

BOOTCAMP MEAL PLAN

Week: 1 2 3 4 5 6

	Breakfast	Lunch	Dinner	SNACKS FOR THE WEEK:
M				
T				
W				GROCERY LIST
TH				
F				
SA				
SU				

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Be sure to include these food groups in your meals. Some examples (not limited to):

PROTEINS:

Beef, Bison, Buffalo, Chicken, Cod, Crab Legs, Duck, Edamame, Egg Whites, Filet Mignon, Flounder, Grouper, Haddock, Halibut, Lobster, Rainbow Trout, Red Snapper, Salmon, Sardines, Sea Bass, Sirloin, Skinless/Ground Poultry, Soy, Swordfish, Tempeh, Tofu, Tuna, Turkey, Veggie Burgers, Venison, Bean Sprouts, Chlorella, Spirulina, Mushrooms, Tempheh, Tofu, Edamame, Broccoli (cooked), Asparagus, Cauliflower (cooked), Wheat Germ, Mung Beans, Green Peas, Pino Beans, White Beans, Black Beans, Kale, Kidney Beans

FAT:

Cheese, Dark Chocolate, Whole Eggs, Fatty Fish, Chia Seeds, Coconut & Coconut Oil, Full-Fat Yogurt, Extra Virgin Olive Oil, Pork, Avocados, Edamame, Almonds, Cashews, Spirulina, Duck, Flax Seeds, Olives, Pumpkin Seeds, Macadamia Nuts, Bluefin Tuna, Grass-Fed Beef, MCT Oil, Walnuts, Atlantic Cod, Nut Butters

FIBER:

Split Peas, Lentils, Black Beans, Mung Beans, Figs, Lima Beans, Coconut Flour, Artichoke, Acorn Squash, Green Peas, Raspberries, Blackberries, Avocado, Prunes, Quinoa, Sweet Potato, Pear (with skin), Barley, Apple (raw with skin), Kidney Beans, Broccoli (raw), Kale (raw), Couscous, Brussel Sprouts (boiled), Green Beans, Oat Bran, Celery, Spinach, Onions, Carrots

COMPLEX STARCH (CARBS):

Sweet Potato, Squash, Oats, Millet, Quinoa, Brown Rice, Legumes, Feekeh, Teff, Whole Wheat, Spelt, Rye, Barley, Pumpernickel, Calabaza, Pumpkin, Yuca, Jicama, Whole Wheat Cous Cous, Garbanzo Beans, Oatmeal, Muesli, Root Vegetables, Bananas

Try To Avoid:

Fried / breaded foods, unless “breaded” with oat flour/almond flour/quinoa/chickpea flour, etc. Canola oil, sunflower oil, vegetable oil, lard. Processed meats like deli meats, bacon, hot dogs, and sausage. White (refined) flour products, like bagels, white bread, white cous cous, orzo, white crackers, white rice, white pasta, white pita, white naan, etc. Added sugars, Croutons (use chickpea / edamame “croutons”), Candied/caramelized nuts, Wonton/gyoza/dumpling skins, Mayonnaise-unless homemade, Store-bought dressings, Tilapia, American cheese (it’s not really cheese!), Margarine and shortening (use real butter, organic/grass-fed if possible, or ghee). You can also opt for vegan butters made without hydrogenated oils. Processed soy foods like soy protein products/bars, Carrageenan, Fruit or Vegetable Juices-they were not meant to be concentrated into a liquid. You can blend fruit and vegetables into a smoothie with protein and fat but try to use one fruit per serving and avoid juice/coconut water as a base.

Coconut water - this is fine every once in a while, but is not to be used regularly. Condiments with added sugar like ketchup, hoisin, eel sauce, ponzu sauce, teriyaki sauce, syrupy balsamic vinegars, Candy, Artificial sweeteners, Soda and diet soda, Coffee “creamers” -- use real milk or cream, Alcohol (mindful drinking is important -- you need not abstain entirely. Avoid tonic water, liqueur, and mixers. Artificial flavors and preservatives, “Processed” foods -- this includes most bars, chips, snacks, etc.

Remember FOOD FIRST!