

THE CAMP



Daily Meal Breakdown

Meal 1: Breakfast

Protein/Complex & Fibrous Carb

3 hours later

Meal 2: snack

Protein/Fruit

3 hours later

Meal 3: Lunch

Protein/Complex & Fibrous Carb

3 hours later

Meal 4: Snack

Protein/Healthy Fat

3 hours later

Meal 5: Dinner

Protein/Fibrous Carbs

3 hours later

Meal 6: Snack

Protein

Proteins	Good Fats	Poly un-saturated fats	Mono un-saturated fat	Dairy
Proteins Buffalo Venison Ground turkey Shrimp Venison Ground turkey Shrimp Orange roughy Perch Ahi Boneless skinless chicken Turkey breast Lean red meats -Flank steak -London broil	Almonds Peanuts Flaxseed and olive oil Avocados Pam Udos oil Krill oil	Safflower Sunflower Soybean Corn Cottonseed	Olive oil Canola oil Peanut oil Avocados	Low-fat goat cheese Sugar free coffee creamer Almond milk Greek yogurt Nonfat sour cream 2% nonfat cottage cheese Damon light & fit yogurt Fat free milk
Starchy Carbs	Fibrous Carbs	Recommended Beverages	Recommended Beans (carb)	Fruits List A+
Gluten free Sweet potatoes Cream of rice quinoa Rye bread Ezekiel Grits Oatmeal Red potatoes Yams Brown/white rice Whole wheat pasta Whole wheat bread Cream of wheat	Celery Spring / mix salad Butternut squash Broccoli Asparagus Spinach Green beans Brussels sprouts Cabbage Cauliflower Zucchini Tomatoes Mushrooms Squash Eggplants Alfalfa Bock Choy Cucumber Lettuce Artichokes Jacima	Water Crystal light Green tea Coffee Ice tea Herbal teas Almond milk Soy milk Recommended condiments Ketchup Mustard Worcester sauce Light sodium soy sauce Balsamic vinegar Non fat sour cream Fat free mayo Sugar free syrup Lemon and lime juice I can't believe it's not butter spray Stevia Ginger Cinnamon Nutmeg Sage Thyme rosemary	Black beans Kidney beans Pinto beans Lentils Lima beans Recommended seasonings: Ms. Dash Garlic Basil Oregano Pepper Sea salt Onion Parsley Dill Cayenne Paprika Cumin Curry Dry mustard Cilantro	Raspberries Blackberries Cranberries Rhubarb B Fruits Strawberries Melons Papaya Watermelon Peaches Nectarines Blueberries Cantaloupe Honeydew Apples Guava Apricots Grapefruit Plums Figs Pears C Fruits Oranges Kiwi Pineapple D Fruits Tangerines Cherries Grapes Pomegranates Mangos Bananas Dried fruit
Snack list	Low-carb Protein bars	Low fat protein bars		
94% FF popcorn Sugar free pudding Sugar free jello Carrot or celery sticks Rice cakes Sugar free popsicles Protein pudding Hummus Non-fat yogurt	Think Thin bites Permalean bars Luna bars Lara bars	Promax Power bar Kashi roll		