



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



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



Weekday: Mass Gainer Omnivorous	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) Seasoning of choice (optional)	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	1 Creatine + Protein shake  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 Grean Beans	Salad (Grean Leaf of choice)  Fruit topping of choice  Nut/Seed of Choice  1/2 cup vegan cheese (optional)  1/2 cup vinaigrette	1 Creatine + Protein shake  12 Asparagus w/ virgin olive oil & garlic powder  Fresh steamed broccoli (1 serving)  6-8 steamed green beans of choice (seasoning of choice)	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 Rasberries  10-12 Blueberries	1 Creatine + Protein shake  Sushi Roll Day!  or  2 x 8 oz. Baked or Pan Seared Tilapia  1 cucumber sliced and lightly peppered or salted  CREATIVE DAY	1 Bowl Greek Yogurt  6-8 Frozen Grapes  Granola	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	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 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)  2 x vegan sausage or chicken patty OR 4-6 vegan bacon alternative	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  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, Cellucor Creatine
Daily water intake: 288 fluid oz. <i>(water with every meal ~ 3 cups / hour / 12 hours)</i>
Kiloalories: ~2,900