



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



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



Weekday: Optimal Nutrition Vegan	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
<b>Sunday</b>	<b>FAST</b>	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)	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>	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

<b>Wednesday</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)	2-3 cups Fruit Choice: Seeded Grapes, Asian Pear, 1/2 Cantaloupe, or Berries.	1 Creatine + Protein shake 2 cups Quinoa 1 cup Avacado (guacamole okay) Green Leaf (ex. Kale, Spinach, Cilantro) x 6 1 Serving steamed Green Beans	Salad (Green Leaf of choice) Fruit topping of choice Nut/Seed of Choice 1/2 cup cheese 1/2 cup vinaigrette	12 Asparagus w/ virgin olive oil & garlic powder Fresh steamed broccoli (1 serving) 6-8 steamed green beans of choice <i>(seasoning of choice)</i>	Repeat Snack 1 or 2 to satiety
<b>Thursday</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 Vegan Sushi Roll Day! (satiety) or Large Portobello Mushroom <b>preferred sauce if needed</b> 1 cucumber sliced and lightly peppered or salted  CREATIVE DAY	Fruit Smoothie 6-8 Frozen Grapes Granola	2 cups Quinoa 1 cup Avacado (guacamole okay) Green Leaf (ex. Kale, Spinach, Cilantro) x 6 1 Serving steamed Green Beans	Repeat Snack 1 or 2 to satiety
<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	1-2 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 Green Beans	1.5 Apple or Pear (slices)	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>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, (2x) Muscle Tech Celltech Creatine
Daily water intake: 192 fluid oz. (water with every meal ~ 2 cups / hour / 12 hours)
Kiloalories: ~2,450