

THE CAMP 18 Day Nutrition Plan.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Meal One: 4 Egg whites, ½ grapefruit ½ cup cooked cream of wheat or oatmeal	Meal One: Protein shake ¼ cup oatmeal	Meal One: ½ c oatmeal Non-fat Greek yogurt 5 raisins or dried cranberries	Meal one: 4 Egg whites ¼ cup oatmeal	Meal one: 4 egg whites Spinach, tomatoes ¼ cooked oatmeal	Meal One: Protein Shake ¼ cup oatmeal
Meal Two: Protein shake ½ grapefruit	Meal Two: Egg whites 4 strawberries	Meal Two: ½ grapefruit Protein shake	Meal Two: ½ Non fat cottage cheese	Meal Two: Med. Apple Protein Shake	Meal Two: 4 egg whites Veggies
Meal Three: ¼ cup sweet potato 6 oz. grilled chicken breast Green veggies (grilled or steamed)	Meal Three: Whole wheat or Ezekiel bread (1 slice) 6 oz. Turkey breast Green veggies	Meal Three: ½ cup steamed rice 6 oz. grilled chicken (skinless) Green veggies	Meal Three: 5 oz Canned tuna in water ¼ cup sweet potato Green veggies	Meal Three: 6oz. chicken breast ½ cup steamed rice. Green salad	Meal Three: 6 oz. white fish Steamed veggies or salad and ¼ cup. Sweet potato
Meal Four: 5 Egg whites 1/3 avocado	Meal Four: 12 raw unsalted almonds Protein shake	Meal Four: 1 tblsp of peanut butter Protein shake	Meal Four: Protein shake	Meal Four: 5 Egg whites 1/3 avocado	Meal Four: Protein Shake
Meal Five: 6oz. grilled white fish Green veggies	Meal Five: 6oz. grilled white fish Green veggies	Meal Five: 6oz. grilled white fish Green veggies	Meal Five: 6oz. grilled white fish Green veggies	Meal Five: 6oz. grilled white fish Green veggies	Meal Five: 6oz. grilled white fish Green veggies
Meal Six: ½ cup non fat cottage cheese	Meal Six: ½ c Non fat Greek yogurt	Meal Six: Protein Shake	Meal Six: Protein shake	Meal Six: ½ c Non fat Greek yogurt	Meal Six: Protein shake

Drink water before and with every meal.

No dressing, butter, spreads, salt. Use lemon, lime, mustard and salsa instead.

To figure how much for your body:

Body weight X 1 = grams of protein (divided over 6 meals)

Body weight X .25 = grams of carbs for first 2 meals (divided over 6 meals)

Body weight X .33 = grams of fat divided into 6 meals (divided over 6 meals)

Example if you weight 153lbs

Protein per day 153X1= 153 grams of protein

Carbs per day 153X.25=38 grams of complex carbs

Fat per day 153X.33= 50 grams of fat