



**IAM CREATURE SCIENCE**  
Sports Medicine, Orthopedic Physical Therapy & Movement Pathology



<https://www.youtube.com/watch?v=np2wLD3YGm4>



Weekday: Mass Gainer Vegan	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
<b>Sunday</b>	1 Creatine+ Protein shake 1.5 cups oatmeal (cooked) Fruit choice: pear, apple, orange, etc. Raw green leaf choice: kale, spinach, arugula, etc (1/3 of plate serving size)	Fruit Mix: 1 bowl 2 Kiwi 6-8 Watermelon slices 4 Strawberries	1 Creatine+ Protein shake Raw Green Leaf (ex. Kale, Spinach, Cilantro) x 6 2 Tbsp Grapeseed Oil Salt & Pepper Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)	Homemade Trail Mix: Pistachios Almonds Seeded Grapes	1 Creatine+ Protein shake Sautéed Vegetables (to satiety): Chopped Pepper (Green, Red, Yellow, Orange) Chopped Zucchini Chopped Squash Extra Virgin Olive Oil Garlic 1.5 Tbsp ground tumeric	<b>FAST</b>
<b>Monday</b>	1 Creatine+ Protein shake Raw Green Leaf (ex. Kale, Spinach, Cilantro) x 6 2 Tbsp Grapeseed Oil Salt & Pepper Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)	8-10 Blackberries 6-8 Raspberries 10-12 Blueberries	1 Creatine+ Protein shake Raw Green Leaf (ex. Kale, Spinach, Cilantro) x 6 Seed/Nut topping (ex: almond, pistachio, cashew, sunflower) 2 x Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)	Cucumber Slices (light salted option)	1 Creatine+ Protein shake 6 Asparagus w/ Virgin Olive Oil & Garlic Fresh (steamed, baked, or boiled) broccoli (11/2 crown) 3 Red Potatoes (steam, baked, or boiled) <i>Seasoning of choice (optional)</i>	Repeat Snack 1 or 2 to satiety

<b>Tuesday</b>	<p>1 Creatine + Protein shake</p> <p>1 bowl oatmeal:</p> <p>Almond milk</p> <p>1 Banana (slices)</p> <p>1 Tbsp Chia seed</p> <p>2 Tbsp Honey</p> <p>Fruite Choice: (Grapes, Melon)</p> <p>Decaffeinated green tea w/ lemon (optional)</p>	<p>1.5 Apples (slices)</p>	<p>1 Creatine + Protein shake</p> <p>2 x spread avacodo</p> <p>6 x steamed kale</p> <p>1.5 cup quinoa</p>	<p>Bag of lightly peppered broccoli or cucumber</p>	<p>1 Creatine + Protein shake</p> <p>Sautéed Vegetables melody:</p> <p>Bell Pepper</p> <p>Green Beans</p> <p>Chopped Cucumber</p> <p>Chopped Kale</p>	<p>Repeat Snack 1 or 2 to satiety</p>
<b>Wednesday</b>	<p>1 Creatine+ Protein shake</p> <p>Raw Green Leaf (ex. Kale, Spinach, Cilantro) x 6</p> <p>2 Tbsp Grapeseed Oil</p> <p>Salt &amp; Pepper</p> <p>Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)</p>	<p>2-3 cups Fruit Choice: Seeded Grapes, Asian Pear, 1/2 Cantaloupe, or Berries.</p>	<p>1 Creatine + Protein shake</p> <p>2 cups Quinoa</p> <p>1 cup Avacado (guacamole okay)</p> <p>Green Leaf (ex. Kale, Spinach, Cilantro) x 6</p> <p>1 Serving steamed Green Beans</p>	<p>Salad (Green Leaf of choice)</p> <p>Fruit topping of choice</p> <p>Nut/Seed of Choice</p> <p>1/2 cup vegan cheese (optional)</p> <p>1/2 cup vinaigrette</p>	<p>1 Creatine + Protein shake</p> <p>12 Asparagus w/ virgin olive oil &amp; garlic powder</p> <p>Fresh steamed broccoli (1 serving)</p> <p>6-8 steamed green beans of choice</p> <p><i>(seasoning of choice)</i></p>	<p>Repeat Snack 1 or 2 to satiety</p>
<b>Thursday</b>	<p>1 Creatine+ Protein shake</p> <p>Raw Green Leaf (ex. Kale, Spinach, Cilantro) x 6</p> <p>2 Tbsp Grapeseed Oil</p> <p>Salt &amp; Pepper</p> <p>Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)</p>	<p>8-10 Blackberries</p> <p>6-8 Raspberries</p> <p>10-12 Blueberries</p>	<p>1 Creatine+ Protein shake</p> <p>Vegan Sushi Roll Day! (satiety)</p> <p>or</p> <p>2 x Large Portobello Mushroom (pan seared)</p> <p><b>preferred sauce if needed</b></p> <p>1 cucumber sliced and lightly peppered or salted</p> <p>CREATIVE DAY</p>	<p>Fruit Smoothie</p> <p>6-8 Frozen Grapes</p> <p>Granola</p>	<p>1 Creatine + Protein shake</p> <p>2 cups Quinoa</p> <p>1 cup Avacado (guacamole okay)</p> <p>Green Leaf (ex. Kale, Spinach, Cilantro) x 6</p> <p>1 Serving steamed Green Beans</p>	<p>Repeat Snack 1 or 2 to satiety</p>

<b>Friday</b>	1 Creatine + Protein shake Oatmeal Almond Milk Pineapples dices Tbsp Chia Seed Decaffeinated green tea w/ honey & lemon (optional)	Fruit Sald Mix: 1 bowl 2 Kiwi 6-8 Watermelon slices 4 Strawberries	1 Creatine+ Protein shake Raw Green Leaf (ex. Kale, Spinach, Cilantro) x 6 2 Tbsp Grapeseed Oil Salt & Pepper Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)	Homemade Trail Mix: Pistachios Almonds Seeded Grapes	1 Creatine + Protein shake 1-2 cups Quinoa 2 cups Steamed Kale 1 sweet potato	Repeat Snack 1 or 2 to satiety
<b>Saturday</b>	1 Creatine + Protein shake 2 x Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)	Cucumber slices to satiety Salt & Pepper	1 Creatine + Protein shake 2 cups Quinoa 1 cup Avacado (guacamole okay) Green Leaf (ex. Kale, Spinach, Cilantro) x 6 1 Serving steamed Grean Beans	1.5 Apple or Pear (slices)	1 Creatine + Protein shake Saut�ed Vegetables (to satiety): Chopped Pepper (Green, Red, Yellow, Orange) Chopped Zucchini Chopped Squash Extra Virgin Olive Oil Garlic 1.5 Tbsp ground tumeric	<b>FAST</b>
<b>Protein Allergy Substitutes:</b>	Quinoa	Peas	Beans	Peanut Butter+Whole Wheat	Tofu	Rice
<b>Carbohydrates Allergy Substitutes:</b>	Pasta	Spinach/Kale (Complex)	Potatoes	Whole Grains	Fruits	Brown Rice/Oats
<b>Fat Allergy Substitutes:</b>	Seeds	Nuts	Virgin Olive Oil	Avocado	Sunflower Seed	Flax and Chia Seeds

Allergies: None <b>Request or Seek RD if appropriate</b>
Contraindications: None <b>Request or Seek RD if appropriate</b>
Intolerances: None <b>Request or Seek RD if appropriate</b>
Exercise 4/week
Goals: 1. Healthy Heart, 2. Lean 3. Body Compositon, 4. Promote Hypertrophy, and 5. Hyperplasia
Injury: N/A
Daily Vitamins/Dietary Supplements: One-A-Day Men's, Vega Sport Protein,

Daily water intake: 288 fluid oz.  
(water with every meal ~ 3 cups / hour  
/ 12 hours)

Kiloalories: ~2,900