



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



Weekday: Optimal Nutrition Vegan	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	<p>1 Creatine+ Protein shake</p> <p>1 bowl oatmeal:</p> <p>Almond milk</p> <p>1 Banana (slices)</p> <p>1 Tbsp Chia seed</p> <p>2 Tbsp Honey</p> <p>Fruite Choice: (Grapes, Meelon)</p> <p>Decaffeinated green tea w/ lemon</p>	1.5 Apples (slices)	<p>2 x spread avocado toast</p> <p>6 x steamed kale</p> <p>1.5 cup quinoa</p>	Bag of lightly peppered broccoli or cucumber	<p>1 Creatine+ Protein shake</p> <p>Sautéed Vegetables melody:</p> <p>Bell Pepper</p> <p>Green Beans</p> <p>Chopped Cucumber</p> <p>Chopped Kale</p>	Repeat Snack 1 or 2 to satiety
Wednesday	<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 & Pepper</p> <p>Fruit choice (ex. 2 cups seeded grapes, 1 asian pear, 1 apple)</p>	2-3 cups Fruit Choice: Seeded Grapes, Asian Pear, 1/2 Cantaloupe, or Berries.	<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>Salad (Green Leaf of choice)</p> <p>Fruit topping of choice</p> <p>Nut/Seed of Choice</p> <p>1/2 cup cheese</p> <p>1/2 cup vinaigrette</p>	<p>1 Creatine + Protein shake</p> <p>12 Asparagus w/ virgin olive oil & garlic powder</p> <p>Fresh steamed broccoli (1 serving)</p> <p>6-8 steamed green beans of choice</p> <p>(seasoning of choice)</p>	Repeat Snack 1 or 2 to satiety
Thursday	<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 & 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>Vegan Sushi Roll Day! (satiety)</p> <p>or</p> <p>Large Portobello Mushroom preferred sauce if needed</p> <p>1 cucumber sliced and lightly peppered or salted</p> <p>CREATIVE DAY</p>	<p>Fruite Smoothie</p> <p>6-8 Frozen Grapes</p> <p>Granola</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>	Repeat Snack 1 or 2 to satiety
Friday	<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 & lemon</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 & 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>1 Creatine + Protein shake</p> <p>1-2 cups Quinoa</p> <p>2 cups Steamed Kale</p> <p>1 sweet potato</p>	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 tumeric	FAST
Protein Allergy Substitutes:	Quinoa	Peas	Beans+Rice	Peanut Butter+Whole Wheat	Tofu	Green Beans
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 if appropriate applicable
Contraindications: See RD if appropriate applicable
Intolerances: See RD if appropriate applicable
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. <i>(water with every meal ~ 2 cups / hour / 12 hours)</i>
Kiloalories: ~2,600