

BSP Nutrition

Female Get Lean Morning-Training Meal Plan

Meal 1: Pre-Training Smoothie		Amount and Type of Food Consumed		Nutrition Info	
Time	5:00am	1 Large Serving Vanilla Pumpkin Pie Super Smoothie, with oats		Protein	28
Place	Home	8oz unsweetened vanilla almond milk	1/4 cup old-fashioned oats	Carbs	32
Beverage(s)		1 scoop vanilla protein powder	cinnamon and nutmeg to taste	Fiber	10.5
8oz water or as desired		1/2 cup canned pumpkin	ice cubes	Fat	9.5
		1 tbsp milled flax seeds		Omega-3	2.1
		1 tbsp chopped walnuts		Calories	326

Meal 2: Post-Training Breakfast		Amount and Type of Food Consumed		Nutrition Info	
Time	7:30am	1 Small serving of Yogurt, Berries & Sprouted Grains 3/4 cup organic whole yogurt 1 tbsp almonds and pecans 3/4 scoop vanilla protein powder 1/4 cup sprouted-grain cereal 1/4 cup wild blueberries 1/4 cup raspberries 1.5 tsp chia seeds		Protein	27
Place	Home			Carbs	44
Beverage(s)				Fiber	8.5
16oz water or as desired				Fat	15
8oz coffee or tea				Omega-3	0.6
				Calories	419

Meal 3: Lunch		Amount and Type of Food Consumed		Nutrition Info	
Time	12:00pm	1 Small serving of Tuna Salad Wrap 1/2 can tuna 1/2 sprouted-grain wrap 1.5 tsp expeller pressed canola oil 1/4 cup chopped onions sea salt and pepper to taste 1/4 cup chopped cucumbers 1 large handful baby spinach		Protein	24
Place	Work			Carbs	20
Beverage(s)				Fiber	6.25
12oz water				Fat	15
8oz tea				Omega-3	0.8
				Calories	311

Meal 4: Mid-Afternoon Snack		Amount and Type of Food Consumed	Nutrition Info	
Time	3:30pm	1 Small serving of Apple, Peanut Butter & Cinnamon 1 small apple, cored and sliced 1 tbsp natural peanut butter cinnamon to taste	Protein	4
Place	Work		Carbs	25
Beverage(s)			Fiber	5
12oz water			Fat	8
8oz tea			Omega-3	0
			Calories	188

Meal 5: Dinner		Amount and Type of Food Consumed	Nutrition Info	
Time	7:00pm	1 Small serving of Asian Chicken & Broccoli, without fruit 1/2 cooked chicken breast, chopped ginger and garlic to taste 1 cup broccoli 1 cup mushrooms .75 tbsp expeller pressed sesame oil 1.5 tsp low sodium soy sauce	Protein	31
Place	Home		Carbs	10
Beverage(s)			Fiber	3
12oz water			Fat	11.5
8oz rooibos tea			Omega-3	0
			Calories	268

Supplements		Totals
Fish Oil	1-2 grams EPA and DHA combined. 1 tsp Carlson's would be perfect.	Protein 114
Vitamin D3	2,000-4,000IU per day, or as much as needed to reach ideal blood levels.	Carbs 131
Probiotics	taken as directed.	Fiber 33.3
Multi Vitamin	taken as directed.	Fat 59
Whey Protein	as shown in meal plan, preferably no more than 2 scoops per day.	Omega-3 3.5
		Calories 1511

- 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.