**Fruit 20 -30 min before boot camp (pineapples or melons are great)**

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| **MEN**  | **WOMAN**  |
| ***Meal 1*** (breakfast)6 egg whites, or Egg Beaters4 oz. turkey breast2 slices of whole wheat bread | ***Meal 1*** (breakfast)3-4 egg whites, 1 yolk2 oz. turkey breast1 slice of whole wheat bread |
| ***Meal 2*** (snack)Protein drink | ***Meal 2*** (snack)Protein drink (Syntha-6 is good) |
| ***Meal 3*** (lunch)2 cups salad1 tbs. sunflower oil1 tbs. balsamic vinegar8 ounces lean Protein (chicken or fish)1 medium carrot | ***Meal 3*** (lunch)1.5 cups salad2 tsp. sunflower oil1 tbs. balsamic vinegar4 oz. lean Protein (chicken or fish)1 small carrot |
| ***Meal 4*** (snack)Greek yogurt or Protein shake with fruit | ***Meal 4*** (snack)Greek yogurt or Protein shake with fruit |
| ***Meal 5*** ( dinner)1.5 cups steamed vegetables8 oz. lean protein of choice | ***Meal 5*** (dinner)1 cup steamed vegetables5 oz. lean protein of choice |
| ***"Carb-Load" Meal Every Third Day*** 1.5 cups cooked brown rice 1 cup steamed vegetables1 tbs. sesame oil1 large yam (baked)1 medium banana (dessert) | ***"Carb-Load" Meal Every Third Day*** ***1 cup cooked brown rice 1 cup steamed vegetables***2 tsp. sesame oil1 small yam (baked)1 small banana (dessert) |

***(ONE Free Meal or Cheat Meal per week)***

 

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