

FITNESS BOOTCAMP

Sample Daily Meal Plan

	Calories
Breakfast	
½ c. Oatmeal	150
2 egg whites	34
Hot tea or coffee	0
Snack	
Bagel	170
1T peanut butter	100
6 oz. Grapefruit juice	72
Lunch	
Sandwich	
3 oz. Turkey	90
1 oz. low-fat cheddar cheese	75
2 slices whole wheat bread	140
Salad	
1 c. Spinach	7
Tomato	32
½ T olive oil	60
1 T Balsamic vinegar	10
sunflower seed topping	85
Snack	
2 c. Popcorn	30
½ oz. peanuts	80
Dinner	
½ c. Pasta	150
½ c. Marinara sauce	50
1 c. Steamed zucchini	10
Dessert	
Fruit and Yogurt Salad	
1 med. Banana, diced	105
1 c. Grapes	62
½ c. non-fat vanilla Yogurt	50
Snack	
1 c. Sugar Snap Peas	<u>120</u>
TOTAL CALORIES	1673