

Evening Boot Camp 7 Day Sample Meal Plan

Meal Time	Meal Choice	M	T	W	TR	F	Sat	Sun
Breakfast	<i>Meal consisting of protein, veggie/fruit & fat; wash down with water</i>	Omega 3 egg, egg whites, avocado, spinach, mushroom & tomato	Low-fat cottage cheese, peanuts, apple	Egg whites, olive oil, broccoli, mushrooms & tomato	Fat-free plain yogurt, peanut butter, mixed berries	Lean, low-sodium ham, sunflower seeds, pear	Chicken breast deli meat, whole egg, parmesan cheese, spinach, tomato, onion	Egg/ egg white, turkey low-fat feta, pumpkin seeds, garlic, broccoli, spinach, green onion, zucchini
Snack	<i>Meal consisting of shake or bar; protein, veggie/fruit & fat; wash down with water</i>	Turkey deli meat, veggie sticks (cucumber, carrot, pepper or broccoli), olives or sliced avocado	Egg/egg whites, vanilla protein powder, pecan meal, almond meal, walnut apple	Egg/egg whites, chocolate protein powder, flax, pecan, or almond meal, peanut butter	Chocolate protein powder, flax, meal, chunky peanut butter, strawberries	Egg whites, vanilla protein powder, oats, mixed nut meal, apple	Fat free yogurt, vanilla protein powder, almonds, blueberries (frozen)	Canned fish, mixed nuts, oranges
Lunch	<i>Meal consisting of protein, veggie/fruit & fat; wash down with water</i>	Tuna, salmon, or grilled chicken, spinach salad, cucumbers, tomatoes, carrots, chick peas, tbsp olive oil, tbsp vinegar	Chicken, chick peas, onion, tomato, olive oil, garlic, cumin, broccoli	Shrimp, spinach, tomato, cucumber, olive oil, balsamic vinegar, lemon	Black beans, chick peas, pink beans, broccoli, cauliflower, carrots, yellow carrots, vegetable oil	Canned fish, celery, red & green peppers, romaine lettuce, mayo	Lean ground turkey, tomatoes, red, green & yellow peppers, onion, carrots, garlic, cashew meal	Ground turkey breast, mushroom, onion, apple, smart balance butter, lemon juice, omega-3 egg, garlic powder
Snack	<i>Meal consisting of shake or bar; protein, veggie/fruit & fat; wash down with water</i>	Fat free yogurt, mixed berries or blueberries mixed nuts, or flax meal	Macadamia nuts, pineapple, lean ham	Turkey, hummus, carrots, cucumber, cauliflower	Black beans, pink beans, guacamole, tomatoes	Sardines, olive oil, tomatoes, cucumber	Ham, sunflower seeds, pears	Turkey, cashews, apple
Exercise: Sip water or workout drink during exercise if carb tolerant								
Dinner	<i>** Post workout can include starchy carbs; encouraged</i>	Stir fry ground turkey, avocado, sweet potato, broccoli & mixed peppers	Chicken, cashews, quinoa, orange apple, cilantro	Black & red beans, olive oil, brown rice, broccoli, onion, garlic, celery	Shrimp, cashews, brown rice, red peppers, carrots, water, chestnuts, mushrooms	Filet mignon, olive oil, sweet potato, green beans	Chilean Sea Bass, Canola oil, quinoa, asparagus	Sirloin steak, olive oil, sweet potato, garlic, onion, spinach, salt & pepper
Snack	<i>Meal consisting of shake or bar; protein, veggie/fruit & fat; wash down with water</i>	Fat free yogurt, mixed berries or blueberries mixed nuts, or flax meal	Fat free cottage cheese, whey/casein protein powder, flax meal, peanut butter	Very lean roast beef, peanuts, watermelon	Hard-boiled egg, red & green peppers	Chick peas, olive oil, tomato & cucumber	Black beans, canola oil, corn, red pepper, red onion	Lean turkey, walnuts, apple