



I AM 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
Sunday	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	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)	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

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	1 Creatine + Protein shake Sautéed Vegetables melody: Bell Pepper Green Beans Chopped Cucumber Chopped Kale	Repeat Snack 1 or 2 to satiety
Wednesday	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
Thursday	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 2 x Large Portobello Mushroom (pan seared) preferred sauce if needed 1 cucumber sliced and lightly peppered or salted CREATIVE DAY	Fruit Smoothie 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

Friday	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
Saturday	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 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
Protein Allergy Subsittutes:	Quinoa	Peas	Beans	Peanut Butter+Whole Wheat	Tofu	Rice
Carbohydrates Allergy Subsittutes:	Pasta	Spinach/Kale (Complex)	Potatoes	Whole Grains	Fruits	Brown Rice/Oats
Fat Allergy Subsittutes:	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: 288 fluid oz. <i>(water with every meal ~ 3 cups / hour / 12 hours)</i>
Kiloalories: ~2,900