

The Camp Bikini Diet

Meal 1:

5 egg whites, 1/4 cup plain cooked oatmeal

Meal 2:

Protein Shake

Meal 3:

4-6 oz Grilled Chicken breast or white fish

Steam green veggies

½ cup brown rice (no oil) or ½ cup sweet potatoes or ½ cup oatmeal

Meal 4:

5 egg whites.

Meal 5:

4-6 oz. grilled Tilapia or other white fish (not Cat Fish).

Salad or steamed veggies (no yellow or orange veggies)

Meal 6:

Protein shake or 5 egg whites

Key notes:

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

Drink lots of water!!