

Early Morning Boot Camp 7 Day Sample Meal Plan

Meal Time	Meal Choice	M	T	W	TR	F	Sat	Sun
<i>Exercise: Sip water or workout drink during exercise.</i>								
Breakfast	<i>** Post workout can include starchy carbs; encouraged</i>	Whey protein or pasteurized egg whites, oatmeal, mixed berries, mixed nuts or flax seed	Whey protein or pasteurized egg whites, steel cut oats, oat bran, flax seed, blueberries	Whey protein or pasteurized egg whites, oat bran, wheat bran flax meal, apple	Egg/egg whites, steel cut oats, tomatoes, tomato paste, onion, garlic	Whey protein powder, flax seeds, almonds, rolled oats, wheat bran, oat bran	Whey protein powder, fat free cottage cheese, egg whites, flax seeds, whole wheat pancake mix	Turkey sausage, turnip, yams, smart balance butter, garlic, cinnamon
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
Dinner	<i>Meal consisting of shake or bar; protein, veggie/fruit & fat; wash down with water</i>	Salmon, asparagus, broccoli, green beans, cauliflower, pecan meal	Chicken breast, broccoli, olive oil	Turkey burger (no bun), guacamole, tomato, onions, mushrooms	Shrimp, cashews, red peppers, carrots, water, chestnuts, mushrooms, cashews	Filet mignon, olive oil, green beans	Chilean Sea Bass, Canola oil, asparagus	Sirloin steak, olive oil, 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