



Sample Meal Plan – DAY 1

Breakfast

Oats, raw : 1/2 cup : 156 cal
Egg, white only, cooked : 3 white : 49 cal
Egg, whole, raw : 1 large : 75 cal
Kiwi fruit, raw : 1 fruit : 46 cal

Calories: 326 Carb=40g Prot=24g Fat=7.9g

Lunch

Tomatoes, raw : 1/4 cup, cherry tomato : 8 cal
Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal
Spinach, raw : 1 cup : 7 cal
Italian dressing, reduced calorie : 1 tablespoon : 28 cal
Cucumber, raw : 1/4 small (6-3/8" long) : 5 cal
Chicken, canned, meat only, light meat : 1 can (5 oz) yields : 198 cal

Calories: 273 Carb=9.6g Prot=40g Fat=8.5g

Dinner

Salmon, baked or broiled : 4 oz, boneless, cooked : 195 cal
Rice, brown, cooked, regular, fat not added in cooking : 1/2 cup, cooked : 107 cal
Broccoli, cooked, from fresh, fat not added in cooking : 3/4 cup, fresh, cut stalks : 33 cal

Calories: 335 Carb=29g Prot=33g Fat=9.9g

Snacks

Myoplex Lite Protein Drink : 1 11 FL OZ : 190 cal
Fat Free Cottage Cheese : 1 Typical Serving : 80 cal
Almonds : 1/8 cup : 104 cal
Grapes, raw, NS as to type : 1/4 cup, NFS : 28 cal

Calories: 402 Carb=39g Prot=41g Fat=12g

Total Calories: 1335 Carb=117g Prot=138g Fat=38g

For more information, please visit: www.Bootcamp360.net or email: bootcamp360@bellsouth.net



Sample Meal Plan – DAY 2

Breakfast

Oats, raw : 1/2 cup : 156 cal
Egg, whole, raw : 1 large : 75 cal
Egg, white only, cooked : 3 white : 49 cal
Blueberries, frozen, unsweetened : 1/4 cup : 20 cal

Calories: 299 Carb=33g Prot=23g Fat=7.8g

Lunch

Mixed salad greens, raw : 3 cup, shredded or chopped : 27 cal
Spinach, raw : 1 cup : 7 cal
Italian dressing, reduced calorie : 1 tablespoon : 28 cal
Olives, black : 1/4 cup, sliced : 35 cal
Cucumber, raw : 1/4 cup, sliced : 4 cal
Tomatoes, raw : 1/2 cup, cherry tomato : 16 cal
Tuna, canned, water pack : 1 can (6.5 oz), drained : 194 cal

Calories: 310 Carb=13g Prot=47g Fat=8.2g

Dinner

Salmon, baked or broiled : 4 oz, boneless, cooked : 195 cal
Rice, brown, cooked, regular, fat not added in cooking : 1/2 cup, cooked : 107 cal
Asparagus, cooked, from fresh, fat not added in cooking : 6 medium spear (5-1/4" to 7" long) : 21 cal

Calories: 324 Carb=27g Prot=32g Fat=9.8g

Snacks

Myoplex Lite Protein Drink : 1 11 FL OZ : 190 cal
Fat Free Cottage Cheese : 1 Typical Serving : 80 cal
Almonds : 1/8 cup : 104 cal
Grapes, raw, NS as to type : 1/4 cup, NFS : 28 cal

Calories: 402 Carb=39g Prot=41g Fat=12g

Total Calories: 1335 Carb=112g Prot=143g Fat=37g

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Sample Meal Plan – DAY 3

Breakfast

Egg, white only, cooked : 3 white : 49 cal

Waffle, 100% whole wheat or 100% whole grain : 2 round waffle (4" dia) (include frozen) : 209 cal

Blueberries, frozen, unsweetened : 1/4 cup : 20 cal

Calories: 278 Carb=32g Prot=18g Fat=9g

Lunch

Noodles, cooked, whole wheat, fat not added in cooking : 1/2 cup, cooked : 99 cal

Turkey, ground : 3 oz, cooked : 196 cal

Spaghetti sauce, fat free : 1/2 cup : 51 cal

Calories: 346 Carb=32g Prot=28g Fat=12g

Dinner

Fajita with chicken and vegetables : 1 tortilla : 363 cal

Calories: 363 Carb=44g Prot=20g Fat=12g

Snacks

Almonds : 1/8 cup : 104 cal

Fat Free Cottage Cheese : 1 Typical Serving : 80 cal

Apple, raw : 1 small (2-1/2" dia) (approx 4 per lb) : 63 cal

Calories: 246 Carb=28g Prot=16g Fat=9.6g

Total Calories: 1233 Carb=136g Prot=82g Fat=43g

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Sample Meal Plan – DAY 4

Breakfast

Waffle, 100% whole wheat or 100% whole grain : 2 round waffle (4" dia) (include frozen) : 209 cal

Blueberries, raw : 1/4 cup : 20 cal

Egg, white only, cooked : 3 white : 49 cal

Calories: 278 Carb=32g Prot=18g Fat=8.9g

Lunch

Tortilla, whole wheat : 1 medium chapatti or roti (7") : 84 cal

Salsa : 1/4 cup : 14 cal

Turkey, ground : 4 oz, cooked : 261 cal

Calories: 358 Carb=26g Prot=34g Fat=15g

Dinner

Ocean perch, baked or broiled : 6 oz, boneless, cooked : 233 cal

Sweet potatoes, Puerto Rican, roasted or baked : 1 Typical Serving : 127 cal

Broccoli, cooked, from fresh, fat not added in cooking : 1/2 cup, fresh, cut stalks : 22 cal

Calories: 381 Carb=28g Prot=41g Fat=12g

Snacks

Fat Free Cottage Cheese : 1 Typical Serving : 80 cal

Grapes, raw, NS as to type : 1/4 cup, NFS : 28 cal

Almonds : 1/8 cup : 104 cal

Calories: 212 Carb=19g Prot=16g Fat=9.4g

Total Calories: 1230 Carb=105g Prot=109g Fat=45g

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Sample Meal Plan – DAY 5

Breakfast

Egg, whole, raw : 1 large : 75 cal

Egg, white only, cooked : 3 white : 49 cal

Oats, raw : 1/2 cup : 156 cal

Orange, raw : 1 small (2-3/8" dia) : 45 cal

Calories: 324 Carb=40g Prot=24g Fat=7.7g

Lunch

Arnold wheat sandwich rolls : 1 roll : 150 cal

Chicken, breast, with or without bone, broiled, skin not eaten : 1/2 medium breast (yield after cooking, bone and skin removed) : 133 cal

Tomatoes, raw : 1 medium slice (1/4" thick) : 4 cal

Spinach, raw : 3 leaf : 7 cal

Cucumber pickles, dill : 2 stacker : 5 cal

Mustard : 3 teaspoon : 11 cal

Calories: 310 Carb=32g Prot=33g Fat=4g

Dinner

Salmon, baked or broiled : 4 oz, boneless, cooked : 195 cal

Rice, brown, cooked, regular, fat not added in cooking : 1/2 cup, cooked : 107 cal

Broccoli, raw : 1/2 cup, flowerets : 10 cal

Calories: 312 Carb=25g Prot=31g Fat=9.7g

Snacks

Myoplex Lite Protein Drink : 1 11 FL OZ : 190 cal

Grapes, raw, NS as to type : 1/4 cup, NFS : 28 cal

Walnuts : 1/8 cup, chopped : 96 cal

Fat Free Cottage Cheese : 1 Typical Serving : 80 cal

Calories: 395 Carb=38g Prot=39g Fat=12g

Total Calories: 1341 Carb=135g Prot=127g Fat=33g

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Sample Meal Plan – DAY 6

Breakfast

Oats, raw : 1/2 cup : 156 cal

Egg, whole, raw : 1 large : 75 cal

Egg, white only, cooked : 3 white : 49 cal

Orange, raw : 1 small (2-3/8" dia) : 45 cal

Calories: 324 Carb=40g Prot=24g Fat=7.7g

Lunch

Arnold wheat sandwich rolls : 1 roll : 150 cal

Chicken, breast, with or without bone, broiled, skin not eaten : 1/2 medium breast (yield after cooking, bone and skin removed) : 133 cal

Spinach, raw : 3 leaf : 7 cal

Tomatoes, raw : 1 medium slice (1/4" thick) : 4 cal

Cucumber pickles, dill : 2 stacker : 5 cal

Mustard : 3 teaspoon : 11 cal

Calories: 310 Carb=32g Prot=33g Fat=4g

Dinner

Ocean perch, baked or broiled : 5 oz, boneless, cooked : 194 cal

Mixed salad greens, raw : 4 cup, shredded or chopped : 37 cal

Italian dressing, reduced calorie : 1 tablespoon : 28 cal

Rice, brown, cooked, regular, fat not added in cooking : 1/2 cup, cooked : 107 cal

Calories: 366 Carb=30g Prot=37g Fat=11g

Snacks

Myoplex Lite Protein Drink : 1 11 FL OZ : 190 cal

Fat Free Cottage Cheese : 1 Typical Serving : 80 cal

Walnuts : 1/8 cup, chopped : 96 cal

Calories: 366 Carb=31g Prot=39g Fat=12g

Total Calories: 1366 Carb=133g Prot=133g Fat=34g

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Sample Meal Plan – DAY 7

Breakfast

Egg, whole, raw : 1 large : 75 cal
Egg, white only, cooked : 3 white : 49 cal
Oats, raw : 1/2 cup : 156 cal
Blueberries, frozen, unsweetened : 1/2 cup : 40 cal

Calories: 319 Carb=38g Prot=23g Fat=8.1g

Lunch

Tortilla, whole wheat : 1 medium chapatti or roti (7") : 84 cal
Tuna, canned, water pack : 1 can (6.5 oz), drained : 194 cal
Celery, raw : 1/4 cup, diced : 5 cal
Tomatoes, raw : 1/4 cup, cherry tomato : 8 cal
Italian dressing, reduced calorie : 1 tablespoon : 28 cal
Carrots, raw : 1/4 cup, chopped : 14 cal

Calories: 332 Carb=30g Prot=47g Fat=4.9g

Dinner

Chicken, breast, with or without bone, broiled, skin not eaten : 1/2 medium breast (yield after cooking, bone and skin removed) : 133 cal
Noodles, cooked, whole wheat, fat not added in cooking : 1/2 cup, cooked : 99 cal
Spinach, cooked, from frozen, fat not added in cooking : 1 cup, frozen, leaf : 53 cal

Calories: 284 Carb=31g Prot=35g Fat=3.7g

Snacks

Myoplex Lite Protein Drink : 1 11 FL OZ : 190 cal
Fat Free Cottage Cheese : 1 Typical Serving : 80 cal
Grapes, raw, NS as to type : 1/4 cup, NFS : 28 cal
Walnuts : 1/8 cup, chopped : 96 cal

Calories: 395 Carb=38g Prot=39g Fat=12g

Total Calories: 1329 Carb=137g Prot=145g Fat=28g

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