



I AM CREATURE SCIENCE
Sports Medicine, Orthopedic Physical Therapy & Movement Pathology



<https://www.youtube.com/watch?v=np2wL D3YGm4>



Weekday: Optimal Nutrition Vegan	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Sunday	FAST	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	FAST
Monday	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)	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
Tuesday	1 Creatine+ Protein shake 1 bowl oatmeal: Almond milk 1 Banana (slices) 1 Tbsp Chia seed 2 Tbsp Honey Fruite Choice: (Grapes, Melon) Decaffeinated green tea w/ lemon (optional)	1.5 Apples (slices)	1 Creatine+ Protein shake 2 x spread avacodo 6 x steamed kale 1.5 cup quinoa	Bag of lightly peppered broccoli or cucumber	Sautéed Vegetables melody: Bell Pepper Green Beans Chopped Cucumber Chopped Kale	Repeat Snack 1 or 2 to satiety

Wednesday	<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 & 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 cheese</p> <p>1/2 cup vinaigrette</p>	<p>12 Asparagus w/ virgin olive oil & 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>
Thursday	<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 & 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>Large Portobello Mushroom preferred sauce if needed</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>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>
Friday	<p>1 Creatine + Protein shake</p> <p>Oatmeal</p> <p>Almond Milk</p> <p>Pineapples dices</p> <p>Tbsp Chia Seed</p> <p>Decaffeinated green tea w/ honey & lemon (optional)</p>	<p>Fruit Sald Mix: 1 bowl</p> <p>2 Kiwi</p> <p>6-8 Watermelon slices</p> <p>4 Strawberries</p>	<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 & Pepper</p> <p>Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)</p>	<p>Homemade Trail Mix:</p> <p>Pistachios</p> <p>Almonds</p> <p>Seeded Grapes</p>	<p>1-2 cups Quinoa</p> <p>2 cups Steamed Kale</p> <p>1 sweet potato</p>	<p>Repeat Snack 1 or 2 to satiety</p>
Saturday	<p>1 Creatine + Protein shake</p> <p>2 x Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)</p>	<p>Cucumber slices to satiety</p> <p>Salt & Pepper</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>1.5 Apple or Pear (slices)</p>	<p>Sautéed Vegetables (to satiety):</p> <p>Chopped Pepper (Green, Red, Yellow, Orange)</p> <p>Chopped Zucchini</p> <p>Chopped Squash</p> <p>Extra Virgin Olive Oil</p> <p>Garlic</p> <p>1.5 Tbsp ground tumeric</p>	<p>FAST</p>

Protein Allergy Substitutes:	Quinoa	Peas	Beans	Peanut Butter+Whole Wheat	Tofu	Rice
Carbohydrates Allergy Substitutes:	Pasta	Spinach/Kale (Complex)	Potatoes	Whole Grains	Fruits	Brown Rice/Oats
Fat Allergy Substitutes:	Seeds	Nuts	Virgin Olive Oil	Avocado	Sunflower Seed	Flax and Chia Seeds

Allergies: None Request or Seek RD if appropriate
Contraindications: None Request or Seek RD if appropriate
Intolerances: None Request or Seek RD if appropriate
Exercise 4/week
Goals: 1. Healthy Heart, 2. Lean 3. Body Composition, 4. Promote Hypertrophy, and 5. Hyperplasia
Injury: N/A
Daily Vitamins/Dietary Supplements: One-A-Day Men's, Vega Sport Protein, (2x) Muscle Tech Celltech Creatine
Daily water intake: 192 fluid oz. <i>(water with every meal ~ 2 cups / hour / 12 hours)</i>
Kiloalories: ~2,450