powder	ice cubes	Fiber	10.5
8oz tea		1 Gala apple, cored and sliced		Fat	15.5
		1 tbsp milled flax seed		Omega-3	1.5
		2 tbsp almonds		Calories	420

Meal 3: Lunch		Amount and Type of Food Consumed		Nutrition Info	
Time	1:00pm	1 Small serving of Tuna Salad Wrap, with carrots and hummus		Protein	25.5
Place	Work			Carbs	35
Beverage(s)		1.5 tsp expeller pressed canola oil	1/4 mashed avocado	Fiber	10
12oz water		1/4 cup chopped onions	sea salt and pepper to taste	Fat	19
8oz tea		1/4 cup chopped cucumbers	10 baby carrots	Omega-3	0.8
		1 large handful baby spinach	2 tbsp hummus	Calories	413

Meal 4: Pre-Training Meal		Amount and Type of Food Consumed		Nutrition Info	
Time	4:00pm	1 Small serving of Asian Chicken & Broccoli, with quinoa		Protein	38
Place	Work	1/2 cooked chicken breast, chopped	1/4 cup quinoa	Carbs	55
Beverage(s)		1 cup broccoli	ginger and garlic to taste	Fiber	10
12oz water		1 cup mushrooms	1 orange	Fat	14.5
8oz tea		3/4 tbsp expeller pressed sesame oil		Omega-3	0
		1/2 tbsp low sodium soy sauce		Calories	503

Meal 5: Post-Training Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	7:30pm	1 Small serving of My Wife's Chili, with fruit	Protein	30
Place	Home		Carbs	60
Beverage(s)		this recipe is far too big to put in here!	Fiber	13.5
12oz water		1 piece fruit of choice	Fat	11
8oz rooibos tea			Omega-3	0
			Calories	459

Supplements		Totals
Fish Oil	1-2 grams EPA and DHA combined. 1 tsp Carlson's would be perfect.	Protein 146
Vitamin D3	2,000-4,000IU per day, or as much as needed to reach ideal blood levels.	Carbs 259
Probiotics	taken as directed.	Fiber 55
Multi Vitamin	taken as directed.	Fat 79.5
Whey Protein	as shown in meal plan, preferably no more than 2 scoops per day.	Omega-3 2.7
		Calories 2334

- 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.