



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



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



Weekday: Lean Muscle Ominvorous	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
<b>Sunday</b>	1 Creatine + Protein shake	<b>FAST</b>	<b>FAST</b>	<b>FAST</b>	<b>FAST</b>	<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 (1/2 crown) 3 Red Potatoes (steam, baked, or boiled) Seasoning of choice (optional)	<b>FAST</b>
<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, Meelon) Decaffeinated green tea w/ lemon (optional)	1.5 Apples or Pears (slices)	8 oz. baked fish (Salmon, Tilapia, Cod) 6 x steamed kale 1.5 cup quinoa	Bag of lightly peppered broccoli or cucumber	1 Creatine+ Protein shake Sautéed Vegetables melody: Bell Pepper Green Beans Chopped Cucumber Chopped Kale	<b>FAST</b>
<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)	<b>FAST</b>	1 Creatine + Protein shake Salad (Green Leaf of choice) Fruit topping of choice Nut/Seed of Choice 1/2 cup cheese (optional) 1/2 cup vinaigrette	<b>FAST</b>	2 cups Quinoa 1 cup Avacado (guacamole okay) Green Leaf (ex. Kale, Spinach, Cilantro) x 6 1 Serving steamed Green Beans	<b>FAST</b>

<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 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>Sushi Roll Day! (satiety)</p> <p>or</p> <p>8 oz. Baked or Pan Seared Tilapia</p> <p>1 cucumber sliced and lightly peppered or salted</p> <p>CREATIVE DAY</p>	<p>1 Bowl Greek Yogurt</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>	<b>FAST</b>
<b>Friday</b>	<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 &amp; 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 &amp; 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>Grilled Chicken Spaghetti (5-8 servings):</p> <p>Whole grain noodle</p> <p>1 whole green pepper (chooped)</p> <p>Ground turkey or chopped grilled chicken 30-48 oz.</p> <p>&lt; 500mg sodium</p> <p>Tomato basil sauce</p> <p>Extra Virgin Olive Oil</p> <p>1/2 tsp of sea salt</p> <p>2 tbsp black pepper</p>	<b>FAST</b>
<b>Saturday</b>	<p>1 Creatine + Protein shake</p> <p>2 x Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)</p> <p>2 x Breakfast Sausage (chicken or Turkey) or 2-6 x Turkey Bacon</p>	<p>Cucumber slices to satiety</p> <p>Salt &amp; 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 Garlic</p> <p>1.5 Tbsp ground tumeric</p>	<b>FAST</b>
<b>Protein Allergy Substitutes:</b>	Quinoa	Peas	Beans	Peanut Butter+Whole Wheat	Turkey	Rice
<b>Carbohydrates Allergy Substitutes:</b>	Pasta	Spinach/Kale (Complex)	Potatoes	Whole Grains	Fruits	Brown Rice/Oats
<b>Fat Allergy Substitutes:</b>	Fish	Nuts	Virgin Olive Oil	Avocado	Sunflower Seed	Flax and Chia Seeds

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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 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: ~1,850