



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



Weekday: Optimal Nutrition Omnivorous	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Sunday	1 Creatine+ Protein shake	FAST	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)	FAST	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 (1 1/2 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, Meelon) Decaffeinated green tea w/ lemon	1.5 Apples (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	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 Green Beans	Salad (Green Leaf of choice) Fruit topping of choice Nut/Seed of Choice 1/2 cup cheese 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	Sushi Roll Day! (satiety) or 8 oz. Baked or Pan Seared Tilapia 1 cucumber sliced and lightly peppered or salted	Fruite 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 Green 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	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 8 oz. Baked Salmon 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 Green 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 turmeric	FAST
Protein Allergy Substitutes:	Quinoa	Peas	Beans+Rice	Peanut Butter+Whole Wheat	Fish	Turkey
Carbohydrates Allergy Substitutes:	Pasta	Spinah/Kale (Complex)	Potatoes	Whole Grains	Fruits	Brown Rice/Oats
Fat Allergy Substitutes:	Grapeseed Oil	Flax Seed	Grapeseed or Virgin Olive Oil	Avocado	Sunflower Seed	Chia Seeds

Allergies: See RD if appropriate
Contraindications: See RD if appropriate
Intolerances: See RD if appropriate
Exercise 3-4/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. (water with every meal ~ 2 cups / hour / 12 hours)
Kiloalories: ~2,600