**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 Beaters  4 oz. turkey breast  2 slices of whole wheat bread | ***Meal 1*** (breakfast)  3-4 egg whites, 1 yolk  2 oz. turkey breast  1 slice of whole wheat bread |
| ***Meal 2*** (snack)  Protein drink | ***Meal 2*** (snack)  Protein drink (Syntha-6 is good) |
| ***Meal 3*** (lunch)  2 cups salad  1 tbs. sunflower oil  1 tbs. balsamic vinegar  8 ounces lean Protein (chicken or fish)  1 medium carrot | ***Meal 3*** (lunch)  1.5 cups salad  2 tsp. sunflower oil  1 tbs. balsamic vinegar  4 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 vegetables  8 oz. lean protein of choice | ***Meal 5*** (dinner)  1 cup steamed vegetables  5 oz. lean protein of choice |
| ***"Carb-Load" Meal Every Third Day*** 1.5 cups cooked brown rice  1 cup steamed vegetables  1 tbs. sesame oil  1 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 oil  1 small yam (baked)  1 small banana (dessert) |

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

 

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