



## BOOTCAMP MEAL PLAN

Day 1	Day 2	Day3	Day 4	Day 5	Day 6
<b>Breakfast</b> Cinnamon Berry Oatmeal: ¾ cup slow cooked oatmeal ½ tsp cinnamon 1 tbsp chopped walnuts ½ cup mixed berries	<b>Breakfast</b> Veggie Omelet: 4 Egg Whites+ 1 yolk 3 chopped mushrooms ½ cup spinach ¼ cup chopped onion 1 sliced peach (side)	<b>Breakfast</b> Ham-n-Cheese Omelet: 3 Egg Whites 2 oz chopped ham 1 oz Swiss cheese 1 cup strawberries (side)	<b>Breakfast</b> Scrambled Eggs & Cheese: Scramble 4 Egg Whites w/ 1 oz shredded cheddar cheese 3 sliced mushrooms ¾ cup sliced strawberries (side)	<b>Breakfast</b> Cereal & Berries: ¾ Cup Dry Cereal (e.g. Bran Flakes, Kasha, Cheerios) ½ cup blueberries 1 cup skim milk	<b>Breakfast</b> Scrambled Eggs & Cheese: Scramble 2 Eggs w/ 2 oz low-fat cheddar 2 slices turkey bacon ½ grapefruit (side)
<b>Snack</b> ¾ cup 2% cottage cheese ¼ cup chopped celery ¼ cup chopped cucumber	<b>Snack</b> 1-part skim milk String Cheese (Mozzarella) 1 cup cantaloupe	<b>Snack</b> ¾ cup 2% cottage cheese 1 cup cantaloupe 1 tbsp almonds	<b>Snack</b> ½ grapefruit 1 tbsp almonds	<b>Snack</b> Turkey/Cheese Rollup: 3 oz deli slice deli turkey 2 oz low fat cheese	<b>Snack</b> 7 walnut halves 1 nonfat yogurt
<b>Lunch</b> Turkey Pita: 4 oz Turkey Shredded Lettuce w/ ¼ sliced avocado sprinkle 1 oz low fat cheddar & Red onion in ½ whole wheat pita 1 peach (side)	<b>Lunch</b> Poached Salmon Salad: 5 oz poached salmon 1 small bag spring salad 2 tbsp low fat dressing	<b>Lunch</b> Chicken Salad: 2 cups mixed greens Cucumber slices Grape tomatoes Green pepper strips Alfalfa sprouts 4 oz grilled chicken 2 tbsp lite dressing or 1 tbsp reg. dressing 1 peach (side)	<b>Lunch</b> Chicken Wrap: 4 oz grilled chicken Shredded lettuce ¼ sliced avocado Sprinkle 1 oz low fat cheddar & Red onion in whole wheat wrap w/ 1 tbsp lite dressing 1 apple (side)	<b>Lunch</b> Grilled Shrimp Salad: 4 oz grilled shrimp 1 small bag mixed green salad 2 tbsp lite dressing	<b>Lunch</b> Chicken Salad: 2 cups mixed greens Cucumber slices Grape tomatoes Green pepper strips Alfalfa sprouts 5 oz grilled chicken 2 tbsp lite dressing or 1 tbsp reg. dressing 1 cup cantaloupe
<b>Snack</b> 4 oz grilled chicken breast (white meat) 1 tbsp low fat dressing to dip	<b>Snack</b> 1 apple sliced w/ 1 tbsp peanut butter	<b>Snack</b> 1 apple sliced w/ 2 tbsp hummus	<b>Snack</b> Turkey/Cheese Rollup: 3 oz deli slice deli turkey 2 oz low fat cheese	<b>Snack</b> ½ cup dried apricots	<b>Snack</b> 3 oz grilled chicken breast (white meat) 1 tbsp lite dressing to dip
<b>Dinner</b> Grilled Turkey Burger: 5 oz grilled or baked turkey burger(butterball Fresh 99% Fat free Ground Turkey Breast) Smothered in sautéed mushrooms and onions (always sauté with 1-2 tsp olive oil) Side salad (from bag of salad of choice) w/ 1 ½ lite dressing	<b>Dinner</b> Grilled Chicken Parmesan: Coat a pre-made 5oz grilled breast w/ ½ cup tomato sauce and 2 oz shredded low fat mozzarella-bake until bubbly, Steam 6 asparagus spears drizzled with olive oil & lemon Side salad w/ 1 tbsp lite dressing	<b>Dinner</b> Halibut and Spinach: 4oz grilled Halibut 1 cup Sautéed spinach w/ 1 tbs olive oil Side salad w/ 1 ½ tbsp lite dressing	<b>Dinner</b> Steak and Broccoli: 4 oz grilled lean steak, 1 cup sautéed broccoli w/ 1 tsp olive oil & crushed garlic Side salad, 1 ½ tbsp lite dressing	<b>Dinner</b> Pork Chop and Broccoli: 5 oz grilled lean pork chop 1 cup steamed broccoli (lightly seasoned) Side salad w/ 1 ½ tbsp lite dressing	<b>Dinner</b> Sizzling Burger & Sweet Potato: 4 oz grilled or baked Hamburger 1 small sweet potato (baked or microwaved) w/ 1 tbsp lite sour cream Side salad w/ 1 ½ tbsp lite dressing

It is imperative that you drink water with your meals! You will not achieve the goals you have for yourself and your body if you are consuming beverages with high sugar levels such as sodas or sweetened teas!!!!