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## Eating Plan Online Book

# Introduction

**P**lease feel assured, this is not another diet, after 20 years as a fitness expert and talking to hundreds of nutritional consultants this is in my opinion the best eating plan on the market today. It's not a prison sentence sure to fail; it is the beginning of an improved, more beneficial way to eat for much better results – long term changes in your life Forever!!.

You will make improvements you never thought were possible. You will learn how to break out of the fad-Eating mentality and change your lifestyle in simple yet effective ways so you finally achieve the results you've been looking for, so you can not only add years to your life, but life to your years.

This healthier, more effective approach to eating also offers the mindset you need to achieve desired results in a short period of time and to remain successful in the long-term. We will help you learn to successfully adopt new habits without guilt, without unrealistic rules, and without deprivation. You'll learn to make all your choices based on a reasonable and realistic course of pleasurable action that will gradually lead you to achieving your full potential.

This program will help you learn how to think in ways that will make an amazing difference in how you look, act, and feel. As these new habits become permanent, you will have mastered the healthy lifestyle everyone deserves. I will also provide you with the tools to be successful in developing a healthier way of living regardless of your weight. We'll encourage you to eat well and be active, to take charge of feeling good about yourself.

Just as important, we've tested ***Fitness Boot Camps Canada Eating Plan*** I'll show you exactly how I lost 6% body fat in just 6 weeks – and how I'm keeping it off – and I'll teach you how to implement it so that it works specifically for you.

The ***Fitness Boot Camps Canada Eating Plan*** is not a plan that you'll be tempted to quit because it's too difficult or because you've reached a 3-month weight-loss goal. It's truly a healthier way of eating and a happier way of living – now and for the years to come.

And while The ***Fitness Boot Camps Canada Eating Plan*** is literally a "nutritional blueprint" for amazing results, we want to encourage you to take a realistic, sensible approach to eating. That is, instead of having you simply do what I did, I want you to ***learn how to*** improve your Eating habits, ***understand*** the many strategies I used over the 6-weeks, and ***adopt the confidence*** you need to ***implement a similar plan on your own*** – one that's right for YOU.

I regularly receive emails asking: "Can you just tell me what to eat and when to eat it so that I know I'll be on the right path to my goals?" There's certainly value to this idea as it takes out the guesswork and you can feel assured that you'll finally be implementing an effective meal plan that produces good results. But is this the best approach for long-term health? Will you keep the fat off for good? Unless you adapt a program to your lifestyle and your personal preferences, probably not.

Would it make sense for ***Fitness Boot Camps Canada Eating Plan*** to develop a 4-day a week exercise program for you if you could only fit 3 days into your schedule? Remember this eating plan is an idea or concept of how to eat forever. It is in our opinion at FBCC the way every one should eat always. Your nutrition plan needs to be specific to your likes and dislikes, budget, work and travel schedule, body type, etc.

People who try to live by generic Eating lists and rules learn very little about proper nutrition and how to enjoy their meals or develop and maintain a healthy lifestyle. **The Fitness Boot Camps Canada Eating Plan** program will actually teach you how to gradually adopt new, healthy behaviors so that they become part of an improved way of life, one without guilt, without rules, and without deprivation. If your program is to be a success, everything you eat must be a pleasurable experience. If you're not enjoying yourself, it is unlikely that you'll continue your program. It's really that simple.

**The Fitness Boot Camps Canada Eating Plan** will subdue your cravings perfectly, which was one of the reasons it worked so well thousands of our boot camp clients and will continue to work well for many, many years to come. But if any of these meals do not meet your preferences or budget, you'll know how to make the necessary adjustments. And if at any time you need my personal recommendations, please feel free to [email](#) us.

There is a chance that you and I may be so similar that this plan will work perfectly for you – as is. But if not, you need to modify this plan so that it's right for you. But rest assured; you won't be on your own in figuring this out. As a **Fitness Boot Camps Canada** customer, you'll have the **Fitness Boot Camps Canada Eating Plan** staff of fitness and nutrition experts here for you every step of the way; we are 100% committed to your success.

And we've made it very easy for you. For every day of the week you'll find five of the very best meals, in perfect combinations to lose fat, preserve (or gain, if desired) muscle, and increase energy and improve athletic performance. Each meal offers an easy-to-follow recipe, including ingredients used, directions, and nutritional info (i.e., number of calories, fat, etc.). You'll also find a list of strategies to customize the meal plan specifically for you. For example, with every meal listed you'll find suggestions for adjusting the caloric amount as well as the ratio of protein, fat, and carbohydrates.

After months of research, we've developed what we believe to be the very best combination of protein, fats, and carbs, at the right times of the day for the very best results. I then fine-tuned that combination to what felt right for me. Although I think this plan will work very well for you too, we're all different and you may want to consume a little more fat or fewer carbs, for example. Simply follow my suggestions for modifying these meal plans and you'll be on the path to excellent results.

Below are the primary topics covered in **The Fitness Boot Camps Canada Eating Plan**. Please click on the topic of your choice to go to that section; to start from the beginning simply click on the very first link, "Introduction – accepting change."

## Getting Started: Accepting Change

**W**hat's more important to you: that fast-food meal loaded with fat, sugar, and empty calories that will eventually make you feel sluggish and guilty – or taking the time to implement this nutrition plan so that you look, feel, and perform at your very best? The answer is simple, but making the change necessary, actually taking action, is the hard part.

In order to be successful at leading a healthier lifestyle, you need to have knowledge and a good understanding of the best, most effective ways to do that. ***Fitness Boot Camps Canada Eating Plan*** will give you that. But I also want you to know that it's okay to be afraid and uncomfortable with this lifestyle change; that's natural. Changing old habits isn't easy. In general, people have a hard time adjusting to change. Change is made even more difficult when we're not certain we want the goals we have set out to achieve. Change is impossible when we set ourselves unrealistic goals (see below for help in setting goals).

But it truly is possible when we set realistic goals and follow a plan that we already know works very well, especially when we modify it so that it's right for you, for your lifestyle and personal preferences. If you have a willingness to work through the initial emotional discomfort as you begin this new nutrition plan, you'll find the confidence, commitment, determination, and belief in your own self-worth that will ease the way.

Healthy living means making important lifestyle changes, changes in the way you eat and exercise and, I hope you're coming to see, in the way you think. It may sound overwhelming at first, but it's really quite simple. Remember: these changes will be customized to fit you. They'll also never be painful or hard to stick with. Many ***Fitness Boot Camps Canada Eating Plan*** Members have already successfully made the change to a better way of eating. You can too, once you understand how easy it is.

Making the change to ***The Fitness Boot Camps Canada Eating Plan*** is a process you will enjoy and can be proud of. The easiest way to go about it is to take it one step at a time. If you try to hurry change, chances are that it won't be permanent. It's important to understand that once you put into effect this plan I'm teaching you, it is yours forever and will make a substantial impact on your life – and the change necessary will become easier each and every new day.

Once you truly believe that you have the ability to find a comfortable balance of food, activity, and life attitudes, you can break free from traditional fad DIETS forever and begin implementing this plan, which produces amazing results and is enjoyable all along the way. Action creates motivation. Once you understand and implement ***The Fitness Boot Camps Canada Eating Plan***, you *will* become successful. Once you start achieving great results, the excitement and fun you experience will make the change well worth the effort. Enjoying the many great benefits of a healthy lifestyle will help provide the impetus to stay on the healthy road you've taken. Get started today in making that change – you'll be very glad you did.

# Why Calories Count

**C**alories do count – they are the bottom line when it comes to fat loss. If you are eating more calories than you expend, you simply will not lose fat, no matter what type of foods or food combinations you eat. Some foods do get stored as fat more easily than others. But keep in mind that too much of anything, even "healthy food," will get stored as fat. You cannot override the laws of thermodynamics and energy balance.

The first step in customizing *The Fitness Boot Camps Canada Eating Plan* for your needs is to calculate how many calories you burn in a day. Your total daily energy expenditure (TDEE) is the total number of calories that your body expends in 24 hours, including all activities of daily living. TDEE is also known as your "maintenance level," the number of daily calories you need to maintain your current weight.

## Methods of determining caloric needs

There are many different formulas you can use to determine your caloric maintenance level by taking into account your age, sex, height, weight, lean body mass, and activity level. The Harris Benedict equation is the one we use, which uses height, weight, age, and gender to determine basal metabolic rate (BMR).

Taking these factors into account is more accurate than determining calorie needs based on total bodyweight alone. The only variable it does not take into consideration is lean body mass (i.e., muscle). Therefore, this equation will be very accurate in all but the extremely muscular (it will underestimate caloric needs) and the extremely overfat (it will overestimate caloric needs).

This formula, as well as an example, is included below. However, to visit the *Customizing Fitness Boot Camps Canada Eating Plan* section where you'll find a very easy-to-use online calculator that figures this all out for you. The Harris Benedict formula is:

**Men:  $BMR = 66 + (13.7 \times wt \text{ in kg}) + (5 \times ht \text{ in cm}) - (6.8 \times age \text{ in years})$  Women:  $BMR = 655 + (9.6 \times wt \text{ in kg}) + (1.8 \times ht \text{ in cm}) - (4.7 \times age \text{ in years})$**

Note: 1 inch = 2.54 cm. 1 kilogram = 2.2 lbs.

### Example:

You are female.

You are 30 years old.

You are 5' 6 " tall (167.6 cm).

You weigh 120 lbs. (54.5 kilos).

Your BMR =  $655 + 523 + 302 - 141 = 1339$  calories/day

Now that you know your BMR, you can calculate your TDEE by multiplying your BMR by your activity multiplier from the chart below:

### Activity multiplier

Sedentary	BMR x 1.2	(little or no exercise, desk job)
Lightly active	BMR x 1.375	(light exercise/sports 1-3 days/wk)
Moderately active	BMR x 1.55	(moderate exercise/sports 3-5 days/wk)
Very active	BMR x 1.725	(hard exercise/sports 6-7 days/wk)
Extremely active	BMR x 1.9	(hard daily exercise/sports as well as a physical job)

#### Example:

Your BMR is 1339 calories per day Your activity level is moderately active (work out 3-4 times per week) Your Activity Multiplier is 1.55 Your TDEE =  $1.55 \times 1339 = 2075$  calories/day

### Adjust your caloric intake according to your goal

Once you know your TDEE (maintenance level), the next step is to adjust your calories according to your primary goal. The mathematics of calorie balance are simple: To keep your weight at its current level, you should remain at your daily caloric maintenance level. To lose weight, you need to create a calorie deficit by reducing your calories slightly below your maintenance level (or keeping your calories the same and increasing your activity above your current level). To gain weight, you need to increase your calories above your maintenance level.

### Negative calorie balance is essential in order to lose body fat

You must be in a calorie deficit to burn fat. This will force your body to use stored body fat to make up for the energy deficit. There are 3500 calories in a pound of stored body fat. If you create a 3500-calorie deficit in a week (500 calories a day) through Eating, exercise or a combination of both, you will lose one pound. If you create a 7000-calorie deficit in a week, you will lose two pounds. The calorie deficit can be created through Eating or exercise, or preferably a combination of both. Because we already factored in the exercise deficit by using an activity multiplier, the deficit we are concerned with here is the Eatingary deficit.

It is well known that cutting calories too much slows down the metabolic rate, decreases thyroid output, and causes loss of lean muscle mass. So the question is: How much of a deficit do you need? There is definitely a specific cutoff or threshold where further reductions in calories will have detrimental effects. The most common guideline for calorie deficits for fat loss is to reduce your total calories by approximately 500 a day; this is both safe and effective in the long run. A larger deficit may be necessary in some cases, but the best approach is to keep the calorie deficit small while increasing activity level.

**Example 1:**

Your weight is 120 lbs.

Your TDEE is 2033 calories.

Your calorie deficit for losing weight (fat) is 500 calories.

Your Recommended Calories per Day for fat loss is  $2033 - 500 = 1533$  calories

## **Positive calorie balance is essential in order to gain lean bodyweight**

If you want to gain lean bodyweight and become more muscular, you must consume more calories than you "burn up" (expend) in a day. Provided that you are participating in a strength-training program of a sufficient intensity, frequency and volume, the caloric surplus will be used to create new muscle tissue. Once you've determined your TDEE, the next step is to increase your calories enough above your TDEE so that you can gain weight. It is a basic law of energy balance that you must be on a positive calorie balance Eating to gain muscular bodyweight. A general guideline for a starting point for gaining weight, like weight loss, is to add approximately 500 calories per day to your TDEE.

**Example:**

Your weight is 120 lbs.

Your TDEE is 2033 calories.

Your additional calorie requirement for weight gain is 500 calories.

Your Recommended Daily Calories for weight gain is  $2033 + 500 = 2533$  calories

## **Adjust your caloric intake gradually**

It is not advisable to make drastic changes to your Eating. After calculating your TDEE and adjusting it according to your goal, if the amount is substantially higher or lower than your current intake, then you should adjust your calories gradually. For example, if you determine that your optimal caloric intake is 1900 calories per day, but you have only been eating 1200 calories per day, your metabolism may be sluggish. An immediate jump to 1900 calories per day might actually cause a fat gain because your body has adapted to a lower caloric intake and the sudden jump up would create a surplus. The best approach would be to gradually increase your calories from 1200 to 1900 over a period of a few weeks to allow your metabolism to speed up and adjust.

## Measure your results and adjust calories accordingly

These calculations for finding your correct caloric intake are quite simple; they are just estimates to give you a starting point. You will have to monitor your progress closely to make sure that this is the proper level for you. You will know if you're at the correct level of calories by keeping track of your caloric intake and body fat percentage. If you don't see the results you expect, then you can adjust your caloric intake and exercise levels accordingly. The bottom line is that it's not effective to reduce calories to very low levels in order to lose fat. In fact, the more calories you consume the better, as long as a deficit is created through Eating and exercise. The best approach is to reduce calories slightly and raise your daily calorie expenditure by increasing your frequency, duration, and or intensity of exercise.

## The Four Nutrients Critical to Your Success

**T**here are three nutrients that provide energy for the body and thus yield calories: carbohydrates, proteins, and fats. The amount of energy a food has depends on how much carbohydrate, protein, and fat it contains. Food energy, both in its consumption and expenditure, is measured in terms of calories. Fat is a very concentrated source of calories; it has more than twice the calories of carbohydrates or protein: One gram of fat contains nine calories, whereas one gram of either carbohydrates or protein contains only four calories.

There are three other vital nutrients. Water is by far the most abundant nutrient and a major part of almost every cell and tissue. Vitamins serve as helpers, making it possible for other nutrients to be digested, absorbed, and metabolized. And minerals help the body's metabolic process, assisting proteins and vitamins to carry out their important functions. Although vitamins and minerals do not provide energy (they don't contain calories), they are not discussed much as part of this plan; however, they have very specific and vital roles in nutrition that cannot be substituted or compromised.

As part of ***The FBCC Customized Eating Plan***, you will learn about the different kinds of fat and their roles in nutrition as well as guidelines and easy-to-follow recommendations for keeping Eatingary fat at an optimal level for you. You'll learn about protein, its role in nutrition, and the very important "thermogenic" effect it has on a fat-loss program. You'll also learn about carbohydrates: those to eat only in moderation and those that provide the important energy needed to implement an effective exercise program.

And because fiber is so important to a fat-loss program and to our health in general, you'll get easy-tofollow strategies for increasing your daily fiber intake, lists of foods rich in fiber, and the amounts of each to consume to meet your daily requirement. Finally, you'll learn water's vital importance in nutrition, ways of monitoring your hydration level, important guidelines for consuming water daily, including during and after exercise.

## Fat

One important fact to understand is that not all fat is created equal. While all kinds of fat yield nine calories per gram and can cause an increase in body fat stores if you eat them in excess, some are better for you than others.

**Saturated Fat.** The first type, saturated fat, is the worst kind for you. These fats are found in all foods that come from animal sources such as meat, eggs, butter, milk, cheese, and creams. Saturated fat is also found in oils such as coconut and palm kernel oil. Saturated fats are the worst kind of fat because they increase LDL cholesterol and pose the highest risk for heart disease and cancer; they should, therefore, be limited as much as possible. The meal plans within *The FBCC Customized Eating Plan* contain very little saturated fat.

**Mono-unsaturated Fat.** The second type of fat is mono-unsaturated. This is found primarily in nuts and vegetable oils, such as olive and canola oil. These fats are often referred to as "good" fats because studies have shown that they help reduce blood cholesterol levels and protect against heart disease. Within the meal plans of *The FBCC Customized Eating Plan*, you'll find suggestions for increasing the amount of fat you consume, if necessary, to help customize a plan that is right for you. These suggested fats are all mono-unsaturated or polyunsaturated (see below) fats because of their benefits to health.

An example of mono-unsaturated fat is omega-3 fatty acids. Omega-3 fatty acids have been shown to reduce blood cholesterol and triglyceride levels for improved cardiovascular health and decreased risk of heart disease, particularly arteriosclerosis. These omega-3 fatty acids are found in fish and other marine animals. Exactly how much we need to consume to receive the benefits is still unknown, but the *Canadian Heart Association* suggests 2-3 meals containing fish a week. In addition to being an excellent source of omega-3 fatty acids, fish contains many other valuable nutrients and is much leaner than most other animal protein sources; it is also a great source of protein. For all these reasons, fish is a staple of *The FBCC Customized Eating Plan*.

**Polyunsaturated Fat.** Polyunsaturated fat contains an essential nutrient called oleic acid and comes from plants, such as sunflower and corns. Like mono-unsaturated fat, it also tends to reduce blood cholesterol levels and is considered a "good fat."

**Hydrogenated.** Hydrogenated fats are liquid oils that have been chemically altered to a semi-solid state. Margarine and vegetable shortening are prime examples. Hydrogenated fats tend to clog arteries, making them "bad" fats, like the saturated fats.

A factor in determining whether a fat is more saturated than another is its hardness at room temperature. Chicken fat, for example, is softer than pork fat, which is softer than beef fat. So, of the three, beef fat is the most saturated and chicken fat is the least saturated. Polyunsaturated fats melt more easily. Generally speaking, vegetable and fish oils are rich in polyunsaturates, whereas the harder fats, such as animal fats, are more saturated. Remember that palm kernel, coconut, and palm oils are saturated even though they are of vegetable origin.

## Fat Guidelines and Recommendations

Of all the nutrients, fat is most often implicated as a contributing factor in various diseases, such as diabetes, cancer, hypertension, and arteriosclerosis. Again, one of the most important changes you can make to your Eating is to limit your intake of total fat, saturated fat, and cholesterol.

We recommend that your total fat intake not exceed 20-25% of your daily food intake. Saturated and hydrogenated fats should contribute less than 10% of the daily total. Those who want to adjust Eatingary intake need to know where fats are found in foods. Fats are in meats, dairy products, oils, and foods that produce oils, such as olives, and a few fruits and vegetables.

If you enjoy eating meat, choose the leanest meats possible, including turkey, chicken, fish, and/or ostrich, all very much a part of ***The FBCC Customized Eating Plan***. When eating chicken or turkey, it is best to eat the white breast meat and avoid eating the skin, which is high in fat and cholesterol.

Dairy products are almost all high in fat unless you purchase lowfat or nonfat products. If you enjoy dairy, try replacing whole-milk dairy products with the lowfat and/or nonfat varieties. Going from 2% or whole milk to nonfat may be a difficult adjustment and unrealistic for many. So, try taking smaller steps, from 2% to 1% and regular sour cream to lowfat sour cream. A recent study found that drinking 8 ounces of 2% milk a day for a year is equivalent to eating more than 12 sticks of butter. Dairy products can be killers if you don't take preventive measures to cut down the fat.

Animal fats found in meat and dairy products generally have high proportions of saturated fats. Fruit and vegetable fats, however, provide a higher proportion of polyunsaturated fats, with the exception of palm kernel, coconut, and palm oils as already mentioned. Almost everyone knows that butters, creams, and oils are high in fat, but many people are surprised to discover that some fruits and vegetables, and all nuts, are high in fat. Fruits high in fat include avocados and olives, which are almost pure fat.

These foods are rich in the good fats, those that may improve cardiovascular health and decrease risk of heart disease; however, they should only be eaten in small amounts within the calorie limits of your Eating. Many people snack on peanuts, cashews, etc., after hearing that they contain good fats and then they wonder why they aren't losing body fat. It's simple. The nuts have so many that they go over their daily caloric maintenance level without even realizing it.

Anything fried, such as French fries, fried wontons, fried fish, contains an abundance of fat – mostly saturated fat. In addition, many baked goods are high in fat: pie crusts, pastries, muffins, doughnuts, Danish sweet rolls, cookies, and cakes. Remember that fat contains 9 calories per gram whereas protein and carbs contain only 4 calories per gram.

As a general rule, anyone wanting to reduce the saturated fat in their Eating can accomplish this by selecting fish, poultry without skin, turkey, ostrich, and extra-lean varieties of beef and pork; by choosing fruits, cereals, and legumes; and limiting oils, egg yolks, and fried foods. Those of you who use milk, eggs, and cheese can shift to lowfat/nonfat varieties while limiting butter and margarine.

Reducing the amount of saturated fat in your Eating does not require starvation or even deprivation. It requires eating fat in moderation and making smart day-to-day choices. There's nothing wrong with a high-fat meal once in a while. You just have to balance it with low-fat meals more of the time.

## Protein

Protein is building material for the body, like bricks are for a building. Protein's primary role is to build and repair tissues, hormones, and enzymes; skin, hair, nails, bones; connective tissues and – most importantly – muscle! We'll first discuss amino acids in relation to proteins. Many people confuse the two or believe they are synonymous. Amino acids are the building blocks of proteins. A protein is a chemical compound that contains the same atoms as carbohydrates and fats (carbon, hydrogen, and oxygen), but protein is different in that it also contains nitrogen atoms. These carbon, hydrogen, oxygen, and nitrogen atoms are arranged into amino acids, which link into chains to form proteins.

There are 22 amino acids important to human nutrition. Nine of these are essential amino acids, meaning the body cannot make them. Instead they need to be provided by the Eating. (The body can produce the other 13.) The role of protein in the Eating is not to provide our bodies with proteins directly but to supply the amino acids from which the body can make its own proteins. When we eat a Eating that supplies each essential amino acid in adequate amounts, our body supports protein synthesis.

The following chart lists the amino acids, including the nine essential amino acids that make up proteins in human nutrition: To make muscle protein, your cells must be provided with all the needed amino acids available simultaneously. Therefore, the first important characteristic of protein in our Eating, with respect to building muscle protein, is that it should supply at least the nine essential amino acids for the synthesis of the others, in order to make proteins. If one amino acid is supplied in an amount less than needed, the total amount of protein that can be synthesized from others is limited. It is impossible to produce a partial protein. Only complete ones can be produced. A Eating that contains an imbalance of amino acids is a Eating containing poor protein quality. When the body attempts to use the amino acids supplied by such a Eating, it wastes many amino acids. In the absence of one amino acid, it can't use the others and it has no place to store them.

<b>AMINO ACIDS</b>	
<b>Essential Amino Acids</b>	<b>Other Amino Acids</b>
Histidine Isoleucine Leucine Lysine Methionine Phenylalanine Threonine Tryptophan Valine	Alanine Arginine Asparagine Aspartic acid Cysteine Glutamic acid Glutamine Glycine Proline Serine Tyrosine

## Protein Quality: Complete vs. Incomplete Proteins

Each food has its own characteristic amino acid balance, and when foods are combined, they almost invariably supply plenty of essential amino acids. A complete protein is one that contains all of the essential amino acids in about the same amount that the human body requires—and it may or may not contain all of the other amino acids the body can make.

Protein isn't just found in meat. There is also protein in vegetables, beans, legumes, and grains. However, the protein in these foods are not considered "complete" because they lack one or more of the essential amino acids. Generally speaking, proteins from vegetable sources are lower in quality. The complete proteins are those that come from animal sources such as eggs, milk, and meat.

Eating without complete proteins is not conducive to building and maintaining muscle, and it is muscle that is so critical to your fat-burning efforts. You can become fit and healthy without ever consuming animal proteins, but without including at least some complete proteins in the form of eggs or low/nonfat dairy products, you may have difficulty in becoming lean, toned, or muscular.

Below you'll find a list of complete proteins as well as the amount found in a typical serving of each food: To summarize: proteins derived from animal foods such as lean meat, fish, poultry, eggs, and lowfat/nonfat dairy products are a complete source of protein. Those derived from plant foods such as vegetables, grains, and beans vary more than meat and dairy. However, if you derive most or all of a day's food energy from rice and/or potatoes, you will obtain all of the needed essential amino acids. In addition, when two plant proteins, each containing the amino acids that the other lacks, are eaten at the same meal, they can make up an acceptably complete protein.

Complete Proteins	Serving Size	Amount
Lowfat/nonfat milk	1 cup	8
Lowfat cottage cheese	½ cup	14
Lowfat cheddar cheese	1 cup	8
Lowfat yogurt	large	9
Egg/egg white	3 ounces	7
Fish	3 ounces	21
Crab	3 ounces	17
Shrimp	3 ounces	17
Lobster	3 ounces	17
Chicken	3 ounces	24
Turkey	3 ounces	25
Ostrich	3 ounces	24
Top round steak	3 ounces	25
Extra-lean top sirloin	3 ounces	25
Whey protein	1 ounce	24

You should try to include a complete protein source in every meal you eat; you can feel assured that all the meals in [Fitness Boot Camps Canada Eating Plan Meal Plan](#) contain a complete source of protein. If you are a vegetarian or prefer not to eat lean meats at every meal, you should make sure that you combine foods that make up a complete protein source, such as beans and rice. Cottage cheese and other low/nonfat dairy products, as well as soy and whey products, are also excellent complete protein sources.

Completeness is not the only issue with respect to protein quality. For the highest quality, proteins must not only be complete but also digestible so that the sufficient numbers of amino acids reach the body's cells to permit them to make the proteins they need. Although the proteins of rice and potatoes are of high quality, perhaps the best form of protein comes from eggs. Egg protein tends to be retained in the body, which indicates that it is utilized with little waste. In fact, egg protein has been designated the reference protein for the purpose of measuring protein quality. This is why egg whites (e.g., hard-boiled in salads) are a staple in [Fitness Boot Camps Canada Eating Plan Meal Plan](#).

Whey, a dairy protein and by-product of the cheese-making process, is also a very high-quality protein because it has a very high Biological Value (BV). BV is one of the most commonly used and arguably best measures of protein quality. BV is based on how much of the protein consumed is actually absorbed and utilized by the body. The higher the amount of protein actually retained, the greater the BV. If a protein has a BV of 100, it means that all of the protein absorbed has been utilized and none lost.

Whole eggs score the highest of all foods with a BV of 100, while beans have a BV of only 49. Whey is a super protein with a biological value at or near the maximum of 100. This means that the amino-acid ratio in whey is excellent for maintaining/building muscle and that a large proportion of the protein consumed is absorbed and utilized by the body. In addition, whey also has immune-system enhancing benefits and is high in important antioxidants. This is why I selected whey as the protein powder supplement (I used [Soy Vanilla Protein](#) –for my [High Protein Oatmeal](#), etc. And Whey Strawberry Protein for shakes.

To summarize: for the body to use proteins with maximum efficiency, they must contain the essential amino acids and they must be digestible. In addition, they must be consumed with sufficient energy from other sources, such as complex carbohydrates, so that the amino acids will not be used for energy but rather to help build and repair muscle tissue. They must also be accompanied by the vitamins and minerals needed to facilitate their use and must be received by a healthy body able to use them. The proteins suggested in [Fitness Boot Camps Canada Eating Plan Meal Plan](#) meet all of these requirements.

As mentioned above, foods that are a good source of protein are lowfat/nonfat dairy products and lean meats. A cup of lowfat/nonfat milk provides 8 grams of protein. Three ounces of lean meat (chicken, turkey, ostrich) or fish yields about 24 grams. Beans, rice, and potatoes also provide a good amount of protein. Unfortunately, most foods high in protein, such as dairy products and meats, are also high in fat, so it's important to select lean meats and lowfat/nonfat dairy products.

It's also a good idea to eat red meat in moderation and select lean cuts labeled top sirloin or extra-lean, for example, instead of meats labeled choice or select. When cutting back on red meats, try lean white meats such as chicken, fish, and turkey. Because of their high protein content and quality – and lower fat content, these lean white meats are used every day in [Fitness Boot Camps Canada Eating Plan Meal Plan](#). To help fight red meat cravings, I would suggest ostrich, as it is extremely lean, high in protein, and tastes similar to steak. (I purchased mine from [USAOstrichProducts.com](#).)

As mentioned earlier, eggs are a great source of protein, but the yolks of the egg are very fattening and also high in cholesterol. There is good news, however: The whites do not add any fat and contain most of the protein, which is why they are used so often in [Fitness Boot Camps Canada Eating Plan Meal Plan](#). Again, when cooking or baking with eggs, try to cut down on the yolks by using three whites to one whole egg.

## Dairy products and fat loss

Provided that you select reduced fat sources (lowfat/ nonfat), dairy products are healthy foods that should be included as a part of almost any fat-loss Eating. Dairy products contain complete proteins and they are excellent sources of calcium and Vitamin D. These days, you can find lowfat and nonfat versions of just about anything, including cheese, cream cheese, sour cream, milk, cottage cheese, yogurt, and frozen yogurt.

Many bodybuilders and fitness models swear they get leaner by reducing or eliminating dairy products before competitions, but most Eatingicians claim that this is not necessary. There are several reasons why bodybuilders believe in this practice: First, complex carbohydrates (especially fibrous carbs like green vegetables) are higher in fiber and lower in calorie density, and they are more slowly released than simple or sugary carbohydrates. Dairy products contain a simple carbohydrate called lactose. Although lactose is naturally occurring and not a refined sugar, replacing some dairy foods with lean proteins and high-fiber complex carbohydrates may help increase fat loss.

Complex carbs with lean proteins (e.g., High Protein Oatmeal, Chicken & Spinach Salad) also help to control insulin better than simple carbs (for more information on insulin, see below). These foods have the highest "thermogenic effect" on your metabolic rate. When you eat from a limited number of calories, it is most effective to eat the foods that will get your "metabolic flame" burning the hottest; those foods are lean proteins and fibrous carbohydrates, not simple carbohydrates.

Bodybuilders also frequently report that dairy products make them bloated and water-retentive, producing a "puffy" appearance that ruins their hard-earned muscle definition. This may have something to do with the sodium content or with lactose intolerance. People who are lactose-intolerant do not possess the enzyme needed to digest lactose. This produces symptoms including gas, bloating, abdominal cramps, and diarrhea. In those with severe intolerance, the symptoms can be very pronounced. In those with a minor intolerance, the symptoms can be as subtle as bloating and water retention.

It would be incorrect to say that lowfat or nonfat dairy products are fattening. As long as your calorie balance is negative (you expend more than you consume), you can lose body fat even with a large amount of dairy in your daily menus. However, by reducing your intake of dairy products for short periods of time when maximum fat-loss is desired, you may find that you can lose body fat even more quickly and maintain a sharper, more "cut" appearance.

## Carbohydrates

The primary role of carbohydrates in human nutrition is to supply energy for the body. Carbohydrates are important not only for physical activities but also for maintaining high levels of energy. Carbohydrates are the best choice for fueling your system and promoting a healthy heart.

There are two kinds of carbohydrates, simple and complex. Carbohydrates are found in a wide variety of foods, including fruits, vegetables, grains, legumes, and dairy products. Regardless of their source, all carbohydrates get broken down to a simple molecule of sugar called glucose, which is the form of energy most preferred by the body. Three types of carbohydrates are converted to glucose: monosaccharides, disaccharides, and polysaccharides. The monosaccharides and disaccharides are

known as the "simple" carbohydrates, and the polysaccharides are known as the "complex" carbohydrates.

After these different forms of carbohydrates are broken down into glucose, it enters the bloodstream where it is made available to all cells of the body. When glucose levels rise, the body responds by releasing a hormone called insulin into the blood. Phillips and Johnston, authors of *Think Light! Breaking Free from the Eating Prison* (Speaking of Fitness, Inc., 1999) do a great job of explaining insulin and its role in the body. They describe insulin as a "glucose doorman" that travels around the body opening cell doors so glucose can enter and do its job, which is maintaining proper blood-sugar levels. Without the help of insulin to open the cell doors, the glucose molecule is just too big to enter the various cells of the body. Inadequate amounts of insulin cause improper metabolism of both glucose and fats, leading to decreases in energy production and, too often, diabetes.

## **Simple Carbohydrates**

Simple carbohydrates cause a rapid increase in blood glucose, typically leading to an overproduction of insulin. When simple carbohydrates are consumed in large quantities, the blood gets so full of insulin that blood glucose levels start to drop. In other words, a sugar high is soon followed by a sugar crash or a drop in energy.

Another problem with consuming too many simple carbohydrates and having elevated glucose and insulin levels is the effect on the body's fat cells. Fat cells act as storage spaces for body fat. When we increase body fat stores, our fat cells increase in size. When insulin and glucose levels are elevated, fat release decreases and fat storage increases, resulting in larger fat cells. This is why there are very few simple carbohydrates in the [Fitness Boot Camps Canada Eating Plan Meal Plan](#).

The simple carbohydrates, monosaccharides and disaccharides, make up sugars and other sweet-tasting substances. Each has three forms of sugars. The monosaccharides consist of glucose, fructose, and galactose, while the disaccharides consist of maltose, sucrose, and lactose. These sugars add sweetness to food, which makes it appetizing.

Moderate consumption of sugar, about 5-10% of total food intake, is not in any way dangerous to healthy human beings. However, it can make fat loss a more difficult task and can be associated with many other factors that are harmful: obesity, the displacement of needed nutrients, and tooth decay. And most simple carbohydrates contain insubstantial amounts of vitamins, minerals, and fiber. This is why candy, soda, cakes, and cookies are often called "empty calories," calories with little or no nutritional value.

It is important to recognize that all caloric sweeteners including fructose, honey, and many others are sugars too. The sugar amount may or may not be revealed in a food products ingredient list. But if you look at the ingredients, and one of the many forms of sugar is the first ingredient, you'll know that this is the primary substance in that product and thus does not provide a good source of nutrition. Also, be on the look out for several different forms of sugar listed separately, such as cornstarch, sucrose, and high-fructose corn syrup.

Also note that even though sugar is the main ingredient of the product, it may not appear first or even second on the ingredient label. Rather it may be included several times throughout the list in different forms. The following is a list of other forms of sugars that you should be aware of when reading labels: brown sugar, confectioners sugar, corn sweeteners, turbinado, raw or white sugar, molasses, maple sugar, maltose, levulose, lactose, invert sugar, honey, high-fructose corn syrup, granulated sugar, fructose, galactose, glucose, and dextrose.

A Eating lower in sugars and higher in complex carbohydrates, fiber, and protein is almost always lower in fat, lower in calories, higher in energy, and higher in vitamins and minerals. These factors,

working together, contribute to a lower rate of obesity, cardiovascular disease, diabetes, cancer, and tooth decay.

## Complex Carbohydrates

Complex carbohydrates, even in their original form, are already similar to a simple molecule of glucose. Therefore, once consumed they turn into glucose and enter the blood stream providing energy for the body. It's important to note, however, that complex carbs are more slowly turned into glucose and released into the bloodstream than simple carbs.

Most all vegetables are rich in complex carbohydrates, including broccoli, spinach, zucchini, squash, and cauliflower, just to name a few. Although fruits contain complex carbs, they are considered to be more of a simple carb because they are rich in the natural sugar, fructose. This is the reason that only a small amount of fruit is included in [Fitness Boot Camps Canada Eating Plan Meal Plan](#); fruits are high in sugar and therefore elevate glucose and insulin levels, causing our body to release more fat.

Those fruits selected for [Fitness Boot Camps Canada Eating Plan Meal Plan](#), such as apples have a lower glycemic index and are therefore not absorbed as quickly as high glycemic carbs (e.g., raisins) to elevate blood sugar. You'll learn about glycemic index in detail later in this section.

Grains are also loaded with complex carbohydrates. Grains include cereals, breads, oatmeal, rice, crackers, and bagels. Another important source of complex carbohydrates is the legume family, which consists of a variety of beans, peas, and lentils. These legumes are not only rich in complex carbohydrates but also fiber and protein. Other sources of complex carbohydrates include potatoes, pasta, nuts, and yams. Dairy and meats also contribute carbohydrates, although in much lower amounts.

## Fiber

Americans eat an average of 10 to 20 grams of fiber per day, which is well below what most health and medical experts recommend: between 25-35 grams of fiber per day. Fiber plays a very important role in nutrition and is beneficial to many aspects of health. The first is weight management. A diet rich in fiber can help promote fat loss if fiber foods replace fats and sweets. This is possible because fibrous foods offer fewer calories per gram (4 calories/gram) than fats (9 calories/gram).

In addition, they are not easily converted to fat and have the ability to expand to up to 10 times their weight and size in the stomach. Thus, they make you feel full and satisfied for a longer period. Fiber gives you an edge on weight management, not only by satisfying your appetite but also by slowing down calorie absorption and keeping energy levels up.

A high-fiber diet also helps with many areas of digestion such as constipation and diarrhea, hemorrhoids, appendicitis, and diverticulosis. It also reduces the risk of cancer, particularly colon cancer. There is also strong evidence that a high-fiber diet lowers cholesterol levels, thereby reducing the risk of heart disease. Fiber also positively affects the insulin response to glucose concentrations. Therefore, high-fiber diets are beneficial in helping prevent obesity, heart disease, and adult-onset diabetes. [The FITNESS BOOT CAMPS CANADA EATING PLAN Customized Eating Plan Meal Plan](#) includes foods rich in fiber each day.

## Two Kinds of Fiber

Not all fibers have similar effects. There are two different kinds of fiber and both are important. The difference is their food sources and how they affect the body. Foods containing water-insoluble fiber, such as wheat bran, wheat germ, whole grains, cracked wheat bran, and brown rice, are not

digested and add bulk to the Eating. They are stool-softening fibers and improve bowel regularity because they tend to accelerate food through the intestines. Soluble fibers, such as foods in the legumes family, seeds, raw and dried fruits, and raw and cooked vegetables, become gel-like substances during digestion and delay the time food goes through the intestines, thus helping keep glucose levels regulated and helping lower blood cholesterol levels.

A high complex-carbohydrate, low-fat Eating will usually increase your daily fiber consumption since many complex carbohydrates are high in fiber. This involves eating more fruits, vegetables, legumes, and grains and fewer high-fat foods than most people are accustomed to eating. In order to get 25-35 grams of fiber a day, it is important to make a conscious effort to include high-fiber foods in almost every snack or meal you eat.

The following are suggestions for increasing your daily fiber and complex carbohydrate intake: Select cold cereals with at least 4 grams of fiber per serving. For example, *100% Bran* by Post (14 grams), *Kellogg's Complete Bran Flakes®* (5 grams), *Kellogg's All Bran with Extra Fiber®* (14 grams), *General Mills Fiber One®* (13 grams), and *Nabisco Shredded Wheat with Bran®* (4 grams).

Whole-grain oatmeals are also great sources of fiber and complex carbohydrates.

Choose whole-grain or buckwheat pancakes and waffles instead of those with white flour.

Always keep raw vegetables in convenient places for snacks.

Chili (vegetarian or turkey), baked beans, and lentil soup are excellent sources of fiber.

Incorporate dried beans, such as kidney beans, into main dishes. They are great in soups and casseroles.

Use brown rice, millet, or kashi instead of white rice.

Add vegetables and high-fiber cereals to burgers, meatloaf, etc.

Experiment with whole-wheat flour instead of white flour in recipes.

Try adding oat bran and wheat germ to baked goods and nutrition shakes.

If you have dessert, top it with a high-fiber cereal for added fiber, flavor, and crunch.

## Carbohydrates and Proteins Together

As mentioned, the body needs carbohydrates that can be converted to glucose to provide energy. Again, protein's primary role is to build and repair tissues, hormones, and enzymes. Protein also helps to sustain the energy provided by the carbohydrates. It is important to balance meals and snacks with carbohydrate-rich and protein-rich foods together. A meal with carbohydrates alone often results in one becoming hungry sooner because glucose levels shoot up and then crash down afterwards. This can leave you feeling tired, hungry, and weak. When protein is included, you will not only stay full longer, but glucose levels will stay more consistent and you will feel energized for a longer period. All meals within *The FBCC Customized Eating Plan* include a good balance of protein and complex carbohydrates.

It is important to understand how protein and carbohydrates interact with each other. Each food nutrient is broken down at different times. Carbohydrates are digested in about two hours. Proteins take longer to digest, and when the two are combined or eaten together, protein slows down digestion of carbohydrates, and energy from carbohydrates is released more slowly. Protein actually slows down the release of glucose from carbohydrates into the bloodstream.

Thus, eating protein-rich foods with carbohydrate-rich foods stabilizes the glucose, which could otherwise lead to hunger. This keeps us feeling energetic and satisfied until the next meal. In addition, when carbohydrates are used as energy, they spare proteins from being used as energy so they can be used to build and repair tissues. For example, a meal only rich in carbohydrates, such as soup, bread, and salad would result in a period of hunger soon after the meal. On the other hand, a balanced lunch that includes a protein source such as a chicken breast with salad will provide and sustain energy. In other words, a meal is not a "meal" if it doesn't contain a lean

complete protein and a complex carb together at the same time; this is very important to your success and [Fitness Boot Camps Canada Eating Plan Meal Plan](#) follow this guideline closely.

## The Glycemic Index: The Key to Fat Loss or Much Ado about Nothing?

**T**he glycemic index (GI) ranks foods on a scale from 1 to 100 based on how much the blood sugar increases after each food is consumed. In particular, the index is concerned with carbohydrates because fats and proteins have little effect on blood sugar levels. The higher the number, the greater the increase in blood sugar.

The GI was originally used as a tool to help diabetics keep their blood sugar under control. This is important because people with diabetes who control their blood sugar levels are considered less likely to develop complications related to the disease.

The GI has recently attracted a lot of attention in the bodybuilding, fitness, and weight-loss world. Many popular weight-loss Eatings base their entire program on the index as their primary criteria for choosing carbohydrates. According to advocates of the GI system, foods that are high on the scale such as rice cakes, carrots, potatoes, or grape juice are "unfavorable" and should be avoided because they are absorbed so rapidly and are therefore more likely to convert to fat. Instead, you are urged to consume carbohydrates that are low on the GI such as black-eyed peas, oatmeal, peanuts, apples, and beans.

Foods with a high GI increase insulin output more than those with a lower GI. Because high levels of insulin are associated with increased fat storage and suppressed fat burning, it is hypothesized that eating high GI foods can make you fatter than eating low GI foods. Low GI foods are thought to reduce fat storage because they cause slower release of sugar into the bloodstream and therefore less insulin production.

While the GI should be given consideration in your carbohydrate choices, it's not a good idea to make it your *only* criteria for choosing carbs. The mistake in strictly adhering to the GI to dictate all your carb choices is that the index is based on carbohydrates being eaten by themselves in a fasting state.

An effective fat-burning, muscle-preserving/building Eating is always based on combining carbs and protein together. When carbs are eaten in mixed meals that contain protein and small amounts of fat, the glycemic index loses its significance, because the protein and fat slow the absorption of the carbohydrates. For example, mashed potatoes have a GI that is near that of pure glucose, but if you combine the potatoes with a chicken breast and vegetables, the GI of the entire meal is much lower than the potato by itself. Rice cakes also have a high GI. But if you spread a little peanut butter on them, the fat slows the absorption of the carbs, thereby lowering the GI of the combination. A fat-burning, muscle-preserving/building Eating is also based on eating small frequent meals that are spaced out 2.5-3 hours apart. This also lowers the significance of the GI because on such an eating schedule, you are never eating in a truly fasted state, except for breakfast.

Probably the most important and relevant criteria for selecting carbs are whether they are natural or processed. To avoid natural foods like potatoes simply because they are high on the GI is unwarranted. Potatoes, for example, are an outstanding source of starchy complex carbs and contain protein as well.

Cooked exactly as it is found in nature, an 8-oz. potato has only 170 calories and almost no fat; it is loaded with essential nutrients and it is satisfying to eat. Compare that to 8-oz. of processed carbs such as white pasta, which has 840 calories. Which do you think is the better choice when you're counting calories and you want to control body fat? If you said the potato, you're right!

If a food is all natural, if it is starchy rather than sugary, and if you are eating it as a part of a mixed meal (with a complete protein and a little unsaturated fat) every 2-3 hours, then you shouldn't worry if the food is high on the glycemic index.

## Choose your carbs based on whether they are natural or processed

As mentioned directly above, the most important distinction you can make about carbohydrates is not the GI; rather, it is the difference between natural and processed carbs. The foundation of ***The FBCC Customized Eating Plan*** is based upon choosing foods that are all natural and unrefined. The "acid-test" for whether a carbohydrate is natural and unrefined is to ask, "Did this food come out of the ground this way?" If the answer is yes, then it's a natural, unrefined food. Broadly speaking, processed carbohydrates include all white sugar and white flour products, such as bread and pasta.

In the processing of a whole grain into white flour, the carbohydrates are converted from a complex carb to a more simple carbohydrate. The milling of the grains in essence causes them to lose their complexity while at the same time increasing their caloric density. In fact, one cup of regular flour contains 400 calories. One cup of high-gluten flour, which is used to make bagels, contains more than 500 calories! White flour is a simple carbohydrate that is processed in the body much like sugar. Most white-flour products are also lower in nutritional value.

If you want the best results, you would be wise to avoid processed carbs including white sugar and nearly all products made from white flour including baked goods, bread, crackers, pretzels, pasta, bagels, and so on. Switch mostly to natural, unprocessed carbs like vegetables, oatmeal, yams, brown rice, potatoes, beans, lentils, etc.

You could probably consume small amounts of sugar and refined carbs and still lose weight as long as you continued to burn more calories than you took in each day. But the high calorie density isn't the only reason to avoid processed carbs. Refined carbohydrates provide little or no nutritional value. You shouldn't just be concerned with the number of calories you eat each day; you should also be concerned with the quality and nutritional value of those calories. Your goal, and the foundation of ***The FBCC Customized Eating Plan***, is to get the most nutritional value out of every calorie you consume.

## Low Carbs: The best way to get lean or just another Eating fad?

Low-carbohydrate Eatings first emerged decades ago; today they are enjoying something of a renaissance as the Eating of choice. Everywhere you look, there are low-carb bars, low-carb drinks, low-carb meal replacements, low-carb frozen dinners, etc. Low-carb Eating books like *The Atkins Eating*, *Protein Power*, and *Sugar-Busters* have all been best-sellers. Virtually 100% of all bodybuilders and fitness competitors use some version of the low- to medium-carb Eating when getting ready for contests. But despite their immense popularity, low-carb Eatings have many drawbacks and are still the subject of controversy.

Because of the popularity of low-carbohydrate Eatings, carbohydrates in general have gotten a bad rap. Many people believe carbohydrates are fattening. This simply is not true! Carbohydrates are not fattening as long as you eat the right kind and you don't eat too many of them. However, it is true that a reduction in carbs and an increase in protein will give you some interesting hormonal and metabolic advantages for fat loss. It's also true that some people don't respond well to the

conventional high-carb, low-fat Eating.

Some people are "carbohydrate-sensitive" and "insulin-resistant." This means that these people release more insulin than normal when they consume carbohydrate foods. When excess insulin is present, they do not release stored body fat as readily and they are more likely to store free fatty acids into adipose tissue. The result is that even on a low-fat, low-calorie Eating combined with regular exercise, some people still have a difficult time losing body fat if they eat a lot of carbohydrates.

Reducing carbohydrates and increasing protein gives you a metabolic advantage: the high protein in these Eatings speeds up your metabolism because of the "thermogenic" effect of the protein. This means that protein foods speed up your metabolism because your body has to work harder to digest, process, and utilize this nutrient as compared to fat or carbohydrates.

Protein has the highest thermogenic effect of any food: nearly 30%. For example, if you eat 100 calories of chicken breast, 30 of those calories are burned off just to digest it! Therefore, the net caloric value is only 70 calories. Too much of any food will be stored as body fat, but because of its high thermogenic effect, protein is less likely to be converted to fat than any other food type.

Reducing your carbohydrates from the traditional recommendation of 50-55% of your total calories to 40%-45% of your total calories may help you lose fat more quickly. Some "carbohydrate-sensitive/insulin-resistant" people might benefit from reducing carbs to as low as 30% of total calories for very brief periods (do not do so without the recommendation of your physician), but under no circumstances should you ever remove all or even most of the carbohydrates from your Eating.

Unfortunately, many people take carbohydrate restriction too far, often going close to zero carbs. These Eatings are almost impossible to stick to, and most people end up gaining back all the weight they lost as soon as they re-introduce carbs to their Eating. Going to such extremes is not necessary and may be hazardous to your health. Other disadvantages of very low-carb Eatings include reduced energy levels, irritability, inability to concentrate, slower metabolic rate, and loss of lean body mass.

## **Carbohydrate "Cycling" for maximum fat loss**

There's no question that a low-carb/high-protein approach can be effective. However, it may seem like the disadvantages outweigh the benefits. Fortunately, there is a solution to these problems and it is called "carbohydrate cycling." In fact, much of *The FBCC Customized Eating Plan* foundation is based on a very effective fat-loss strategy called "Carbohydrate Cycling."

Carbohydrate cycling might just be the most effective method of losing body fat ever devised! This technique has been one of the most well-kept secrets of bodybuilders and fitness models, but it can be used by just about anyone to accelerate fat loss or break a fat-loss plateau.

Carbohydrate cycling is the practice of rotating lower carb days with higher carb days instead of keeping carbohydrates at a constant all the time. This method allows you to burn fat at an accelerated rate during the lower carb days and then to replenish your glycogen (carbohydrate) stores on your higher days. This helps to prevent your metabolism from slowing down and makes your nutrition plan much easier to stick with because you have a higher calorie/higher carb day to look forward to and enjoy.

There are no hard and fast rules about how to cycle your carbohydrates, but the most common method is to take three days on lower carbs followed by one day on higher carbs. Another method is to eat lower carbs Monday through Friday, followed by an entire weekend (Saturday and Sunday) of

"carbiking up."

The cycling method that worked best for me, another method you may want to try, was simply making Wednesday and Saturday my higher carb days. So, Sunday through Tuesday would be my lower carb days—the 3-day period that decreased my glycogen stores for maximum fat-burning efficiency, before I replenished carbs on Wednesday. I then depleted my glycogen stores again on Thursday and Friday by decreasing my carbs before I refueled again on Saturday and started the cycle over again.

The reasons I chose Wednesday and Saturday as my higher carb days were two-fold. First, I play in a basketball league on Wednesday and Saturday and therefore needed more carbs on these days for the energy to play well. Second, we usually go out to eat or have friends over Saturday evening and it was a little more difficult to keep carbs at a lower level when dining out or entertaining. (You'll notice that foods on Wednesday and Saturday within [Fitness Boot Camps Canada Eating Plan Meal Plan](#) are higher in carbs for the reasons explained above. )

Carbohydrate needs are very individual. Remember: there is no single food plan that works for everyone. Because of hormonal differences, some people can't seem to lose weight unless they reduce their carbohydrate intake, while others can eat bagels and pasta all day long and have "6-pack abs." Therefore, how many carbs you can eat and what cycle is best for you depends on your body type. The only way to determine how many grams of carbs is right for you and the best time to eat them is to experiment until you find your "optimal level" and your preferred "carb cycle." The more you experiment, the more you'll learn about yourself and the better results you'll achieve.

So, if you think Wednesday and Saturday will work best for your higher carbs days, then you can follow [Fitness Boot Camps Canada Eating Plan Meal Plan](#) as is. However, if this Wed/Saturday carb cycle is not conducive to your schedule or you wish to experiment with one of the other cycles mentioned above you'll need to modify the higher carb days within the meal plans a bit. (If you need help with this, simply [email](#) me and I'll be happy to offer my recommendations.)

On average, when "carbohydrate cycling," women will want to consume 125-175 grams of carbs on lower days and about 200 to 300 grams of carbs on higher days. Men will want to consume 175-225 grams of carbs on lower days and 350-400 grams of carbs on high days. These are just averages, as every person is different, but a general guideline nonetheless. Please let me know if you need help in deciding the right amount for you to begin experimenting with.

Moderate carbohydrate restriction, especially of simple processed carbs, combined with carbohydrate cycling is probably the most effective fat-burning strategy ever! However, carb restriction, when taken to the extreme, may do more harm than good. Never cut your carbs out completely; in fact, I wouldn't ever recommend going lower than 30% and, for most people, 40%. It's not wise to go to extremes in anything and this is as true for Eatinging as with anything else in life: moderation is the key.

Refer to [Fitness Boot Camps Canada Eating Plan Meal Plan](#) for excellent ideas on a good balance of protein, carbs, and fat. Then be sure to experiment and modify these meals specifically to how you feel and to the progress you begin making. That is, if you feel weak or lack energy, you may to increase the amount of starchy and fibrous carbs in your meals. On the other hand, if you have plenty of energy but aren't experiencing much fat loss, you may be "carbohydrate-sensitive/insulin resistant" and need to slightly (and gradually) decrease the amount of carbs you're consuming, especially of refined simple ("sugary") carbs.

For every meal within [Fitness Boot Camps Canada Eating Plan Meal Plan](#), you'll find easy-to-follow suggestions for modifying the foods to either contain more complete proteins, complex carbs, or unsaturated fats. Use these suggestions and continually experiment; really

listen to your body and monitor your progress closely so as to customize this plan specifically for you.

## Water

**T**hese days, there is so much attention placed on protein and carb intake, essential fatty acids, and supplements that it's easy to see how something as simple as water can be easily overlooked or taken for granted. Your body is 70% water, and every physiological process that takes place in your body – including fat burning and muscle development – depends on water. Water is necessary to regulate your body temperature, to transport nutrients, and to build tissues. Water is also required for energy production, joint lubrication, digestion, circulation, respiration, nutrient absorption, and excretion. So, a steady state of hydration is critical to your fitness success and to your health in general.

It is not uncommon for thirst to masquerade as hunger. When the body is dehydrated, it often sends hunger signals. Therefore, it is crucial to stay well hydrated throughout the day. As a rule, drink at least 8-10 glasses of water a day.

There is also a widely accepted method of determining individualized water needs, developed by nutritionist Keith Klein. Klein recommends determining .66 times bodyweight (in pounds) to determine water needs in ounces. With this formula, a 172-lb. male would need 113 ounces per day and a 125-lb. female would need 82 ounces per day. To get this estimate from your weight in kilograms, simply multiply your weight times 2.2 to convert to lbs.; then multiply this number by .66 to get the approximate amount of water you should drink a day.

When you plan to attend a big dinner engagement, drink a few extra glasses to keep your appetite under control. If you think you are hungry, drink a glass or two of water first; then decide if you really are hungry or just thirsty. However, do not fill up on water with the intent of decreasing your appetite and/or hunger pangs. Filling up on water instead of eating a well-balanced meal will make you feel bloated and temporarily full. However, by the next meal, you may be so famished that you will eat anything in sight. Filling up on water to feel artificially full is not dealing with your physical hunger, but rather avoiding it. It will only reappear even greater later on.

If you wait to drink water until you are thirsty, you are already partially dehydrated. Try to drink water throughout the day to maintain a steady state of hydration. If your body isn't getting enough fluids, it may send signals to you to eat more to obtain these fluids. However, filling up on juice, ice cream, soda pop, popsicles, Gatorade®, or other sports drinks to cool off and replace fluids does not address the real problem, and it adds many extra calories. Most of these foods do not effectively replenish the fluids in your body because of their high sugar content; you will most likely still be thirsty and feel unsatisfied.

Many of the fluids people drink are, in fact, dehydrating. Alcohol, coffee, and tea are just some of the fluids that don't return water to our system after it is lost; they simply do not work to re-hydrate us. Below are the signs of dehydration. Be sure to watch for these symptoms, as you can prevent dehydration if you attend to them by drinking more water.

Signs of Dehydration	
Symptom	Cause/Explanation

Headache	Blood, which is mostly water, carries oxygen. The brain is short of oxygen, causing headaches.
Fluid retention (swollen ankles, etc.)	Body is trying to preserve all available amounts of water.
Dizziness, confusion	Heart pumps less blood to brain.
Elevated heart rate, weak fluttering pulse	Heart is racing to pump a diminishing supply of blood to muscles.
Urinating only small amounts	Body is trying to preserve all available water.
Dark urine color	Little water-to-waste ratio.

Most people don't drink simply to quench their thirst. Instead, they respond to a psychological need: they simply want to enjoy the taste of their favorite beverage. Changing from coffee or soda pop to water is a drastic change for most people – just like going from a cheeseburger to a veggie burger may be too drastic of a change all at once. People may shift to drinking water because they feel they should, rather than because they enjoy the refreshing taste of water.

Making the switch gradually to drinking water assures that you will soon develop a taste preference for water. Rigidly switching from soda to water is unlikely to become a permanent change. Adding water to your favorite beverages will help you gradually learn to enjoy and prefer water. It also makes beverages more appealing to the eye and palate, and will allow you to eventually appreciate the natural and refreshing taste of water.

Gradually adding water to beverages will also help you to learn to acquire a taste for drinks that are lower in sugar and thus less sweet. If you learn to acquire a preference for foods lower in sugar, you may choose to pass up some sweet foods or have only a few bites since the food will taste too sweet. The end result is likely to be less food eaten because you choose to eat less – not because you feel you should stop eating sweets, but because sweets no longer appeal to you.

## Listen to your body

**A**s we suggest with exercise, you should continually experiment to discover what works best for you. Creating the "FBCC Customized Eating Plan" for you should be a process of trial and error – and ongoing experimentation with portion sizes, food combinations, eating at different times of the day, etc. This will take time and practice on your part. Prepare to be flexible and willing to learn from and improve on your mistakes. Every time you experiment with an open mind, you have an excellent opportunity to learn and improve. Take advantage of this!

Many Eating plans tell you what to eat, how much to eat, and when to eat it. This does not teach you how to attend to your own cravings, desires, or hunger. This teaches you nothing about living

and feeling healthier and happier. Everyone has different strengths, weaknesses, and eating patterns. You will only become successful when you learn to respond to your own feelings and not to what someone else says is right for you. It is critical that you learn how to be aware of and attend to both feelings of hunger and fullness, and learn what will satisfy you both physically and psychologically.

Your own body, not someone else's routine, is the very best guide for how much you need to eat. Try to get in the habit of tuning in to your internal cues of hunger, and not just eating the amount of food you think you should, or tuning in to external cues like the sight or smell of food. It's okay to eat any amount of food to feel both physically and psychologically satisfied. But you must learn to stop when you feel comfortably full, not stuffed.

In addition to learning how it feels to be hungry, full, and uncomfortably full, you must learn from your mistakes. If you eat past comfortable fullness, don't beat yourself up about it. There are bound to be times when you eat too much for your body's comfort. Try to remember how eating too much feels, and remind yourself of this feeling the next time you are tempted to overeat. With practice, you will change your eating patterns and start eating when your body tells you you're hungry, and stop eating after you're gained a satisfied, energized feeling.

## Choosing the right portions for you

I've listed my portions in [Fitness Boot Camps Canada Eating Plan Meal Plan](#) so you can get a feel for how much you should start experimenting with. If you weigh less than I do (170 lbs.) or are female, you should begin experimenting with smaller portions. Just the same, if you're bigger or more active

than I, your calories should be somewhat higher. By the way, my Recommended Daily Calories for fat

loss was 2,320, which I obtained by using the Harris Benedict formula discussed in the previous Calories section.

When deciding portion sizes for each meal, take a conservative approach. When preparing portion sizes for myself, I always choose a little bit less than I think will satisfy my hunger and cravings. If I don't quite get enough, I can always go back for more. But if I eat too much, it's too late. I already gave my body more fuel than it can use for energy, and it will likely store the excess as fat.

So, a very important key to my success has been striking a good balance between eating enough to satisfy me and to provide my body with the nutrients it needs to improve my energy, increase muscle strength, and keep my metabolism revved up, etc. But I try not to eat so much that it makes it easy for my body to turn unused food into fat. This is a skill that takes practice, but once perfected, will go a long way in helping you achieve the results you desire.

Also, if not totally satisfied, before going back for seconds, take a breather. Give your body 10-20 minutes to decide if you really are still hungry or if you are already physically or psychologically satisfied. Also, don't feel as if you must eat everything on your plate. When you start to feel comfortably full, stop and save the rest for another snack or meal. Instead of wolfing everything down, take time to savor your meal; you will notice signals of fullness much easier.

Eating more slowly, pausing throughout the meal, drinking a glass of water, and waiting before taking a second helping are not tricks to get you to eat less but rather ways for you to develop sensitivity in detecting hunger and fullness. They are strategies to encourage attentive eating that is more likely to be satisfying.

You must believe in yourself. Listen to your body with regard to physical and psychological hunger. This will help you distinguish between what you really want and what you think you want due to habit. Once you've mastered this skill, you will be greatly empowered. Mastery will allow you to make the choices and be in charge of your life and your eating. These skills will last a lifetime, can be applied to every aspect of your life, and again, are absolutely critical to your success.

## **Be Prepared – Sunday/Wednesday tasks**

You may have a tough time preparing [Fitness Boot Camps Canada Eating Plan Meals](#) in the morning before heading off to work. Perhaps you don't need a lot of variety in your Eating. If this is the case, you may want to mix and match the meals throughout the week's list to develop a daily plan that works for you. But regardless, I'd strongly recommend having these meals prepared if possible before starting your day. Otherwise it's just too easy to grab the quickest, most convenient foods accessible (e.g., fast food, junk food at the office, etc.) without putting some important thought into the foods you eat.

A strategy that really helped me stay focused and on track was what I call my "Sunday/Wednesday Preparation." This is where I'd actually cook and prepare all my foods and snacks for the next 3-4 days, usually on Sunday and Wednesday (sometimes Thursday). I'd bake or grill all my lean meats, such as fish, chicken, turkey, and ostrich, for the planned recipes (e.g., [Ostrich Fajitas](#), [Chicken & Spinach Salad](#), [Fish Tacos](#), etc.). I'd cut up all the vegetables for my daily salads, bake a few yams and potatoes, hard-boil a dozen eggs, and so on. This way, on Monday morning before work, I could easily put together all the meals for the day and have them ready to eat as soon as I was hungry. I'd also get all my snacks ready and put them in convenient places that I'd be throughout the day, such as at desk, the glove compartment in my car, gym bag, etc. For example, I'd cut up small pieces of a protein bar for my [High Protein Oatmeal – Chocolate Peanut Butter Bar](#), cut up vegetables and put them in zip lock bags, put peanut butter, cottage cheese, and/or humus in small containers, etc. This way I'd always have a healthy, convenient snack ready to eat when I started to feel hungry, which kept my energy level up, metabolism working more efficiently, and prevented me getting so hungry that I lost control and made unwise food choices and/or overate.

By having [Fitness Boot Camps Canada Eating Plan Meals](#) and snacks (or other healthy, well-balanced meals that you enjoy) already prepared and ready to eat, it is simply much, much easier to stay on track to reaching your goals. This advanced preparation strategy was absolutely critical to my success – and I think it will be for you too.

## **How often to eat**

Now that you understand the importance of listening to your body for signs of hunger and fullness and choosing portions that are right for you, let's look at another effective strategy to ensure your success: small frequent meals and convenient ready-to-eat snacks.

The frequency of how often we eat per day ("meal frequency") has been shown to greatly affect how fat we are. Many studies have concluded that those who eat 4-6 smaller meals per day have less body fat than those eating 2-3 meals a day, despite the fact that both groups eat about the same number of calories. Eating only 3 times a day requires us to go too long without eating. By the time lunch or dinner rolls around, we are so famished we eat anything easily available. Eating small, healthy snacks in between meals not only prevents you from gorging; it increases your metabolism and helps you feel energized and satisfied throughout the day.

Eating a large meal increases the opportunity for fat cells to extract fat from the blood and, therefore, grow bigger. Fat cells can actually adapt to a pattern of large, infrequent meals by becoming more efficient at storing fat. In addition, a 2-3 meal-a-day pattern causes the body to face long stretches without food. This eating pattern tricks the body into thinking it's in a state of starvation, initiating

physiological changes that actually slow down your body's resting metabolic rate, the number of calories "burned" at rest. This occurs because your body is trying to conserve energy and prevent starvation. A reduction in metabolic rate slows fat loss. This is another reason why traditional fad Eatings do not work. Our body responds to the reduction in calories as if it were starving and our metabolism slows down.

Within each day's [Fitness Boot Camps Canada Eating Plan Meals](#), you'll find a list of healthy, delicious snacks that you can use in between the five suggested meals, if necessary. Again, these snacks are in the very best ratio of protein, fat, and carbs, so that you will satisfy your hunger/craving, promote fat loss, improve energy and metabolism, and be prevented from overeating at your next meal.

Snacking has a number of advantages. By eating smaller meals more often, you can keep your energy levels high throughout the day. And because you are never letting your "fuel tank" run completely empty, you will be much less tempted by whatever junk-food opportunities cross your path.

So, it is very important to plan your day in advance. Pack food so that you are certain to have nutritious snacks available in convenient places at all times. Advance planning is the most effective way to avoid skipping meals and becoming too hungry. When you carry your own snacks, you can make more conscious decisions about your food choices. If you keep a stash of healthy snacks in your briefcase or your desk drawer, you are more likely to resist the temptation of unwise food choices that are often easily available, such as donuts in the office or candy bars in vending machines.

I know many of you are going to want to know exactly which snacks I used in addition to the meals consumed each day, so I've indicated within each day's plan the snack I chose as well as listing a variety of others that will help you achieve the desired results. Long-term success is all about options and variety, so feel assured, you can choose the snack that will best fit your cravings, preferences, and budget.

## **When to eat**

Calories consumed at dinner and later are more likely to be stored as fat than those consumed in the morning or mid-day, simply because in general, we are less active at night. It is therefore very important that you eat the right balance of protein, carbs, and protein at the right times and that you do not overeat.

In addition to eating smaller meals more frequently, try to plan so that you don't eat your largest meal late at night. The body's metabolic rate has a natural cycle of highs and lows, peaking late in the day and dropping to its lowest level during sleep. It makes sense to avoid putting a large meal into your system after 8pm (in general – this really depends on when you go to bed) when your metabolic rate is beginning to slow down. If you do feel hungry after this time, you don't need to go to bed hungry; just eat something especially healthy and in a small portion. Remember: you may want to try drinking a large glass of water to see if that helps control your hunger/cravings.

If it is not possible to avoid a late dinner, eat a small snack prior to the meal so that you don't lose control and overeat later. By sitting down to dinner pleasantly hungry rather than famished, you will make wiser food choices and likely stop eating when you are pleasantly full.

Also pay attention to the quality of the foods you eat at dinner and/or later in the evening. Since the foods you eat in the evening are less likely to be used as energy and more likely to be stored as fat, eat a well-balanced meal low in fat and low in simple carbs (sugars and processed foods) and higher in protein. Remember that it takes up to 20 minutes for your brain to realize you are full. Eat slowly

and take a break before deciding to go back for seconds; this gives your brain time to catch up with your stomach. Then decide if you really want more.

## Calorie tapering for maximum fat loss

Again, *when* you consume your calories has a considerable impact on fat loss. First of all, you need to start eating early to fit in 5-6 meals at 3-hour intervals. Calories consumed earlier in the day are less likely to be stored as fat. The meals late in the day should be lighter than the early meals, and it's best to avoid high-calorie meals and snacks late at night. It is also best to eat your last meal at least three hours before you go to bed. The reason is simply to arrange your calories according to your energy needs: You'll be most active during the day so you'll burn the calories off, while at night you are generally resting and sleeping so fewer calories are needed.

If you eat enough early in the day and you eat every three hours, you will also be less likely to have hunger and cravings at night because your blood sugar will be more stable. However, if your meal schedule is pushed forward (you slept in, started eating late, were late for a meal, skipped breakfast, etc.), you'll be hungry later in the day. If you eat a lot late, you'll be storing those late-night calories as fat.

Make sure to eat a substantial breakfast that contains a lean, complete protein and plenty of complex carbohydrates. When you wake up in the morning, your liver glycogen is depleted; depending on your training volume and the amount of carbs you've been eating, your muscle glycogen will also be depleted. Since you have been fasting overnight, a substantial first meal is important to reverse the catabolism (the "destructive phase" of metabolism) that starts taking place during the long period overnight with no food.

If you don't eat a substantial meal first thing in the morning including a starchy carb and 25-40 grams of lean protein, you will literally begin cannibalizing your own muscle. You should not be afraid of eating your largest meal for breakfast, because all the carbohydrates are going to go directly to the liver and muscles to replenish glycogen. It is very unlikely that you will store any of a high-carb meal at breakfast as body fat.

A post-workout meal should also be substantial. Your body has an increased capacity for protein synthesis and glycogen storage immediately after a workout, so this meal is crucial. Don't skimp on calories, protein, or carbs after your workout. The only exception is if you train late at night. If that's the case, then you should still keep your evening meal small as long as you are training for fat loss.

The most effective way to apply the calorie-tapering principle is to eat all your starchy carbs early in the day and as the day goes on replace the starchy carbs with fibrous carbs. (Starchy carbs include brown rice, potatoes, oatmeal, etc.; fibrous carbs are primarily green vegetables and salads). Because the fibrous carbs are less calorie-dense, the grams of carbs and calories for the late-day meals will be lower. By re-patterning and re-distributing your calories within your 5-6 meals, you can optimize fat-burning.

## Avoid the Negative; Choose the Positive

**N**egative self-talk is a destructive habit and part of an essential defense mechanism that we often develop to protect ourselves. Many people end up talking themselves out of actions that may be scary or uncomfortable. "I can't do this" is really just a way of saying "I don't want to deal with the experience of doing this." We are all strongly influenced by our feelings, often determining how and what action we ultimately take. If the feeling is uncomfortable, negative self-talk results; then we

often decide not to take any action at all.

Many people assume that if a past experience produced a certain result, there is nothing they can do to change that experience in order to produce a different result. "I've tried every Eating there is. I know what I should do; I just can't do it."

Please understand that you can make the choice not to repeat old patterns of eating, non-exercise, and negative thinking. You have the ability to choose the emotions you have. If you don't like feeling guilty, frustrated, or doubtful, you can choose not to. You, and no one else, must decide what is comfortable for you. In order to become successful at making healthy choices, you must avoid negative self-talk and start practicing positive thinking.

In addition to practicing positive thinking, it is very important that you remind yourself that you're now on the right path to the results you've always wanted. If you implement **The FBCC Customized Eating Plan** in its entirety, you will achieve excellent results. You just need to be patient and remain positive until you begin to notice differences in how you look and feel.

As you progress through this proven, very effective plan, try to consistently acknowledge that you are making positive changes in order to improve how you look and feel, to improve your overall health. You should be proud of yourself for taking action, for being ready and willing to make a change. Visualize yourself as capable, happy, and confident. Visualize how you'll look and feel when you reach your goal.

These positive feelings will help the process of change. Remember, there are bound to be times when you're feeling frustrated, overwhelmed, or depressed. Positive thinkers know that these feelings are valid, and they don't try to ignore them. Positive thinkers acknowledge and try to understand them, but they don't blame themselves for the conditions that lead to these feelings. Stay positive, fight negative thinking, and your journey to a better you will be much easier; you'll have a much better chance at reaching your full potential.

## Learning to Eat Healthy Foods

Eating is so common in our society that many people have very restrictive ideas about what is healthy and natural in eating. *The FBCC Customized Eating Plan* is all about being flexible; it depends on internal cues (hunger) rather than external cues (sight or smell) to regulate it. Healthy eating means being able to eat when hungry and to continue eating until you are both physically and psychologically satisfied. It means being able to make small, healthy changes to the foods you love and to eat them until you get enough – not just stopping because a Eating plan says so, or because you think you should. Healthy eating means using moderate restraint and discipline in your food selection but not being so restrictive that you miss out on foods you enjoy.

Healthy eating means leaving the last bit of your meal on your plate because you have recognized that you are full and satisfied. But it also means sometimes eating beyond fullness; what's important is not feeling guilty about it and learning from the situation. Healthy eating takes time and attention to learn but it is an important priority in a healthy life.

Healthy eating varies in response to your hunger, emotions, schedule, and accessibility to food. If you have been used to following a very strict, generic fad Eating, you may find **The FBCC Customized Eating Plan** a bit hard to accept since we encourage you to modify it to your personal preferences. In our plan, focus, attention, and flexibility replace structure. **The FBCC Customized Eating Plan** is intended to help you learn how to be responsible for your own eating; it is not intended to promote under-eating.

Part of the philosophy of listening to one's body and tuning in to taste and texture involves making small, gradual changes, one step at a time. It is very important to be conscious of how your body is

feeling. As you become more and more aware of your body, ask yourself the following questions:

Are you allowing yourself to taste, savor, and enjoy your meal?

Are you focusing on the texture of your meal?

Are you allowing yourself to become physically and psychologically satisfied?

Are you eating balanced meals regularly (following [Fitness Boot Camps Canada Eating Plan Meal Plan](#) but modifying them specifically for you)?

Are you accommodating taste preferences by making slight changes?

## There's No Such Thing as Cheating

There's no right or wrong way to eat. Healthy eating is all about motivation, balance, and flexibility. To achieve a healthy balance, *The FBCC Customized Eating Plan* offers easy-to-understand and easy-to-follow recommendations. However, it will be up to you to adapt these recommendations to your life. There will be times when you stray from this plan and eat a high-fat/high-sugar meal or eat beyond fullness. This happens. It's normal. But it's very important that you don't get down on yourself and abandon *The FBCC Customized Eating Plan* when this happens. Enjoy it and then get right back on track.

Here's an example of one of my experiences during my 6-week test of *The FBCC Customized Eating Plan*: on Thursday of the first week, we had dinner plans to go out for pizza with friends. Knowing that this pizza place had an excellent salad bar, I decided that my "perfect" meal was going to be a [spinach and vegetable salad](#) and a ½ serving of **baked ostrich**. So, I chopped up three egg whites and mixed them with a lowfat vinaigrette in a container to put on the salad I was planning on making at the restaurant. I also packed a ½ serving (about 3 oz.) of ostrich that I had already baked the night before. I was all prepared for a healthy, well-balanced meal – staying right on track with *The FBCC Customized Eating Plan*.

However, when I arrived at the restaurant, my buddies had already ordered pitchers of beer. I knew that water was the best drink for my plan and had every intention of doing so. However, a couple of cold beers with dinner really sounded good to me. I went ahead and indulged with my friends' and enjoyed every sip (my salad and ostrich was great too). Now I could have dwelled on the fact that I "cheated" and allowed it to make me feel guilty, but instead I accepted it as a nice treat that I really enjoyed with my friends.

Unfortunately, many people's reaction to giving in to a temptation like the one above is guilt. They feel as if all their hard work has been for nothing. "I blew it; I was doing so well. Oh well, I might as well enjoy this weekend and start over on Monday." Or even worse: "I just don't have the motivation or will power to start over and be successful. I quit." Feeling defeated, they abandon the healthy living plan they're on and return to their old routine until some mythical time in the future: "Maybe this spring will be a better time to start over again." ***This is not the right approach!***

An all-or-nothing attitude is why so many people have so little success; we choose structured programs because they relieve us from making choices for ourselves. Because *The FBCC Customized Eating Plan* worked so well for me, you may be tempted to follow it to a "T." But expecting to stick to it exactly for an extended period of time without ever deviating makes no sense at all. In fact, this is so unrealistic as to be a set up for failure. This is not the intention of *The FBCC Customized Eating Plan*.

Instead, I wanted to provide you with a plan that has all the correct ratios of protein, fat, and carbs and which includes the very best foods for losing fat and feeling great. But then also show you how to customize it so that it's right for you – so that you enjoy and look forward to the meals while you make considerable progress towards your goals.

If you begin *The FBCC Customized Eating Plan* with the assumption that any deviation from your

plan will ruin it, you might as well not begin. Life is full of unplanned obstacles, distractions, and temptations. Your best approach is to prepare for them, keeping an open mind and maintaining a positive attitude. If I had let the few beers at dinner fill me with guilt, I never would have achieved the results I did with this plan.

After all, we all need to enjoy ourselves if we are to be successful in the long run. Denying ourselves life's pleasures is a sure set up for failure. Eventually we'll breakdown, and if we have an "all-or-nothing" mentality, we'll most likely quit our healthy eating plan all together. It's far better to eat "treats" in moderation and then get right back on track. Enjoy and accept good times and then move on; get focused again.

It's very important that you begin your healthier lifestyle with an understanding that there will be days when you will stray from this plan. Before you begin, tell yourself that no matter what happens, rather than abandoning this Eating plan, you'll resume your healthy habits as soon as you can; it is equally important that you feel confident, not guilty, about doing so. Whatever the temptation or obstacle is, keep in mind that it's not bad to eat fattening foods or have a few drinks once in a while or to miss a workout. Just remember to resume your healthy lifestyle as soon as possible afterwards. If you keep moving forward and you don't let guilt and discouragement stop your program all together, you'll eventually have improved eating and exercise habits.

With this approach, there is no such thing as cheating. When we feel we are cheating, we often punish ourselves; we make ourselves feel guilty, frustrated, and defeated. Replacing the negative concept of "cheating" with the idea of "choosing to detour briefly from the plan" takes away the all-or-nothing emphasis on right and wrong. If you treat every deviation from your plan as a failure, you won't get very far. Substituting the idea of a brief straying away from your plan instead of feeling guilty, and learning to return more and more quickly to healthier habits, is more realistic. It's also easier and more enjoyable.

No one can or should go through life depriving themselves of foods they really enjoy. Although the meals included in this plan are really good, there will be times when you will want a piece of pizza with your salad instead of ostrich, chicken, turkey, fish, or tofu. And that's fine. Make healthy modifications to the pizza (i.e., vegetarian instead of pepperoni), eat it in moderation, enjoy it slowly, really savoring every bite, and then move on with the plan. Remember, there is nothing wrong with splurging now and then. It can even be good for you if the satisfaction of a higher-fat meal that you've been craving, for example, helps you stick with *The FBCC Customized Eating Plan* the rest of the time.

***The FBCC Customized Eating Plan*** is not a plan that you go on and start over when you've been "bad." You must become flexible enough to allow it to become a comfortable, enjoyable way of life. Then these healthier habits will work with you and for you rather than against you. As you experiment, you will discover what works best for you.

Traditional fad Eatings teach us that changing our exercise and eating habits are short-term projects rather than an improved lifestyle. Headlines and advertisements everywhere read "Lose 30 pounds in 30 days," and most people believe them. They go on and off Eatings, start and stop exercise programs, and their weight – and self-esteem – go up and down. Unfortunately, most people don't realize that there is a better alternative, so they jump back on the Eating roller coaster when their weight goes back up or a new miracle Eating comes on the market. Fortunately for you, you've found ***The FBCC Customized Eating Plan***, which will allow you to be successful despite the many obstacles that life may throw your way. (By the way, in the [FITNESS BOOT CAMPS CANADA EATING PLAN Online Weight Management Book](#) offers many excellent ideas for healthy eating when dining out or attending social gatherings.)

## Eating Should Always be a Pleasurable Experience

In order to be successful in changing your eating habits, you must look forward to and enjoy each meal you eat. This doesn't mean that you have to learn to like rice cakes and tuna. It means you must learn how to make simple changes in the foods you love.

We discuss how to make small, yet very effective, changes to the foods you love in the [FITNESS BOOT CAMPS CANADA EATING PLAN Online Weight Management Book](#). But for now, just realize that healthy eating patterns can only occur when you're enjoying all the foods you eat. If you're following *The FBCC Customized Eating Plan* just to be healthy but without enjoying the flavors and textures or how they make you feel, this may not be a permanent change. However, if you begin enjoying healthy foods, you're far more likely to stick with healthy eating for life. If there are meals in *The FBCC Customized Eating Plan* that you've tried and just can't come to enjoy or appreciate, then you need to find an alternative. Suffering through meals just to follow the plan isn't going to work, not in the long run. Throughout *The FBCC Customized Eating Plan*, you'll find suggested alternatives to help customize the plan to your likes and dislikes. If you need additional suggestions, please [email](#) me and I'll be happy to help.

## Take time to measure your progress: Stay off the scale

**S**uccess can be measured on a number of levels. It's important to measure your progress by the new healthy habits you're adopting as well as by your appearance. Long-term decreases in medical problems, injury, and other health risks and an improved quality of life, with or without weight loss, are some of the most important measures of success.

Short- and medium-term changes can also be measured regularly during the process. These include obvious changes in health-related behavior patterns such as a decreased reliance on medications, increased ability to perform physical activity, a reduced intake of fat and refined simple carbs, and the increased intake of Eatingary fiber, vitamins, and minerals in your Eating.

If you've started making slight changes in how your food is cooked or prepared, or if you're reading labels at the grocery store and are discovering new tastes and textures, you're making great improvements towards a healthier lifestyle. When you feel good about yourself and acknowledge the changes you're making along the way, you're more likely to keep moving forward on your path.

One of the best ways of determining physical progress is having your body fat measured by either hydrostatic weighing, electrical impedance, or simply using a body-fat caliper. This latter is by far the cheapest and most accessible method. Although it is not as accurate as hydrostatic weighing, it can give you a starting point from which you can easily measure decreases in body fat. Please refer to the [FITNESS BOOT CAMPS CANADA EATING PLAN Personal Trainer Directory](#) to find a certified personal trainer in your area who can measure your body-fat percentage. Or if you'd like to purchase your own set of body-fat calipers, which come with an instructional booklet, [email](#) me and I'll send you a pair of Accu-measure Calipers at our wholesale cost.

However you decide to measure your physical progress, never use the scale as an indicator. Your weight does not reflect how healthy you are or the progress you've made. When you step on the scale, your weight reflects the combined total of both your lean body weight (muscle, bone, organs, fluids) and body fat weight. Two people with identical body weights do not have the same body composition; they could, indeed, have entirely different body types. For example a 170-pound man might have 60 pounds of body fat and 110 pounds of lean body mass. A healthier, more muscular

man might only have 25 pounds of body fat and 145 pounds of lean body mass. Even though these two individuals weigh the same, one is in much better shape than the other.

Using the scale to measure your progress gives you no information about the body composition (fat vs. muscle) changes that are actually occurring. The scale may show that you've lost seven pounds, but it can't tell you that half of the weight was muscle and water, not fat. Similarly, people become discouraged when they haven't lost any weight, even though they have actually lost pounds of fat and replaced them with pounds of firm, fat-burning muscle (exactly what ***The FBCC Customized Eating Plan*** is designed to do).

Developing healthier eating and physical activity habits will most likely result in a loss of body fat even though the scale may indicate that you weigh the same. Learn to use other methods of determining body composition and pay more attention to improvements in how you feel, in your self-esteem, and in your physical appearance.

Height/weight charts and other tables such as the BMI (Body Mass Index: weight in kilograms divided by height in meters, squared) have similar limitations when used as an indicator of progress towards a healthier lifestyle for several reasons. First, these formulas are not always related to how fat or healthy you are since they don't take into account body composition/fat distribution. Many people who are muscular or short and stocky have a high BMI, even though they are not necessarily fat or at high risk for disease.

Second, the BMI is only appropriate for adults 20-65 years of age. It cannot account for patterns of growth in adolescents or in the elderly, who may decrease in height with age. Third, the focus is still on changing one's weight to produce a lower BMI (since it's not possible to increase one's height). This continues to promote weight change as the ideal way to improve health.

And remember: we are not all meant to be slim or trim. If you implement ***The FBCC Customized Eating Plan*** in combinations that are right for you, you will see definite improvements in appearance, but exactly how much will be determined in part by your genetics. Be sure to pay attention to all the other improvements you are making: increasing your levels of confidence and energy, drastically reducing your risks for injury and disease, improving quality of life and psychological functioning, healthier eating, and more enjoyable physical activity.

This approach teaches you to revamp your goals of weight loss into goals of enjoying physical activity and healthy eating for their contributions to increased performance, energy, and well being. Trust me; improved appearance will occur, but it's important to also focus on all the many other benefits of this plan as well.

## Set Realistic Goals

**N**ow that you know how to best measure your progress, you should set realistic, measurable goals. Goals focus your workout program and clarify what you are trying to achieve. As you attain each goal, you gain encouragement and further motivation. Here is how to achieve the goals you set and obtain the results you deserve:

- 1 ***Make sure your goals are measurable:*** A vague goal, such as "I want to be fit," gives you nothing to shoot for. Decide when and what you are going to achieve, such as "I want to lose 2% of my body fat by August 1."

- 2 ***Be realistic:*** Make sure your goals are attainable. If you set your expectations too high, you will get frustrated and be more likely to quit. Make sure, however, that your goals are not too easy; they should be challenging. When you achieve a challenging goal, your pride and satisfaction will

create more motivation.

3 **Set short-term goals as stepping stones to your "ultimate" (long-term) goals:** If your long-term goal is to bench press 200 pounds in one year, then set short-term weekly or monthly goals of the weight you will need to bench press to achieve your long term goal; in other words, develop a plan. It is a lot easier to accomplish a goal one day or week at a time, such as increasing 2.5 or 5 pounds a week, than it is to think that you need to increase your bench press by 50 pounds.

Every goal should also be one that you are in charge of. Setting a short-term goal where you are in charge, such as exercising four times a week, will help you achieve your long-term goal.

Remember...and remind yourself: each time you reach a short-term goal, you are one step closer to achieving what you really want: a healthier, more attractive body.

## Take Action

**N**ow that we've discussed the important beliefs you must hold in order to be successful on **The FBCC Customized Eating Plan**, we hope that you've forgotten about past failures – or rather, fad Eatings failing you. We hope too that you've accepted yourself, that you're willing to use positive thinking, and that you're looking forward to the many benefits that **The FBCC Customized Eating Plan** – and a healthy lifestyle in general – has to offer you. Again, if you have a willingness to work through the initial emotional discomfort as you move step by step into this new plan, you'll find the confidence, commitment, determination, and belief in your own self-worth that will ease the way.

You are about to take on a whole new perspective on your body weight. You will be measuring your progress and defining your success in terms of lifestyle changes and health status rather than the simple, obvious result of weight loss. With a positive perspective on life, you will learn to be more flexible, to accept and deal with life's highs and lows, and to learn from your mistakes. With the new attitude and habits you are learning and adopting as your own, you will need to take time for yourself and make healthy eating and physical activity a priority.

You have a choice: to have a life in balance and enjoying your life, or feeling overwhelmed with the things you "should do" and feelings of guilt when you can't keep up with what traditional fad Eatings demand. Having confidence and feeling good about yourself will further motivate you to continue leading an enjoyable, healthy lifestyle, one that doesn't end when you have reached a short-term goal.

You now have access to what I believe are the most effective meal plans and nutritional strategies available today. Your greatest challenge, however, is not learning new recipes and trying new foods. It is not learning how to accept yourself and avoid negative talk. Nor is it remembering how to calculate fat percentages or what to say to the waiter to reduce the fat in your restaurant meal. It isn't even making the time to exercise. The greatest challenge facing you at this moment is deciding whether you are willing to begin living **The FBCC Customized Eating Plan** lifestyle that your body deserves.

You now have the knowledge and tools to make it happen. Are you willing to be patient and make gradual changes in your life that will lead to a healthier, happier you? Once you have made the decision to go forward and accept change, the hard part is over. Sure, there is plenty of work to be done, but it really doesn't matter how long this new process takes. If you allow changes to take place over time, your body will adjust comfortably and you will be more likely to maintain this nutrition plan permanently.

When you begin achieving improvements in energy, how you look, and physical and psychological performance, the fun and excitement you experience will make the change well worth the effort. Action creates motivation! This is the way to implement **The FBCC Customized Eating Plan**, free

from strict rules and independent of weight loss. Good luck, I look forward to adding your Before and After photos to the FBCC web site, next to mine.

# Meal Plans

Here you'll find out exactly what I ate on *The FBCC Customized Eating Plan*. In researching what exactly FBCC members wanted from this *FBCC Customized Eating Plan* project, the #1 request was to know what I ate throughout my 6-week "transformation." I've listed the foods for each of the five daily meals I consumed each day of the week. You'll also find references to specific products I chose (e.g., *100% Bran* from *Post*), links to the easy-to-follow recipes I used, and suggestions for modifying the dishes to suit you. This last item is really important. Here's why:

There is a chance that you and I may be so similar that this plan will work perfectly for you as is. But that may not be true. In that case, you'll want to modify this plan so that it's right for you. There's certainly value to following my plan to a T – it's easy and takes out the guesswork. You can feel assured that you'll be following a proven predesigned plan that produces great results. But simply eating what I ate and expecting to get the same results may not work. It's not always that easy.

For this to be a long-term success – one that you can stick with and enjoy for life – these menus should be modified specifically for you, so that the portions (caloric intake) are right for your size, activity level, and goals. These modifications are needed so that the foods satisfy you both physically and psychologically and so that the meals coincide with your work schedule, lifestyle, and budget. I'm very confident that you too will enjoy the meals I ate and achieve excellent results. But I also want you to refine your knowledge of how to improve your eating habits and adopt the confidence you need to implement a similar plan on your own, one that's right for YOU.

In the section on [Customizing Fitness Boot Camps Canada Eating Plan](#), you'll learn to calculate your Recommended Daily Calories as well as the correct amount of carbs, protein, and fats you should have each day and at each meal. You'll discover the best ratio for you of simple, starchy, and fibrous carbs and lean complete proteins to eat at each meal as well as lists of each and suggestions for including them in your plan. You'll also learn how to choose the very best food combinations so that you can create *your own* effective and enjoyable meal plans. Finally, you'll find recommendations for when to eat your customized meals and the portion sizes as well.

Be assured that all the meals below follow the very important guidelines – and implement the effective strategies – taught in [Fitness Boot Camps Canada Eating Plan Online Book](#), including "carb cycling" and "calorie tapering." I strongly recommend that you take the time to review both of the above links, as they will really help explain the *what*, *why*, and *when* of this plan and ensure that you understand the keys to achieving long-term success.

Following each meal description, I've included a section called *Modifying the nutritional value* where you'll find suggestions for varying the amount of protein, carbs, and fat used. These will encourage you to experiment with these meals and adjust them based on how you feel and on the progress you are making. For example, if you find that your energy levels are low, you can follow the recommendations for adding more complex carbs to your meals. Similarly, if you feel good but aren't making much progress with fat-loss, you may want to try decreasing your carbs a bit and adding a little more protein. This should be an ongoing experiment until you discover what works best for *you*.

Likewise, the meals should be chosen based on your personal preferences. If you're not up for trying ostrich fajitas, then simply use chicken. If you don't like fish, substitute for turkey breast for example. If you're a vegetarian, refer to the *Vegetarian alternative* section below each meal. Eating is one of life's great pleasures; modify the meal plans so that they work well for you. You can still follow the guidelines and techniques we teach here, but you should do so in combinations that satisfy you.

I know this may all be overwhelming at first. Please know that [I'm here](#) for you every step of the way. One thing that separates **The FBCC Customized Eating Plan** from anything else on the market is that I'll be available to personally answer any questions you may have and offer suggestions for customizing this plan. You can also tap into guidance from all the other [FITNESS BOOT CAMPS CANADA EATING PLAN experts](#) who helped me "perfect" this plan. Okay, let's get started...

## Monday

*"Yesterday ended last night. Every day is a new beginning. Learn the skills of accepting and forgetting. And move on."* – **Norman Vincent Peale**

### Meal 1: [High Protein Oatmeal](#)

**½ of a banana with 1 tbsp. all natural peanut butter** (I use Adam's – Crunchy)

#### Modifying the nutritional value:

**To add more *protein*:** Use ¾ scoop of protein powder instead of ½ scoop or try [High Protein Oatmeal – Chocolate Peanut Butter Bar](#).

**To add more *complex carbs*:** Add ½ to 1 whole banana or 3-4 sliced strawberries to oatmeal.

**To add more *unsaturated fat*:** Replace water with lowfat milk or soymilk in oatmeal recipe.

**Meal 2: [Ostrich Shish-Kebabs](#)** (instead of ostrich you can use chicken, turkey, fish, and other lean meats or soy products)

**½ baked yam** **Modifying**

#### the nutritional value:

**To add more *protein*:** Add hard-boiled egg whites or tofu to the shish-kebab or eat lowfat cottage cheese as a side dish.

**To add more *complex carbs*:** Add small [Spinach & Vegetable Salad](#) or brown rice as a side dish.

**To add more *unsaturated fat*:** Add avocado slices to the shish-kebab or marinate ostrich in olive oil before preparing.

***Vegetarian alternative:*** Substitute tofu or soy protein (chicken substitute) for ostrich meat. Marinating hard-boiled egg whites also works well.

**Note:** Ostrich meat is one of the leanest meats available, a great source of protein, and very tasty. I get mine from [USAOstrichProducts.com](#).

**Meal 3: [Baked Halibut](#)** (or try our delicious [Grilled Halibut](#))

$\frac{3}{4}$  cup steamed vegetables (e.g., broccoli and cauliflower)  
 $\frac{1}{2}$  of a baked potato

**Modifying the nutritional value:**

**To add more *protein*:** Add chopped whites of 1-2 hard-boiled eggs to the vegetables or add a  $\frac{1}{2}$  cup of cottage cheese.

**To add more *complex carbs*:** Add  $\frac{1}{2}$  cup of brown rice as a side dish, have the entire baked potato or add additional vegetables (e.g., asparagus, zucchini, etc.).

**To add more *unsaturated fat*:** Marinate halibut in olive oil prior to baking, or add nuts or avocado slices to the vegetables.

**Vegetarian alternative:** Try [Tofu Vegetable with Black Bean Sauce](#) or for other healthy vegetarian recipes, [click here](#).

**Meal 4: [Protein Shake](#)**

8 baby carrots

**Modifying the nutritional value:**

**To add more *protein*:** Increase whey protein to  $\frac{3}{4}$ -1 scoop or dip carrots in peanut butter, [humus](#), or cottage cheese.

**To add more *complex carbs*:** Add 1-tablespoon wheat germ or have additional raw vegetables as a separate snack (not blended with shake).

**To add more *unsaturated fat*:** Replace water with lowfat milk or soymilk in shake recipe.

**Meal 5: [Chicken & Spinach Salad](#)**

**Modifying the nutritional value:**

**To add more *protein*:** Add additional chicken-breast pieces, the whites from 1-2 additional hard-boiled eggs, add  $\frac{1}{2}$  cup lowfat cottage cheese to the salad or eat as a side dish.

**To add more *complex carbs*:** Add additional vegetables (e.g., mushrooms, artichoke hearts, etc.) to the salad.

**To add more *unsaturated fat*:** Add sunflower seeds or avocado slices to the salad or mix olive oil in with the vinaigrette.

**Vegetarian alternative:** Use tofu or soy protein (chicken substitute) in place of chicken or try one of our other [great salads](#).

**Optional Daily Snack (if needed):**

1 apple or  $\frac{1}{2}$  apple with 1 tbsp. all natural peanut butter

2 celery sticks with [humus](#)

Lowfat cottage cheese with  $\frac{1}{2}$  apricot (slices)

1 rice cake (whole-grain brown rice) with natural peanut butter or [humus](#)

Soy protein cereal (e.g., *Soy O's* from *Hidden Valley*) mixed with high-fiber cereal (e.g., *100% Bran* by *Post*) with sliced strawberries and non/lowfat milk (e.g., *Harmony Farms Light Soymilk*)

\*Raw carrots, broccoli, and/or cauliflower

High Protein Oatmeal or Peanut Butter Protein Oatmeal

\* I had 8 baby carrots with my Protein Shake (Meal 4).

# Tuesday

"You can have anything you want – if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose." -Abraham Lincoln

## Meal 1: [Veggie Egg-White Omelet](#)

½ cup grilled potatoes

### Modifying the nutritional value:

**To add more *protein*:** Add 1-2 additional egg whites.

**To add more *complex carbs*:** Increase vegetables (e.g., broccoli and/or zucchini) and/or grilled potatoes.

**To add more *unsaturated fat*:** Add olive oil to pan prior to making omelet and/or potatoes; add lowfat grated cheese or avocado slices.

**Vegan alternative:** [Mexican Tofu Scramble](#) or other healthy [vegetarian recipes](#).

## Meal 2: [Tuna Pita Sandwich](#)

⌚ ♣♦□ ♪●☞& ♫ℳ☞■◆ **Modifying the nutritional value:**

**To add more *protein*:** Add 1-2 chopped hard-boiled egg whites or tofu to the sandwich or mix with beans.

**To add more *complex carbs*:** Add more vegetables (e.g., cucumber slices).

**To add more *unsaturated fat*:** Use an additional ½ tablespoon of mayonnaise or mix in 1 tablespoon of olive oil with tuna or add avocado slices.

**Vegetarian alternative:** [Bean Burgers](#) or other healthy [vegetarian recipes](#).

## Meal 3: [Protein Shake](#)

2 celery sticks with [humus](#)

Modifying the nutritional value:

**To add more *protein*:** Increase whey protein to ¾ to 1 scoop.

**To add more *complex carbs*:** Add additional strawberries, ½ banana, and/or 1-tablespoon wheat germ.

**To add more *unsaturated fat*:** Replace water with lowfat milk or soymilk in shake recipe.

## Meal 4: Chicken Breast ([click here](#) for excellent healthy chicken recipes and for variety)

[Spinach & Vegetable Salad](#) (for other [salad recipes](#))

### Modifying the nutritional value:

**To add more *protein*:** Add 1-2 additional chopped egg whites or tofu pieces to salad or a ½ cup lowfat cottage cheese as a side dish.

**To add more *complex carbs*:** Add ½ cup brown rice or additional vegetables (e.g., mushrooms, artichoke hearts, etc.) to the salad or eat ½ baked potato as a side dish.

**To add more *unsaturated fat*:** Add sunflower seeds or avocado slices to the salad or mix olive oil in with the vinaigrette.

**Vegetarian alternative:** [Baked Tofu](#) or other healthy [vegetarian recipes](#).

## Meal 5: Turkey Breast (for excellent healthy turkey recipes and added variety, [click here](#))

Green beans (1/2 cup fresh, frozen, or canned)

### Modifying the nutritional value:

**To add more *protein*:** Add ½ cup lowfat cottage cheese as a side dish.

**To add more *complex carbs*:** Mix steamed vegetables (e.g., mushrooms, artichoke hearts, etc.) with green beans.

**To add more *unsaturated fat*:** Add nuts or sunflower seeds to green beans.

**Vegetarian alternative:** [Lentil Chili](#) or other healthy [vegetarian recipes](#).

### Optional Daily Snack (*if needed*):

Apple or ½ apple with 1 tbsp. all natural peanut butter

\*2 celery sticks with [humus](#)

Lowfat cottage cheese with ½ apricot (slices)

1 rice cake (whole-grain brown rice) with natural peanut butter or humus

Soy protein cereal (e.g., *Soy O's* from *Hidden Valley*) mixed with high-fiber cereal (e.g., *100% Bran* from *Post*) with sliced strawberries and non/lowfat milk (e.g., *Harmony Farms Light Soymilk*)

Raw carrots, broccoli, and/or cauliflower

[High Protein Oatmeal](#) or [Peanut Butter Protein Oatmeal](#) \*I had 2

celery sticks with humus with my Protein Shake (Meal 3).

## Wednesday

*"Nobody trips over mountains. It is the small pebble that causes you to stumble. Pass all the pebbles in your path and you will find you have crossed the mountain." – Anonymous*

**Meal 1: Soy Protein Cereal (e.g., *Soy O's* from *Hidden Valley*) mixed with high-fiber cereal (e.g., *100% Bran* from *Post*), ½ apricot (sliced), non/lowfat milk (e.g., *Harmony Farms Light Soymilk*)**

½ of a bowl of [Peanut Butter & Apple Protein Oatmeal](#)

Modifying the nutritional value:

**To add more *protein*:** Add a higher ratio of protein cereal to fiber cereal or use ¾ scoop of protein powder in oatmeal instead of ½ scoop or increase amount of peanut butter.

**To add more *complex carbs*:** Use entire apricot, add berries or use a higher ratio of high-fiber cereal or add more apple pieces to oatmeal.

**To add more *unsaturated fat*:** Replace nonfat milk with lowfat milk or increase amount of peanut butter.

**Meal 2: [Protein & Carb Shake](#)**

Modifying the nutritional value:

**To add more *protein*:** Increase whey protein to ¾-1 scoop.

**To add more *complex carbs*:** Add additional strawberries, use a whole banana, and/or increase the amount of wheat germ.

To add more **unsaturated fat**: Replace water with lowfat milk or soymilk.

**Meal 3: [Baked Halibut](#)** (or try our delicious [Grilled Halibut](#))

1 cup steamed vegetables (I used broccoli, cauliflower, and asparagus)  
1 cup brown rice

**Modifying the nutritional value:**

**To add more protein:** Add the chopped whites of 1-2 hard-boiled eggs or tofu to the vegetables or add cottage cheese as a side dish.

**To add more complex carbs:** Add more vegetables (e.g., squash or zucchini) or increase the portion of brown rice.

**To add more unsaturated fat:** Marinate the halibut in olive oil prior to baking, or add nuts or avocado slices to the vegetables or rice.

**Vegetarian alternative:** [Vegetarian Chili](#) or click here for other healthy [vegetarian recipes](#).

**Meal 4: ½ [Tuna Pita Sandwich](#)**

½ baked potato  
Small portion of [Spinach & Vegetable Salad](#)

**Modifying the nutritional value:**

**To add more protein:** Add additional tuna, the whites from 2 more eggs, or ½ cup lowfat cottage cheese to the salad or as a side dish.

**To add more complex carbs:** Add ½ cup brown rice to the salad, have the entire baked potato or add more vegetables (e.g., mushrooms, artichoke hearts, etc.).

**To add more unsaturated fat:** Add sunflower seeds or avocado slices to the salad or add lowfat butter on the baked potato.

**Vegetarian alternative:** Use tofu or soy protein (chicken substitute) in place of tuna or try one of our other great [salads](#).

**Meal 5: [Lentil Soup with Celery](#)**

½ of a chicken breast  
½ cup raw or steamed vegetables

**Modifying the nutritional value:**

**To add more protein:** Add the chopped whites of 1-2 hard-boiled eggs to the soup and/or add cottage cheese as a side dish.

**To add more complex carbs:** Add more vegetables (e.g., green pepper) to the soup or have ½ yam or baked potato.

**To add more unsaturated fat:** Use an additional ½-1 tablespoon of mayonnaise or mix in 1 tablespoon of olive oil with tuna or add avocado slices to the sandwich.

**Vegetarian alternative:** Use tofu or other meat substitute in place of tuna or click here for other healthy [vegetarian recipes](#).

**Optional Daily Snack (if needed):**

1 apple or ½ apple with all natural peanut butter  
2 celery sticks with [humus](#)  
Lowfat cottage cheese with ½ apricot (slices)  
\*1 rice cake (whole-grain brown rice) with natural peanut butter or humus

[http://www.global-fitness.com/members/recipes/recipe\\_193.html](http://www.global-fitness.com/members/recipes/recipe_193.html)

Soy protein cereal (e.g., *Soy O's* from *Hidden Valley*) mixed with high-fiber cereal (e.g., *100% Bran* by *Post*) with sliced strawberries and non/lowfat milk (e.g., *Harmony Farms Light Soymilk*)

Raw carrots, broccoli and/or cauliflower

[High Protein Oatmeal](#) or [Peanut Butter Protein Oatmeal](#)

\* I had 1 rice cake (whole-grain brown rice) with 1 tbsp. all natural peanut butter only about 20 minutes after my Protein & Carb Shake (Meal 2). An hour later I was still hungry so I had the remaining half of my Peanut Butter & Apple Protein Oatmeal leftover from Meal 1.

## Thursday

*"The people who succeed in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."* – **George Bernard Shaw**

### Meal 1: [Peanut Butter Protein Oatmeal](#)

#### Modifying the nutritional value:

**To add more *protein*:** Increase protein powder to  $\frac{3}{4}$  scoop or try [High Protein Oatmeal – Chocolate Peanut Butter Bar](#).

**To add more *complex carbs*:** Add wheat germ or an additional  $\frac{1}{2}$  package of oatmeal.

**To add more *unsaturated fat*:** Add  $\frac{1}{2}$  tbsp. additional peanut butter or replace water with lowfat milk or soy milk in oatmeal recipe.

### Meal 2: [Fish Tacos](#)

$\frac{3}{4}$  cup black beans

#### Modifying the nutritional value:

**To add more *protein*:** Add chopped whites of 1-2 hard-boiled eggs to the fish tacos or black beans.

**To add more *complex carbs*:** Add more vegetables (e.g., squash and/or zucchini) or add  $\frac{1}{2}$  cup brown rice.

**To add more *unsaturated fat*:** Marinate the halibut in olive oil prior to baking or add lowfat cheese to the fish tacos.

***Vegetarian alternative:*** Substitute fish for tofu or beans and brown rice or click here for other healthy [vegetarian recipes](#).

### Meal 3: Turkey Breast (click here for excellent [turkey recipes](#) or for added variety)

$\frac{3}{4}$  cup of steamed vegetables (I used broccoli and cauliflower)

$\frac{1}{2}$  of a baked yam

#### Modifying the nutritional value:

**To add more *protein*:** Add 1-2 chopped egg whites or tofu to vegetables or  $\frac{1}{2}$  cup lowfat cottage cheese as a side dish.

**To add more *complex carbs*:** Have entire baked yam or a full cup of vegetables.  
**To add more *unsaturated fat*:** Add avocado slices or olive oil to vegetables.

**Vegetarian alternative:** [Lentil Loaf](#) or click here for other healthy [vegetarian recipes](#).

#### Meal 4: [Protein Shake](#)

##### Modifying the nutritional value:

**To add more *protein*:** Increase whey protein to  $\frac{3}{4}$ -1 scoop.

**To add more *complex carbs*:** Add  $\frac{1}{2}$  tablespoon of wheat germ or have some raw vegetables as a separate snack.

**To add more *unsaturated fat*:** Replace water with lowfat milk or soy milk in shake recipe.

#### Meal 5: [Spinach & Vegetable Salad](#) (for other excellent salad recipes, click here)

$\frac{1}{2}$  serving of baked ostrich (very good grilled too)

##### Modifying the nutritional value:

**To add more *protein*:** Add 1-2 additional chopped egg whites or tofu to the salad or  $\frac{1}{2}$  cup lowfat cottage cheese as a side dish.

**To add more *complex carbs*:** Add more vegetables to salad (e.g., mushrooms, artichoke hearts, etc.)

**To add more *unsaturated fat*:** Add sunflower seeds or avocado slices to the salad or mix olive oil in with the vinaigrette.

**Vegetarian alternative:** Use tofu or other meat substitute in place of ostrich or click here for other healthy [vegetarian recipes](#).

##### Optional Daily Snack (if needed):

1 apple or  $\frac{1}{2}$  apple with 1 tbsp. all natural peanut butter

2 celery sticks with [humus](#)

Lowfat cottage cheese with  $\frac{1}{2}$  apricot (slices)

\*1 rice cake (whole grain brown rice) with natural peanut butter or humus

[http://www.global-fitness.com/members/recipes/recipe\\_193.html](http://www.global-fitness.com/members/recipes/recipe_193.html)

Soy protein cereal (e.g., Soy O's from *Hidden Valley*) mixed with high-fiber cereal (e.g., *100% Bran* by Post) with sliced strawberries and non/lowfat milk (e.g., *Harmony Farms Light Soymilk*)

Raw carrots, broccoli and/or cauliflower

High Protein Oatmeal or Peanut Butter Protein Oatmeal

\* I had a rice cake and humus as my snack, only about 40 minutes prior to my Protein Shake (Meal 4).

## Friday

*"We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons." – Jim Rohn*

#### Meal 1: [Veggie Egg White Omelet](#)

$\frac{1}{2}$  cup grilled potatoes

### Modifying the nutritional value:

**To add more *protein*:** Add 1-2 additional egg whites.

**To add more *complex carbs*:** Increase vegetables (e.g., broccoli and/or zucchini) and/or grilled potatoes.

**To add more *unsaturated fat*:** Add olive oil to pan prior to making omelet and/or potatoes; add lowfat grated cheese or avocado slices.

**Vegan alternative:** [Mexican Tofu Scramble](#) or click here for other healthy [vegetarian recipes](#).

### Meal 2: [Protein Shake](#)

1 rice cake, plain (whole grain brown rice)

### Modifying the nutritional value:

**To add more *protein*:** Increase whey protein to  $\frac{3}{4}$ -1 scoop or add peanut butter to rice cake.

**To add more *complex carbs*:** Add  $\frac{1}{2}$  tablespoon wheat germ and/or have one more rice cake.

**To add more *unsaturated fat*:** Replace water with lowfat milk or soy milk in shake recipe or add peanut butter to rice cake.

### Meal 3: $\frac{1}{2}$ Chicken Breast (click here for excellent [chicken recipes](#) for added variety)

$\frac{1}{2}$  baked potato with steamed broccoli, topped with  $\frac{1}{3}$  cup cottage cheese

### Modifying the nutritional value:

**To add more *protein*:** Increase the portion of chicken or lowfat cottage cheese.

**To add more *complex carbs*:** Add another vegetable or two (e.g., zucchini) to the potato.

**To add more *unsaturated fat*:** Add lowfat butter to the potato.

**Vegetarian alternative:** [Vegetable-Lentil Pilaf](#) or click here for other healthy [vegetarian recipes](#).

### Meal 4: [Tuna Pita Sandwich](#)

$\frac{1}{2}$  cup asparagus

### Modifying the nutritional value:

**To add more *protein*:** Add chopped whites of 1-2 hard-boiled eggs to the tuna.

**To add more *complex carbs*:** Add more vegetables (e.g., cucumber and/or mushrooms) to the sandwich or increase the portion of asparagus (or add green beans).

**To add more *unsaturated fat*:** Use an additional  $\frac{1}{2}$ -1 tablespoon of mayonnaise or mix in 1 tablespoon of olive oil with tuna or add avocado slices to the sandwich.

**Vegetarian alternative:** [Sweet Potato Soup](#) or click here for other healthy [vegetarian recipes](#).

### Meal 5: [Ostrich Fajitas](#) (instead of ostrich you can use chicken, turkey, fish, and other lean meats or soy products)

Small portion of Spinach & Vegetable Salad

### Modifying the nutritional value:

**To add more *protein*:** Add chopped whites of 1-2 hard-boiled eggs to the fajita or salad.

**To add more *complex carbs*:** Add more vegetable (e.g., zucchini, broccoli) to the salad and/or fajita.

**To add more *unsaturated fat*:** Cook fajita in additional olive oil and/or add avocados or

guacamole.

**Vegetarian alternative:** [Black Bean Soup](#) or click here for other healthy [vegetarian recipes](#).

### Optional Daily Snack (if needed):

\*1 apple or ½ apple with 1 tbsp. all natural peanut butter

2 celery sticks with humus [http://www.global-fitness.com/members/recipes/recipe\\_193.html](http://www.global-fitness.com/members/recipes/recipe_193.html)

Lowfat cottage cheese with ½ apricot (slices)

1 rice cake (whole grain brown rice) with natural peanut butter or [hummus](#)

Soy protein cereal (e.g., Soy O's from *Hidden Valley*) mixed with high-fiber cereal (e.g., *100% Bran* by Post) with sliced strawberries and non/lowfat milk (e.g., *Harmony Farms Light Soymilk*)

Raw carrots, broccoli, and/or cauliflower

High Protein Oatmeal or Peanut Butter Protein Oatmeal

\* I had ½ apple with 1 tbsp. all natural peanut butter

## Saturday

*"Failure is not falling down; failure is staying there once you've hit the ground."* –

Author unknown

**Meal 1: Soy protein cereal (I used Soy O's made by *Hidden Valley*) mixed with high-fiber cereal (I used *100% Bran* by Post), ½ of sliced apple, and non/lowfat milk (I used *Harmony Farms Light Soymilk*)**

½ of a bowl of [Peanut Butter & Apple Protein Oatmeal](#)

### Modifying the nutritional value:

**To add more *protein*:** Add a higher ratio of protein cereal to fiber cereal or use ¾ scoop of protein powder in oatmeal instead of ½ scoop or increase amount of peanut butter in oatmeal recipe

**To add more *complex carbs*:** Use entire apple, add berries or use a higher ratio of high-fiber cereal or add more apple pieces to oatmeal.

**To add more *unsaturated fat*:** Replace nonfat milk with lowfat milk or increase amount of peanut butter.

### Meal 2: [Protein & Carb Shake](#)

### Modifying the nutritional value:

**To add more *protein*:** Increase whey protein to ¾-1 scoop.

**To add more *complex carbs*:** Add additional strawberries, use a whole banana, and/or increase the amount of wheat germ.

**To add more *unsaturated fat*:** Replace water with lowfat milk or soy milk in shake recipe.

**Meal 3:** ½ of [Baked Halibut](#) (or our delicious [Grilled Halibut](#))

¾ cup steamed vegetables (I used broccoli, cauliflower, and asparagus)

½ baked yam

¾ cup brown rice

## Modifying the nutritional value:

**To add more *protein*:** Add chopped whites of 1-2 hard-boiled eggs to the vegetables or add cottage cheese as a side dish.

**To add more *complex carbs*:** Add more vegetables (e.g., squash and/or zucchini) or increase the rice portion to one cup or have entire baked yam.

**To add more *unsaturated fat*:** Marinate the halibut in olive oil prior to baking, or add nuts or avocado slices to the vegetables or rice.

**Vegetarian alternative:** [Sweet & Sour Bean Salad](#) or click here for other healthy [vegetarian recipes](#).

## Meal 4: [Spinach & Vegetable Salad](#) (for other salad recipes, [click here](#))

Turkey breast

1 baked potato

### Modifying the nutritional value:

**To add more *protein*:** Add 1-2 additional chopped egg whites or tofu to the salad and/or increase the portion of turkey breast.

**To add more *complex carbs*:** Add more vegetables (e.g., mushrooms, artichoke hearts, etc.) to the salad or ½ cup black beans.

**To add more *unsaturated fat*:** Add sunflower seeds or avocado slices to the salad or mix olive oil in with the vinaigrette or add lowfat butter to the potato.

**Vegetarian alternative:** [Baked Tofu](#) or click here for other healthy [vegetarian recipes](#).

## Meal 5: [Lentil Soup with Celery](#)

½ cup cottage cheese

Small portion of [Chicken & Spinach Salad](#)

### Modifying the nutritional value:

**To add more *protein*:** Add chopped whites of 1-2 hard-boiled eggs to the soup or add cottage cheese to the soup or as a side dish.

**To add more *complex carbs*:** Add more vegetables (e.g., green pepper) to the soup or have ½ baked yam or potato.

**To add more *unsaturated fat*:** Add sunflower seeds or avocado slices to the salad or mix olive oil in with the vinaigrette.

**Vegetarian alternative:** Spinach & Vegetable Salad or [click here](#) for other healthy vegetarian recipes.

### Optional Daily Snack (if needed):

1 apple or ½ apple with 1 tbsp. all natural peanut butter

2 celery sticks with [humus](#)

Lowfat cottage cheese with ½ apricot (slices)

1 rice cake (whole grain brown rice) with natural peanut butter or [humus](#)

Soy protein cereal (e.g., Soy O's from *Hidden Valley*) mixed with high-fiber cereal (e.g., *100% Bran* by Post) with sliced strawberries and non/lowfat milk (e.g., *Harmony Farms Light Soymilk*)

Raw carrots, broccoli, and/or cauliflower

High Protein Oatmeal or \*Peanut Butter Protein Oatmeal

\* I had Peanut Butter & Apple Protein Oatmeal as my snack about 60 minutes after my Protein & Carb Shake.

# Sunday

*"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."* -**Vincent T. Lombardi**

## Meal 1: [Peanut Butter Protein Oatmeal](#)

### Modifying the nutritional value:

**To add more *protein*:** Increase protein powder to  $\frac{3}{4}$  scoop or add  $\frac{1}{2}$  tablespoon more peanut butter.

**To add more *complex carbs*:** Add  $\frac{1}{2}$ -1 whole banana or 3-4 sliced strawberries or another  $\frac{1}{2}$  of a package of oatmeal.

**To add more *unsaturated fat*:** Add  $\frac{1}{2}$  tablespoon more peanut butter or replace water with lowfat milk or soy milk in oatmeal recipe.

## Meal 2: [Fish Tacos](#)

$\frac{1}{2}$  cup black beans

### Modifying the nutritional value:

**To add more *protein*:** Add chopped whites of 1-2 hard-boiled eggs to fish tacos or black beans.

**To add more *complex carbs*:** Add more vegetables (e.g., squash and/or zucchini) or add  $\frac{1}{2}$  cup brown rice.

**To add more *unsaturated fat*:** Marinate the halibut in olive oil prior to baking or add lowfat cheese to fish tacos.

**Vegetarian alternative:** Substitute fish for tofu or beans and brown rice or click here for other healthy [vegetarian recipes](#).

## Meal 3: $\frac{1}{2}$ [Tuna Pita Sandwich](#)

$\frac{3}{4}$  cup steamed vegetables (I used asparagus)

### Modifying the nutritional value:

**To add more *protein*:** Add chopped whites of 1-2 hard-boiled eggs to the tuna.

**To add more *complex carbs*:** Add more vegetables (e.g., cucumber and/or mushrooms) to the sandwich or have  $\frac{1}{2}$  of a baked yam or potato.

**To add more *unsaturated fat*:** Use an additional  $\frac{1}{2}$ -1 tablespoon of mayonnaise or mix in 1 tablespoon of olive oil with the tuna or add avocado slices to the sandwich.

**Vegetarian alternative:** [Bean Burgers](#) or click here for other healthy [vegetarian recipes](#).

## Meal 4: [Protein Shake](#)

Cauliflower dipped in raspberry vinaigrette

### Modifying the nutritional value:

**To add more *protein*:** Increase whey protein to  $\frac{3}{4}$ -1scoop.

**To add more *complex carbs*:** Add  $\frac{1}{2}$  tablespoon of wheat germ to shake or include broccoli or carrots with your cauliflower.

**To add more *unsaturated fat*:** Replace water with lowfat milk or soy milk in shake recipe.

**Meal 5: [Spinach & Vegetable Salad](#)** (for other salad recipes, [click here](#))

½ of baked ostrich (very good grilled too)

**Modifying the nutritional value:**

**To add more *protein*:** Add 1-2 additional chopped egg whites or tofu to the salad or ½ cup lowfat cottage cheese as a side dish.

**To add more *complex carbs*:** Add more vegetables (.e.g., mushrooms, artichoke hearts, etc.) to your salad.

**To add more *unsaturated fat*:** Add sunflower seeds or avocado slices to the salad or mix olive oil in with the vinaigrette.

***Vegetarian alternative*:** Use tofu or soy protein (chicken substitute) in place of the ostrich or try one of our other great [vegetarian dishes](#) by clicking here.

**Optional Daily Snack (*if needed*):**

1 apple or ½ apple with 1 tbsp. all natural peanut butter

2 celery sticks with [humus](#)

\*Lowfat cottage cheese with ½ apricot (slices)

1 rice cake (whole grain brown rice) with natural peanut butter or [humus](#)

Soy protein cereal (e.g., *Soy O's* from *Hidden Valley*) mixed with high-fiber cereal (e.g., *100% Bran* by *Post*) with sliced strawberries and non/lowfat milk (e.g., *Harmony Farms Light Soymilk*)

Raw carrots, broccoli, and/or cauliflower

High Protein Oatmeal or Peanut Butter Protein Oatmeal

\* I had lowfat cottage cheese with ½ apricot (slices)

## Summing It Up

So there you have it! Above is exactly what I ate the first week of my "transformation." I'm currently working on typing up Weeks 2-6 to include here; but quite honestly, they're very similar to the above meal plans. For example, in Week 2 Meal 2 on Monday, I had Chicken Shish-Kebabs instead of ostrich and a ½ of a baked potato instead of a baked yam. I still had a lean, complete protein (chicken) with a starchy carb (potato) as my second meal just as we teach in [Customizing The FITNESS BOOT CAMPS CANADA EATING PLAN Customized Eating Plan](#), but I added a little variety so as to not have the same thing every week – and as part of my ongoing efforts to find the foods that work best for me.

Today, even after my 6-week "test" of ***The FBCC Customized Eating Plan***, I continue to follow the guidelines by which the meals above were put together. For your convenience, I've reviewed them here:

**Sun-Tues, Thurs-Fri (*Low Carb Day*):**

**Meal 1:**

Starchy carb (e.g., oatmeal, potatoes, brown rice)

Lean, complete protein (e.g., lean meats and lowfat dairy)

**Meal 2:**

Starchy carb (e.g., oatmeal, potatoes, brown rice)

Lean, complete protein (e.g., lean meats and lowfat dairy)

**Meal 3:**

Starchy carb (e.g., oatmeal, potatoes, brown rice)

Fibrous carb (green vegetables)

Lean, complete protein (e.g., lean meats and lowfat dairy)

**Meal 4:**

Fibrous carb (green vegetables)  
Lean, complete protein (e.g., lean meats and lowfat dairy)

**Meal 5:**

Fibrous carb (green vegetables)  
Lean, complete protein (e.g., lean meats and lowfat dairy)

**Wed & Sat (High Carb Day):**

**Meal 1:**

Simple carb (e.g., fruit)  
Starchy carb (e.g., oatmeal, potatoes, brown rice)  
Lean, complete protein (e.g., lean meats and lowfat dairy)

**Meal 2:**

Simple carb (e.g., fruit)  
Starchy carb (e.g., oatmeal, potatoes, brown rice)  
Lean, complete protein (e.g., lean meats and lowfat dairy)

**Meal 3:**

Starchy carb (e.g., oatmeal, potatoes, brown rice)  
Fibrous carb (green vegetables)  
Lean, complete protein (e.g., lean meats and lowfat dairy)

**Meal 4:**

Starchy carb (e.g., oatmeal, potatoes, brown rice)  
Fibrous carb (green vegetables)  
Lean, complete protein (e.g., lean meats and lowfat dairy)

**Meal 5:**

Starchy carb (e.g., oatmeal, potatoes, brown rice)  
Fibrous carb (green vegetables)  
Lean, complete protein (e.g., lean meats and lowfat dairy)

You may notice minor deviations from these guidelines in the meal plans I used, but for the most part they follow this pretty closely. You'll learn more about the two different "low carb" and "high carb" days in [Fitness Boot Camps Canada Eating Plan Online Book](#) and [Customizing The FITNESS BOOT CAMPS CANADA EATING PLAN Customized Eating Plan](#) as well as many other effective fat-loss strategies that are the foundation of these meal plans and which are critical to your success.

To make these meals as easy to implement as possible, I've developed a [Fitness Boot Camps Canada Eating Plan Shopping List](#) of all the foods you'll need for these meals. This way you'll be prepared to have everything you need to develop healthy meals that follow the guidelines. Again, I can't encourage you enough to modify the shopping list to your likes and dislikes. There's absolutely no reason to purchase yams if you don't like them. Instead simply buy a few more potatoes or other starchy carbs, such as brown rice, beans, or lentils.

If you study the above guidelines and the meals I ate closely, you'll see that I didn't always restrict my simple carbs to Meals 1 and 2 (e.g., Protein Shake includes strawberries) and didn't always consume fewer calories at my last 1-2 meals, yet I still achieved really great results. You will too if you consistently follow the above guidelines. Do your best, learn from your mistakes, and stay on

track, and you'll do great on this plan. It's all about consistent effort! Today I continue to follow these guidelines in implementing the **FBCC Customized Eating Plan** strategies for the long term. I have continued to stay as lean as I was in the after photos you've seen on the site...and I enjoy every meal.

## Healthy Recipes

**F**ollowing are the recipes for **The FBCC Customized Eating Plan** meals I used during my 6-week transformation. I think you'll find that these recipes are easy to follow and delicious in addition to being effective for fat loss and muscle gain. Information for each recipe includes the number of servings, ingredients, and easy directions as well as the nutritional make-up of each meal (i.e., calories, fat, protein). Most of the recipes are conveniently based on either one or two servings. Easy-to-prepare recipes, like oatmeal and shake recipes, are for one serving; those requiring a bit more preparation are for two. A couple, however, serve four; because these keep longer, they work well as side dishes or snacks, such as Lentil Soup with Celery and Humus.

All of the recipes below are presented in the order that they appear in [The FITNESS BOOT CAMPS CANADA EATING PLAN Customized Eating Plan Meal Plan](#) so that you can simply print this section and use it as your **FBCC Customized Eating Plan** cookbook. Note: If you're choosing vegetarian alternatives, please [click here](#).

Remember: In order to be successful in changing your eating habits, you must look forward to and enjoy each meal you eat. This doesn't mean that you have to learn to like **Ostrich Fajitas**. It does mean that you should choose your favorite foods from the lists of Simple Carbs, Starchy Carbs, Fibrous Carbs, and Lean Complete Proteins found in [Customizing Fitness Boot Camps Canada Eating Plan](#). So, if you enjoy chicken, then Chicken Fajitas (simply substituting chicken for the ostrich in the recipe below) may work best for you. If you'd like ideas for modifying the following recipes to your likes and dislikes, feel free to [email me](#) anytime. I'm confident that we can make these meals as enjoyable for you as they are nutritious!

### High Protein Oatmeal

**Makes:** one serving

**Ingredients:**

1 ounce package plain oatmeal (I use [Quaker Instant Oatmeal](#) – Regular Flavor)  
½ scoop whey protein powder (I use [Optimum Nutrition 100% Whey Protein Powder](#) – Vanilla)  
1 cup water

**Directions:**

Empty oatmeal packet into a microwave-safe bowl.  
Add protein powder.  
Add 1 cup of water.  
Stir ingredients until well mixed.  
Microwave on High for approximately 60-90 seconds.  
Be careful when removing oatmeal from microwave, as it may be hot.  
Stir thoroughly and let cool for at least one minute.

**Nutritional Information:**

Serving size: Entire bowl of oatmeal with protein powder

Calories: 155  
Fat: 1 g  
Cholesterol: 0 mg  
Protein: 15 g  
Carbohydrates: 21 g  
Fiber: 3 g  
Sodium: 120 mg

## High Protein Oatmeal – Chocolate Peanut Butter Bar

**Makes:** one serving

**Ingredients:**

1 ounce package plain oatmeal (I use [Quaker Instant Oatmeal -Regular Flavor](#))  
scoop whey protein powder (I use [Optimum Nutrition 100% Whey Protein Powder – Vanilla](#))  
1 cup of water  
1/3 of a 2.75-oz. High-protein bar cut into small pieces (I use [Worldwide Sports Nutrition's Pure Protein Bar](#) or the [SlimSense OptiBar](#))

**Directions:**

Empty oatmeal packet into a microwave-safe bowl.  
Add protein powder.  
Add 1-cup water.  
Stir ingredients until well mixed.  
Microwave on High for approximately 60-90 seconds.  
Be careful when removing oatmeal from microwave, as it may be hot.  
Stir thoroughly until oatmeal, protein powder, and water are mixed well.  
Stir in protein bar pieces and let cool for at least one minute.

**Nutritional Information:**

Serving size: Entire bowl of oatmeal with protein powder and bar pieces  
Calories: 240  
Fat: 4 g  
Cholesterol: 0 mg  
Protein: 26 g  
Carbohydrates: 24 g  
Fiber: 3 g  
Sodium: 145 mg

## Spinach & Vegetable Salad

**Makes:** 2 servings

**Ingredients:**

1 cup raw spinach, washed  
½ large tomato, chopped  
¾ large green pepper, chopped  
¾ cup chopped broccoli  
¾ cup chopped cauliflower  
1/3 large cucumber, sliced  
6 large eggs, hardboiled

2 tablespoons low/nonfat raspberry vinaigrette

**Directions:**

Add all vegetables to a large salad bowl and mix thoroughly.  
Dispose of egg yolks and shells. Chop whites into small pieces and mix in with vegetables.  
Add vinaigrette and mix thoroughly.

**Nutritional Information:**

Serving size: ½ of salad  
Calories: 150  
Fat: 1.5 g  
Cholesterol: 150 mg  
Protein: 8 g  
Carbohydrates: 30  
Fiber: 5 g  
Sodium: 320 mg

## Ostrich Shish-Kebabs

**Makes:** 2 shish-kebabs

**Ingredients:**

1 tablespoon sweet and sour sauce (optional)  
1 garlic clove, minced  
6 oz. ostrich steaks (I get mine from [usaostrichproducts.com](http://usaostrichproducts.com))  
2 mushrooms, cut into fourths  
½ green pepper, cut into chunks  
¼ onion, cut into chunks  
1/6 zucchini, sliced  
½ tomato, cut into chunks

**Directions:**

Combine sweet and sour sauce and garlic. Mix well. Add meat to marinade.  
Preheat oven to 350 degrees. Remove meat and discard marinade. Using four 10-inch metal skewers, spear meat, mushrooms, onions, green pepper, zucchini, and tomato. Place on broiler pan.

Broil 2-4 inches from heat, turning 2-4 times. Once meat is cooked through to your liking, allow to cool for a few minutes.

**Nutritional Information:**

Serving size: 1 shish-kebab  
Calories: 175  
Fat: .5 g  
Cholesterol: 40 mg  
Protein: 19 g  
Carbohydrates: 21 g  
Fiber: 4 g  
Sodium: 300 mg

## Baked Halibut

**Makes:** 2 servings

**Ingredients:**

2 halibut fillets  
4 teaspoons garlic, crushed  
1 cup carrots, thinly sliced  
1/6 cup green onions, chopped  
½ lime  
1 tablespoon Mrs. Dash Seasoning

**Directions:**

Cut aluminum foil into four 8-x-12-inch pieces, and place a halibut fillet on the lower half of each piece. Spread 1 teaspoon of garlic over each fillet, and top with carrots, green onions, and Mrs. Dash Seasoning. Squeeze lime juice on each fillet.

Fold the upper half of foil over fish to meet bottom half and seal edges together. Allow space for heat circulation and expansion.

Arrange the fillets on the oven rack, and bake at 350 degrees F for 20-25 minutes.

**Nutritional Information:**

Serving size: 1 fillet  
Calories: 220  
Fat: 2.5 g  
Cholesterol: 80 mg  
Protein: 29 g  
Carbohydrates: 18 g  
Fiber: 3 g  
Sodium: 180 mg

## Protein Shake

**Makes:** one serving

**Ingredients:**

8 ounces cold water  
6 large ice cubes  
1/3 package [Myoplex](#) or [SlimSense SlimShake](#) meal replacement powder (I use *Vanilla* flavor)  
½ scoop whey protein powder (I use [Optimum Nutrition 100% Whey Protein Powder](#) – Vanilla)  
3 large strawberries

**Directions:**

- Combine all ingredients in a blender and blend for approximately one minute or until ice is crushed and mixed in well.

**Nutritional Information:**

Serving size: Entire shake  
Calories: 175  
Fat: 1 g  
Cholesterol: 0 mg  
Protein: 26 g  
Carbohydrates: 11 g  
Fiber: 2 g

Sodium: 120 mg

## Humus

**Makes:** 4 servings **Ingredients:**

4 ounce can garbanzo beans, rinsed (reserve 2 teaspoons liquid)  
3 large eggs, hardboiled  
1 garlic clove, minced  
1 lime, squeezed (use juice only)  
1 teaspoon olive oil  
1 teaspoon Mrs. Dash Seasoning  
1 teaspoon cilantro, minced

**Directions:**

Place all ingredients in a blender.  
Blend until smooth.  
Add garbanzo bean juice to moisten, if necessary.

**Nutritional Information:**

Serving size: 1/3 cup  
Calories: 70  
Fat: 1.5 g  
Cholesterol: 0 mg  
Protein: 7 g  
Carbohydrates: 10 g  
Fiber: 3 g  
Sodium: 3 mg

## Chicken & Spinach Salad

**Makes:** 2 servings

**Ingredients:**

1 ½ baked chicken breast  
1 cup raw spinach, washed  
½ large tomato, chopped  
¾ large green pepper, chopped  
¾ cup chopped broccoli  
¾ cup chopped cauliflower  
1/3 large cucumber, sliced  
4 large eggs, hardboiled  
2 tablespoons fat-free raspberry vinaigrette

**Directions:**

Cut off all visible fat from the chicken breast, cut into bite-size pieces, and bake at 350 degrees for 20-30 minutes. Once baked to liking, allow to cool for 15 minutes.  
Add all vegetables to a large salad bowl.  
Dispose of egg yolks and shells. Chop whites into small pieces and mix in with vegetables.  
Add chicken pieces to salad and mix in.  
Add vinaigrette and mix thoroughly.

**Nutritional Information:**

Serving size: ½ of salad  
Calories: 215  
Fat: 1.5 g  
Cholesterol: 150 mg  
Protein: 20 g  
Carbohydrates: 30 g  
Fiber: 5 g  
Sodium: 320 mg

## Veggie Egg White Omelet

**Makes:** one omelet

**Ingredients:**

5 egg whites with approximately ½ of one yolk or ¾ cup fat-free egg substitute  
¼ cup green pepper, chopped  
1/8 cup onion, chopped  
1 whole mushroom, sliced  
¼ tomato, chopped

**Directions:**

Coat skillet with nonstick cooking spray and preheat over medium heat. Place the egg substitute or egg whites (make sure they are well mixed) in the skillet. Let the eggs cook without stirring for approximately 1½ -2 minutes.

Lift the edges of the omelet with a spatula, and allow the uncooked egg to flow below the cooked portion. Cook for another 1-2 minutes.

Add vegetables on one half of the omelet. Fold the other half over the filling, and cook for 1-3 minutes.

Sprinkle with Mrs. Dash Seasoning.

**Nutritional Information:**

Serving size: one omelet  
Calories: 175  
Fat: 2 g  
Cholesterol: 45 mg  
Protein: 20 g  
Carbohydrates: 22 g  
Fiber: 2.5 g  
Sodium: 400 mg

## Tuna Pita Sandwich

**Makes:** 2 sandwiches **Ingredients:**

1 6-oz. can of tuna, packed in water.  
1 tablespoon lowfat mayonnaise (optional)  
1 tablespoon mustard  
½ tablespoon vinegar  
8 cucumber slices  
½ tomato, sliced  
½ cup spinach, washed  
2 pieces whole-wheat pita bread

**Directions:**

Open tuna and drain water. Place in a large bowl.  
Mix in mayonnaise, mustard, and vinegar.  
Scoop tuna mixture into pita bread.  
Place sliced cucumber, spinach, and tomatoes on top of tuna.

**Nutritional Information:**

Serving size: 1 sandwich  
Calories: 240  
Fat: 6 g  
Cholesterol: 50 mg  
Protein: 23g  
Carbohydrates: 36 g  
Fiber: 4 g  
Sodium: 550 mg

## Peanut Butter & Apple Protein Oatmeal

**Makes:** one serving

**Ingredients:**

1 ounce package plain oatmeal (I use [Quaker Instant Oatmeal](#) – Regular Flavor)  
½ scoop whey protein powder (I use [Optimum Nutrition 100% Whey Protein Powder](#) – Vanilla)  
1 cup water  
1 tablespoon peanut butter (I use *Adams 100% Natural Peanut Butter – Crunchy*)  
1/3 large apple, chopped into small pieces

**Directions:**

Empty oatmeal packet into a microwave-safe bowl.  
Add protein powder.  
Add 1-cup water.  
Stir ingredients until well mixed.  
Microwave on High for approximately 60 – 90 seconds.  
Be careful when removing oatmeal from microwave, as it may be hot.  
Stir thoroughly until oatmeal, protein powder, and water are mixed well.  
Stir in peanut butter and add apple pieces.  
Let cool for at least a minute.

**Nutritional Information:**

Serving size: one portion  
Calories: 290  
Fat: 5 g  
Cholesterol: 0 mg  
Protein: 10 g  
Carbohydrates: 29 g  
Fiber: 4 g  
Sodium: 175 mg

## Protein & Carb Shake

**Makes:** one serving

**Ingredients:**

10 ounces cold water  
8 large ice cubes  
1/3 package [Myoplex](#) or [SlimSense SlimShake](#) meal replacement powder (I use *Vanilla* flavor)

- 1/3 scoop whey protein powder (I use [Optimum Nutrition 100% Whey Protein Powder](#) – *Vanilla*)

4 large strawberries  
1 banana  
1½ tablespoons wheat germ

**Directions:**

- Combine all ingredients in a blender and blend for approximately one minute or until ice is crushed and mixed in well with other ingredients

**Nutritional Information:**

Serving size: Entire shake  
Calories: 250  
Fat: 1 g  
Cholesterol: 0 mg  
Protein: 22 g  
Carbohydrates: 35 g  
Fiber: 4 g  
Sodium: 120 mg

## Lentil Soup with Celery

**Makes:** 4 servings

**Ingredients:**

1 cup lentils, rinsed  
½ onion, diced  
¾ cup celery, chopped  
2 gloves of garlic, minced  
2 tablespoons green onion, chopped  
1 tablespoon cilantro, chopped  
½ teaspoon salt  
3 ½ cups vegetable or chicken broth  
2 teaspoons Mrs. Dash Seasoning  
1 tablespoon vinegar  
2 teaspoon mustard  
1 tablespoon black pepper

**Directions:**

Combine the lentils, onion, celery, garlic, green onion, seasoning, salt and broth in a 2-quart pot. Bring to a boil, lower the heat, and simmer for 40-50 minutes, stir occasionally.

Stir in the mustard, vinegar, and pepper.

Taste and adjust seasonings if necessary.

**Nutritional Information:**

Serving size: 1 cup  
Calories: 110

Fat: 0.5 g  
Cholesterol: 0 mg  
Protein: 6 g  
Carbohydrates: 18 g  
Fiber: 2 g  
Sodium: 500 mg

## Peanut Butter Protein Oatmeal

**Makes:** one serving

**Ingredients:**

1 ounce package plain oatmeal (I use [Quaker Instant Oatmeal – Regular Flavor](#))  
½ scoop whey protein powder (I use [Optimum Nutrition 100% Whey Protein Powder – Vanilla](#))  
1 cup water  
1 tablespoon peanut butter (I use Adams 100% Natural Peanut Butter – Crunchy)

**Directions:**

Empty oatmeal packet into a microwave-safe bowl.  
Add protein powder.  
Add 1-cup water.  
Stir ingredients until well mixed.  
Microwave on High for approximately 60-90 seconds.  
Be careful when removing oatmeal from microwave, as it may be hot.  
Stir thoroughly until oatmeal, protein powder, and water are mixed well.  
Stir in peanut butter and let cool for at least a minute.

**Nutritional Information:**

Serving size: Entire bowl of oatmeal with protein powder and peanut butter  
Calories: 250  
Fat: 10 g  
Cholesterol: 0 mg  
Protein: 19 g  
Carbohydrates: 24 g  
Fiber: 4 g  
Sodium: 175 mg

## Fish Tacos

**Makes:** two servings **Ingredients:**

8 ounces of halibut filets, cut into eight pieces  
2 whole-wheat tortilla  
¼ tomato, sliced  
¼ cup fresh spinach leaves  
½ green pepper  
½ carrot, grated (or 4-6 grated baby carrots)  
1 tablespoon chopped onions  
¾ cup lowfat cottage cheese  
2 tablespoons salsa  
½ lime

**Directions:**

Bake halibut for 20-30 minutes at 350 degrees.  
Place halibut onto tortilla and top with ½ of salsa; squeeze lime on top.  
Add vegetables and top with cottage cheese and remainder of salsa.

### **Nutritional Information:**

Serving size: one fish taco  
Calories: 250  
Fat: 3.5 g  
Cholesterol: 160 mg  
Protein: 23 g  
Carbohydrates: 30 g  
Fiber: 3 g  
Sodium: 120 mg

## **Ostrich Fajitas**

**Makes:** two fajitas

### **Ingredients:**

6 oz. of ostrich steaks (I get mine from [usaostrichproducts.com](http://usaostrichproducts.com))  
½ green pepper, thinly sliced  
¼ onion, thinly sliced  
¼ tomato, chopped  
½ lime  
1/8 cup chicken broth  
½ tablespoon olive oil  
1 garlic clove, minced  
½ tablespoon cilantro, minced  
¼ cup nonfat sour cream  
½ cup salsa  
2 whole-wheat tortillas

### **Directions:**

Cut ostrich steaks into thin strips. In a large bowl, toss together meat, green pepper, tomato, and onion.

In a small bowl, squeeze lime juice with broth, olive oil, and garlic. Pour over ostrich and vegetable mixture to marinate.

Add 2-3 tablespoons of marinade mixture to nonstick pan. Cook meat over medium heat for 5-7 minutes; add 2 tablespoons more of marinade mixture and all vegetables; cook for 5 more minutes or until done.

Wrap in warm tortilla with nonfat sour cream, cilantro and salsa.

### **Nutritional Information:**

Serving size: 1 fajita  
Calories: 245  
Fat: 1 g  
Cholesterol: 60 mg  
Protein: 22 g  
Carbohydrates: 34 g  
Fiber: 3.5 g  
Sodium: 350 mg

# Shopping List

To help make this nutrition plan as easy as possible, we've included here a comprehensive shopping list of the foods needed for [Fitness Boot Camps Canada Eating Plan Meal Plans](#) and [The FITNESS BOOT CAMPS CANADA EATING PLAN Customized Eating Plan Recipes](#), including the *exact* amount for each meal and snack as well as an "optional foods" list to accommodate your likes and dislikes. This way you'll be prepared with everything you need to develop healthy meals that follow the guidelines in [The FITNESS BOOT CAMPS CANADA EATING PLAN Customized Eating Plan Online Book](#).

Although this is a comprehensive list of all the foods I used, I encourage you to modify it to your likes and dislikes. Everything you eat should be a pleasurable experience; otherwise, it's not likely that this nutrition plan will be a long-term success for you. There's absolutely no reason to purchase zucchini, for example, if you don't like it. Instead, purchase a variety of other fibrous vegetables that you enjoy, such as cucumbers, broccoli, or green/yellow/red peppers.

You may also need to modify the quantity of foods suggested below as well. How much you purchase, prepare, and eat will depend on your Recommended Daily Calories (specific to your weight, age, activity level, goals, etc.), and of course, the number of people you're shopping and cooking for. [The FITNESS BOOT CAMPS CANADA EATING PLAN Customized Eating Plan Recipes](#), for the most part, are based on either one serving (e.g., oatmeal and shake recipes) or two servings (e.g., salads). However, a couple are based on four servings: those that keep longer and work well as a side-dish or as snacks throughout the week, such as Lentil Soup with Celery and Humus.

At first glance, you may be concerned with the number of foods included on the list or concerned about how expensive this shopping excursion is going to be. We've designed this list so that many of the foods below will last longer than just the first week of meals. For example, all the Spices, Condiments, and Cooking Extras below should last you several months. You can also expect to have meats left over as well as brown rice, cereals, and oatmeal. Your first shopping trip for **FBCC Customized Eating Plan** foods will certainly be more expensive than subsequent shopping outings for this reason, but it will be easier and less expensive from there on.

NOTE: This list does not include the foods for the vegetarian alternative recipes found in [The FITNESS BOOT CAMPS CANADA EATING PLAN Customized Eating Plan Meal Plan](#). We'll include a "vegetarian shopping list" soon. Until then, please consult the recipes themselves and add those ingredients to your list as needed.

It's very important to be prepared. Because I ate salads, for example, so frequently and they kept well for a couple of days, it really helped to have these healthy recipes already prepared and stored in containers for convenient meals later on. By having two or more servings of these healthy meals ready to eat, it becomes much, much easier to stay focussed on reaching your goals.

Like anything else, it will take a bit longer than normal the first time you use this shopping list at the grocery store. Throughout the week, take good notes on the foods you've liked and disliked to help prepare you for the next time you go shopping. Soon, you'll have this shopping list down to a science and it will be a "perfect" shopping guide for you and your desired weekly meals.

## Meats

Boneless, skinless chicken breast – 1 lb.  
Halibut (or other white fish, e.g., cod, shark, etc.) – 1 to 1½ lbs.  
Boneless, skinless turkey breast – 12 oz. to 1 lb.  
Ostrich – three to four 6-oz. steaks (I purchase from [usaostrichproducts.com](http://usaostrichproducts.com))  
Tuna (packed in water) – two 6-oz. cans

## Dairy

Eggs – 2 dozen  
Cottage cheese, low-fat – One 2-lb. container  
Soy milk, low-fat and low-sugar (I used *Harmony Farms Light Soymilk*) or skim milk – 32 oz.

## Fruits

Strawberries – 15 to 25  
Bananas – 4 to 5  
Apples – 2 to 5  
Limes – 2 to 3  
Apricots – 2

## Vegetables

Green peppers – 3 to 4  
Tomatoes – 3 to 4  
Fresh spinach – 1 large bag, pre-washed  
Broccoli – 1 to 2 heads  
Cauliflower – 1 to 2 heads  
Cucumbers – 1  
Zucchini – 1  
Carrots – 2 large (or 1 lb. baby carrots)  
Garlic – 2 to 3 cloves  
Cilantro – 2 to 4 ounces  
Mushrooms – 4 to 5  
Onion – 1 to 2  
Green beans – 1 to 2 cans (or 6 to 12 oz. fresh)  
Yams – 3 to 5  
Potatoes (i.e. russet) – 3 to 5  
Celery – 1 bunch  
Green onions – 2 to 4 ounces  
Asparagus – 8 to 12 oz.

## Grains/Cereals/Legumes

Oatmeal (I used *Quaker Instant – Regular Flavor*) – 1 box  
Wheat germ – 2 to 4 oz.  
Whole wheat pita bread – 4 to 6 pieces  
Whole wheat low-fat tortillas – 6 to 12  
Brown rice – One 32-oz. bag  
Soy protein cereal – 1 box (I use *Soy O's* made by *Hidden Valley*)  
High-fiber cereal – 1 box (I used *100% Bran* made by *Post*)  
Lentils – 8 to 12 oz.  
Garbanzo beans – One 8-oz. can  
Black beans – One to two 8-oz. cans

Rice cakes (whole grain brown rice) – One 7-oz. package

## Spices, Condiments, and Cooking Extras

No-stick, nonfat cooking spray  
Raspberry vinaigrette, non- or low-fat – 1 bottle  
Mustard – 1 bottle  
Vinegar – 1 bottle  
Salsa – 1 bottle  
Chicken or vegetable broth – Four 8-oz. cans  
Olive oil – 1 bottle  
Mrs. Dash Seasoning (no sodium)  
All-natural peanut butter (I use *Adams 100% Natural Peanut Butter – Crunchy*)

## Nutritional Supplements/Snacks

– 5 lbs.  
Whey protein powder (I use [Optimum Nutrition 100% Whey Protein Powder](#) – *Vanilla*)  
High-protein, low-sugar nutrition bars (I use *Worldwide Sports Nutrition's* [Pure Protein Bar](#) or the *SlimSense* [OptiBar](#)) – 1 box  
High-protein, low-sugar nutrition shakes ( I use [Myoplex](#) or *SlimSense* [SlimShake](#))  
[Twinlab's Daily One](#) multi-vitamins

## Optional Foods

Egg substitute, non- or low-fat – 12 oz. (in lieu of eggs for [VeggieEgg White Omelet](#))  
Sweet and sour sauce – 1 bottle (for [Ostrich Shish-Kebabs](#))  
Sour cream, non- or low-fat – 12 oz. (for [Ostrich Fajitas](#))  
Frozen vegetables – One 1 lb. bag (broccoli, cauliflower, carrots, etc.)  
Mayonnaise, low-fat – 8 oz. (for tuna, if preferred)  
Artichoke hearts – 2 to 3 (in lieu of other vegetables, if you prefer)  
Sunflower seeds – 6 to 10 oz. (to add unsaturated fat)  
Avocado – 1 to 2 (to add unsaturated fat)  
Tofu, firm – 10 to 16 oz. (in lieu of meat)  
Soy protein (chicken substitute) – 8 to 10 oz. (in lieu of meat)  
Cheese, low-fat – 8 to 12 oz. (for fish tacos and salads, if preferred)  
Butter (low-fat yogurt butter)- one 6-oz. container. (for baked potato, if preferred)  
Squash – 1 to 2 (in lieu of other vegetables, if you prefer)

## 100 Additional Meal Samples

**W**e've posted more meal plans here. These additional ideas for following the *FBCC Customized Eating Plan* will help you modify and customize this nutrition plan specifically for you - your budget, your personal preferences, your work schedule. And they will offer you excellent new ideas for enhancing the variety necessary for this plan to be enjoyable and life-long.

All of these additional meal plan samples are now available as templates for **Protrack**, our fitness tracking software! We've made it very easy and convenient to track your meals when following this incredibly effective nutrition program. To download these so that you can import them into **Protrack**, please [click here](#). (Be sure that you've already downloaded Protrack before you try to download and import these meal plans)

Each meal contains 300-500 calories, well within the target calorie range for 95% of you. In the first half of the meal plans below, we've included the calories and nutrient ratios for each of the foods plus the totals for the full meal so you'll know the nutrient value of each food. Note that the protein, carbohydrate, and fat ratios here all fall within the **FBCC Customized Eating Plan** guidelines.

Many of you may be tempted to eat exactly what I ate to achieve my results during my own 6-week transformation. However, as I mention several times in other sections of the **FBCC Customized Eating Plan** program, everyone is different. These menus should be modified specifically for you, so that the portions (caloric intake) and nutrient ratios are right for your size, activity level, and goals. That is, your body may respond much better to more carbs or more protein than mine, so you need to pay close attention to how you feel and the results you're achieving so that you know when and how to adjust the meals and your overall food plan.

For example, in the first meal below, you'll see that the calorie total is 460, which for many of you is too much. That is, if your Daily Recommended Calories equal 1800, then each of your meals should contain 325-375 calories. So you might decrease the suggested portions: Instead of 1 cup of oatmeal and 5 egg whites, you would eat  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of oatmeal and 3-4 egg whites, for example.

Similarly, you should modify the nutrient ratio suggested based on how you feel and the results you're achieving. For example, if you're feeling really tired and worn out, your body likely requires more carbs. Again in the first meal below, you'd want to increase the quantity of oatmeal or add grilled potatoes and decrease the number of egg whites to shift the ration of carbs to protein. On the other hand, if you're full of energy but not losing fat as quickly as you think you should, you might decrease the carbs (oatmeal) and increase the protein by eating more egg whites or adding cottage cheese as a side dish.

Many Eating plans tell you what to eat, how much to eat, and when to eat it. This does not teach you how to attend to your own cravings, desires, or hunger, nor does it encourage you to experiment and discover what works best for you. Everyone has different strengths, weaknesses, preferences, and eating patterns. I encourage you to use the meals below as a guideline and learning tool AND to modify them to fit your Daily Recommended Calories as well as the ratio of carbs, protein, and fat that work most successfully for you. Don't forget to [email me](#) if you need any help at all!

## Low Carb Days Meals 1-2

These **Meals 1 and 2** are made up of **Starchy Carbs** and **Lean, Complete Proteins**:

### (1) Scrambled egg whites & oatmeal

Oatmeal, 1 cup, 300 cal, 15 g pro, 48 g carb, 6 g fat

Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat

Whole egg, 1 large, 75 cal, 6.3 g. pro, .6 g carb, 5.0 g fat

#### **This meal contains:**

Calories 460

Protein 38.8 g (33.7%)

Carbohydrate 50.1 g (43.5%)

Fat 11.0 g (21.5%)

### (2) High protein oatmeal

Oatmeal, 1 cup, 300 cal, 15 g pro, 48 g carb, 6 g fat Whey protein powder, 2 scoops, 180 calories, 35 g pro, 2 g carb, 3 g fat

**This meal contains:** Calories 480 calories  
Protein 50 g (41.6%) Carbohydrate 50 g  
(41.6%) Fat 9 g (16.8%)

### **(3) Scrambled eggs & grits**

Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat Whole egg, 1 large, 75 cal, 6.3 g pro, .6 g carb, 5.0 g fat Grits, 2 oz, 200 cal, 4 g pro, 22 g carb, 0 g fat

**This meal contains:** Calories 360 calories  
Protein 27.8 g (30.8%) Carbohydrate 46.1g  
(51.2%) Fat 5 g (12.5%)

### **(4) Cream of rice cooked cereal & nonfat cheese omelet**

Cream of rice, 1/3 cup (measure dry), 225 cal, 3.9 g pro, 50.1 carb, 0 g fat Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat Whole egg, 1 large, 75 cal, 6.3 g. pro, .6 g carb, 5.0 g fat Cheese, American slices, 2, 80 cal, 12 g pro, 6 carb, 0 g fat

**This meal contains:**  
Calories 465 calories Protein 39.7 g (34.1%)  
Carbohydrate 58.1 g (49.9%) Fat 5 g (9.6%)

### **(5) Cream of wheat cooked cereal & veggie egg white omelet**

Cream of wheat, 2.0 oz, 200 cal, 6.0 g pro, 42 g carb, .8 g fat Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat Whole egg, 1 large, 75 cal, 6.3 g. pro, .6 g carb, 5.0 g fat Onion, green pepper, mushrooms, tomato, 85 cal, 6.2 g pro, 13 g carb, 1.8 g fat

**This meal contains:** Calories 440 calories Protein  
36.0 g (32.7%) Carbohydrate 57.6 g (52.3%) Fat 7.6 g  
(15.5%)

### **(6) Granola & "protein-fortified" yogurt**

Granola, ½ cup, 290 cal, 9 g pro, 41 g carb, 11 g fat Non fat yogurt, 8 oz, 100 cal, 8 g pro, 17 g carb, 0 g fat 1 scoop whey protein, 90 cal, 17.5 g pro, 2 g carb, 1.5 g fat

**This meal contains:** Calories 480 calories Protein  
34.5g (28.7%) Carbohydrate 60.0 g (50.0%) Fat 12.5g  
(23.4%)

### **(7) Turkey bagel sandwich**

Multi grain bagel, 1 bagel, 150 cal, 6 g pro, 33 g carb, 1 g fat Turkey breast. 4 oz, 178 cal, 33.9 g pro, 0 g carb, 3.7 g fat Nonfat cheese, 2 slices, 80 cal, 12 g pro, 6 g carb, 0 g fat Lettuce, ½ cup, 5 cal, .5 g pro, 1.5 g carb, 0 g fat Tomato, 2 slices, 12 cal, .5 g pro, 2.5 g carb, 0 g fat

**This meal contains:** Calories 425 calories Protein 52.9 g (49.7%) Carbohydrate 43 g (40.4%) Fat 4.7 g (9.9%)

**(8) Whole wheat toast & veggie omelet**

Whole wheat toast, 2 slices, 160 cal, 5 g pro, 28 g carb, 2 g fat Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat Whole egg, 1 large, 75 cal, 6.3 g. pro, .6 g carb, 5.0 g fat Onion, green pepper, mushrooms, tomato, 85 cal, 6.2 g pro, 13 g carb, 1.8 g fat

**This meal contains:** Calories 405 calories Protein 35.0 g (34.5%) Carbohydrate 43.1 g (42.5%) Fat 8.8 g (19.5%)

**(9) Whole wheat bagel with nonfat cream cheese & protein-fortified yogurt**

Whole wheat bagel, 1 bagel, 150 cal, 6 g pro, 33 g carb, 1 g fat Nonfat cream cheese, 3 oz, 90 cal, 16 g pro, 6 g carb, 0g fat Nonfat yogurt, 8 oz, 100 cal, 8 g pro, 17 g carb, 0 g fat 1 scoop whey protein, 90 cal, 17.5 g pro, 2 g carb, 1.5 g fat

**This meal contains:**

Calories 430 calories Protein 47.5 g pro (44.1%) Carbohydrate 58 g carb (53.9%) Fat 2.5g (5.3%)

**(10) Buckwheat pancakes & protein shake**

Protein shake (2 scoops whey protein), 180 cal, 35 g pro, 4 g carb, 3 g fat Buckwheat pancakes, three 4", 214 cal, 6.8 g pro, 42.6 g carb, 1.8 g fat Sugar-free low calorie syrup, ½ cup, 20 calories, 0 g pro, 5 g carb, 0 g fat

**This meal contains:** Calories 414 calories Protein 41.8 g (40%) Carbohydrate 46.6g (45%) Fat 4.8 g (10.4%)

**(11) Whole grain cereal & protein**

Shredded wheat cereal, 1.5 cups, 216 cal, 5.4 g pro, 50.1 carb, 2.1 g fat Nonfat milk, 1.0 cups, 90 cal, 8 g pro, 12 g carb, 1g fat Protein shake (2 scoops whey protein), 180 cal, 35 g pro, 4 g carb, 3 g fat

**This meal contains:** Calories 486 calories Protein 48.4 g (39.8%) Carbohydrate 66.1g (54.4%) Fat 6.1 g (11.3%)

**(12) Whole wheat English muffin & protein shake**

Lowfat, sugar-free bran muffin, 180 cal, 8 g pro, 39 g carb, 1.5 g fat Protein shake (2 scoops whey protein), 180 cal, 35 g pro, 4 g carb, 3 g fat

**This meal contains:** Calories 360 calories Protein 42 g

(46%) Carbohydrate 43 g (47%) Fat 4.5 g (10.4%)

**(13) Steak and eggs and toast**

Extra lean sirloin, 4 oz, 229 cal, 34.4 g pro, 0 g carb, 9.1 g fat Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat Whole wheat toast, 2 slices, 160 cal, 5 g pro, 28 g carb, 2 g fat

**This meal contains:** Calories 474 calories Protein 56.9 g  
(48%) Carbohydrate 29.5g (24.8%) Fat 11.1g (21.1%)

**(14) Egg whites and potatoes with salsa**

Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat Whole egg, 1 large, 75 cal, 6.3 g pro, .6 g carb, 5.0 g fat White potato, 8 oz, 210 cal, 4.4 g pro, 49 g carb, .2 g fat Salsa, 4 tbsp, 16 cal, 0 g pro, 4 g carb, 0 g fat

**This meal contains:** Calories 386 calories Protein 28.2 g  
(29.2%) Carbohydrate 54.5g (56.4%) Fat 7.0g (16.3%)

**(15) Quick meal #1 (oatmeal apple pancakes)**

Oatmeal, 3/4 cup, 225 cal, 11.2 g pro, 36 g carb, 4.5 g fat Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat Apple, 1 medium, 81 cal, .3g pro, 21.1 g carb, .5 g fat 1 scoop whey protein, 90 cal, 17.5 g pro, 2 g carb, 1.5 g fat Cinnamon Equal (sugar substitute)

**This meal contains:** Calories 481 calories Protein 46.5 g (38.6%)  
Carbohydrate 60.6 g (50.3%) Fat 6.5 g (12.1%)

**(16) Quick meal #2 (Protein & Carb shake)**

Myoplex, 1 packet, 260 cal, 37 g protein, 24 g carb, 2 g fat 1 scoop whey protein, 90 cal, 17.5 g pro, 2 g carb, 1.5 g fat strawberries, 1 cup, 46 cal, 2 g pro, 10.4 g carb, .0 g fat Banana, 1/2 med, 57 cal, .6 g pro, 10.7 g carb, .2 g fat Water and ice

**This meal contains:** Calories 453 calories Protein 57.1 g (50.4%)  
Carbohydrate 47.1g (41.5%) Fat 3.7 g (7.3%)

**(17) Vegan meal #1 (high protein soy oatmeal)**

Oatmeal, 3/4 cup, 225 cal, 11.2 g pro, 36 g carb, 4.5 g fat Soy isolate protein, 1/2 cup, 165 cal, 37.5 g pro, 0 g carb, 0 g fat

**This meal contains:** Calories 390 calories Protein 48.7 g (49.9%)  
Carbohydrate 36 g (36.9%) Fat 4.5 g (10.3%)

**(18) Vegan meal #2 (whole grain cereal with soy milk)**

Nonfat soy milk, 12 oz, 165 cal, 9 g pro, 33 g carb, 0 g fat Kashi Go Lean cereal, 1.5 cups, 240 cal, 16 g pro, 48 g carb, 2 g fat

**This meal contains:** Calories 405  
calories Protein 25 g (24.7%)  
Carbohydrate 81g (69.5%) Fat 2 g  
(5.8%)

### **(19) Vegetarian meal #1 (Veggie breakfast patties & rye toast)**

Boca Breakfast Patties, 3 patties, 240 cal, 24 g pro, 15g carb, 12 fat Rye bread, 2 slices, 160 cal, 6 g pro, 32 g carb, 2 g fat

**This meal contains:** Calories 400  
calories Protein 30 g (30%)  
Carbohydrate 47 g (47%) Fat 14 g  
(31%)

### **(20) Vegetarian meal #2 (Hot oat bran cereal & vegetarian ham & cheese omelet)**

Hot oat bran cereal, 3/4 cup, 225 cal, 11.2 g pro, 36 g carb, 4.5 g fat Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat Yves Veggie Ham, 4 slices, 80 calories, 14 g protein, 6 g carbs, 0 g fat Lowfat soy cheese, 1 slice, 80 cal, 9 g pro, 4 g carb, 2 g fat

**This meal contains:** Calories 470  
calories Protein 51.7 g (44.8%)  
Carbohydrate 47.5 g (40.4%) Fat 6.5 g  
(12%)

## **Low Carb Days Meal 3**

This **Meal 3** is made up of **Starchy Carbs, Fibrous Carbs,** and **Lean, Complete Proteins:**

### **(1) Turkey on wheat sandwich**

Whole wheat bread, 2 slices, 160 cal, 5 g pro, 28 g carb, 2 g fat Turkey breast. 4 oz, 178 cal, 33.9 g pro, 0 g carb, 3.7 g fat Lettuce, ½ cup, 5 cal, .5 g pro, 1.5 g carb, 0 g fat Tomato, 2 slices, 12 cal, .5 g pro, 2.5 g carb, 0 g fat Nonfat, sugar-free yogurt, 100 cal, 8 g pro, 17 g carb, 0 g fat

**This meal contains:** Calories 455  
calories Protein 47.9 g (42.1%)  
Carbohydrate 49 g (43.0%) Fat 5.7g  
(11.2%)

### **(2) Tuna pita**

Whole wheat pita, 1, 170 cal, 6 g pro, 35 g carb, 2 g fat Tuna fish, 6 oz (1 can), 180 cal, 34 g pro, 0 g carb, 1.5 g fat Spinach salad, 3 cups, 124 cal, 16.2 g pro, 20.4 g carb, 1.2 g fat

**This meal contains:** Calories 474  
calories Protein 56.2 g (47.4%)  
Carbohydrate 55.4 g (46.7%) Fat 4.7g  
(8.9%)

### **(3) Whole wheat pasta lean meatballs**

Whole wheat spaghetti, 2 oz, 210 cal, 9 g pro, 40 g carb, 2 g fat Sugar-free, natural pasta sauce, ½ cup, 60 cal, 3 g pro, 9 g carb, 1.5 g fat Nonfat mozzarella cheese, ¼ cup, 50 cal, 9 g pro, 2 g carb, 0 g fat Extra lean ground beef (at least 93% fat free), 3 oz, 199 cal, 15.8 g pro, 0 g carb, 14.4 g fat

**This meal contains:** Calories 519  
calories Protein 36.8g (28.3%)

Carbohydrate 51.0g (39.3%) Fat 17.9g (31.0%)

**(4) Grilled chicken salad & baked potato**

Chicken breast, 4 oz, 196 cal, 35.1 g pro, 0 g carb, 5.1 g fat Mixed green salad, 3 cups, 60 cal, 0 g pro, 15 g carb, 0 g fat Low calorie, nonfree Italian dressing, 3 tbsp, 12 cal, 0 g pro, 3 g carb, 0 g fat Baked potato, 8 oz, 210 cal, 4.4 g pro, 49 g carb, .2 g fat

**This meal contains:** Calories 478 calories Protein 39.5 g (33%) Carbohydrate 67g (56%) Fat 5.3g (9.9%)

**(5) Turkey breast, rice & yellow beans**

Lean ground turkey, 4 oz, 178 cal, 33.9 g pro, 0 g carb, 3.7 g fat Brown rice, 1 cup, 206 cal, 4 g pro, 40 g carb, 0 g fat Yellow wax beans, 6 oz, 50 cal, 2 g pro, 12 g carb, 0 g fat

**This meal contains:** Calories 434 calories Protein 39.9 g (36.7%) Carbohydrate 52 g (47.9%) Fat 3.7 g (7.6%)

**(6) Shrimp salad**

Shrimp, 6 oz, 180 cal, 34.5 g pro, 1.5 g carb, 1.0 g fat Mixed green salad, 3 cups, 60 cal, 0 g pro, 15 g carb, 0 g fat Salad dressing, olive oil and vinegar, 1 tbsp, 75 cal, 0 g pro, .5 g carb, 8 g fat Whole wheat roll, 100 cal, 4 g pro, 19 g carb, 2 g fat

**This meal contains:** Calories 415 calories Protein 38.5 g (37.1%) Carbohydrate 36 g (34.7%) Fat 11 g (23.8%)

**(7) Soup & salad**

Tomato soup, 10 oz, 105, 5 g pro, 21 g carb, 2 g fat Mixed green salad, 3 cups, 60 cal, 0 g pro, 15 g carb, 0 g fat Chicken breast, 4 oz, 196 cal, 35.1 g pro, 0 g carb, 5.1 g fat Whole wheat crackers, ½ oz (3), 70 cal, 1 g pro, 9 g carb, 2.5 g fat

**This meal contains:** Calories 431 calories Protein 41.1 g (38.1%) Carbohydrate 45 g (41.7%) Fat 9.6 g (20.0%)

**(8) Quick meal #1 (oatmeal pancake)**

Oatmeal, ¾ cup, 225 cal, 11.2 g pro, 36 g carb, 4.5 g fat Egg whites, 5, 85 cal, 17.5 g pro, 1.5 g carb, 0 g fat Apple, 1 medium, 81 cal, .3g pro, 21.1 g carb, .5 g fat 1 scoop whey protein, 90 cal, 17.5 g pro, 2 g carb, 1.5 g fat Cinnamon Equal (sugar substitute)

**This meal contains:** Calories 481 calories Protein 46.5 g (38.6%) Carbohydrate 60.6 g (50.4%) Fat 6.5 g (12.1%)

**(9) Vegan meal #1 (Vegan turkey sandwich)**

Yves Veggie Turkey Slices, 6 slices, 137 calories, 24 g pro, 10.2 g carb, 0 g fat Lettuce, ½ cup, 5 cal, .5 g pro, 1.5 g carb, 0 g fat Tomato, 2 slices, 12 cal, .5 g pro, 2.5 g carb, 0 g fat Rye bread, 2 slices, 160 cal, 6 g pro, 32 g carb, 2 g fat

**This meal contains:** Calories 314 calories Protein 31 g

(39%) Carbohydrate 46.2 g (58.8%) Fat 2 g (5.7%)

### **(10) Vegetarian meal #1 (Vegetarian cheeseburger)**

Boca Burger 1 burger, 90 cal, 13 g pro, 6 g carb, 1 g fat Nonfat Soy (nondairy) Cheese, 2 slices, 80 cal, 14 g pro, 6 g carb, 0 g fat Lettuce, ½ cup, 5 cal, .5 g pro, 1.5 g carb, 0 g fat Tomato, 2 slices, 12 cal, .5 g pro, 2.5 g carb, 0 g fat Whole wheat hamburger bun, 1 bun, 130 cal, 6 g pro, 25 g carb, 2 g fat Carrots, 1 cup, 70 cal, 1.8 g pro, 16.4 g carb, .2 g fat

**This meal contains:** Calories 370 calories Protein 35.8 g

(38.7%) Carbohydrate 51.4 g (55.5%) Fat 3.2 g (7.7%)

## **Low Carb Days Meals 4-5**

These **Meals 4 and 5** are made up of **Fibrous Carbs** and **Lean, Complete Proteins**:

### **(1) Chicken, broccoli**

Chicken breast, 6 oz, 294 cal, 52.6 g pro, 0 g carb, 7.6 g fat Broccoli, 1.5 cups, 69 cal, 6.9 g pro, 12.9 g carb, 0.6 g fat

**This meal contains:** Calories 363 calories Protein 59.7 g Carbohydrate 12.9 g Fat 7.6 g

### **(2) Salmon & green beans**

Salmon, 4 oz, 206 cal, 28.8 g pro, 0 g carb, 9.2 g carb Green beans, 9 oz, 75 cal, 3 g pro, 18 g carb, 0 g fat

**This meal contains:** Calories 281 calories Protein 31.8 g Carbohydrate 18 g Fat 9.2 g

### **(3) Orange roughy & asparagus**

Orange roughy, 4 oz, 101 cal, 21.4 g pro, 0 g carb, 1.0 g fat Asparagus, 10 spears, 40 cal, 4 g pro, 6 g carb, 0 g fat

**This meal contains:** Calories 141 calories Protein 25.4 g Carbohydrate 6 g Fat 1 g

### **(4) Steak and salad**

Eye of round steak, 4 oz, 214 cal, 35.9 g pro, 0 g carb, 6.7 g fat Mixed Green Salad, 3 cups, 60 cal, 0 g pro, 15 g carb, 0 g fat Salad dressing, olive oil and vinegar, 1 tbsp, 75 cal, 0 g pro, .5 g carb, 8 g fat

**This meal contains:** Calories 349 calories Protein 35.9 g Carbohydrate 20 g Fat 14.7 g

### **(5) Tuna steak and spinach salad**

Tuna steak (yellowfin), 4 oz, 158 cal, 34 g pro, 0 g carb, 1.4 g fat Spinach salad, (2 cups spinach), 84 cal, 10.8 g pro, 13.6 g carb, .8 g fat

**This meal contains:** Calories 242 calories Protein 44.8 g Carbohydrate 13.6 g Fat 2.2 g

### **(6) Turkey Breast & Squash**

Turkey Breast, 4 oz, 178 cal, 33.9 g pro, 0 g carb, 3.7 g fat Squash, yellow, 1 cup, 50 cal, 0 g pro, 10 g carb, 0 g fat

**This meal contains:** Calories 228 calories Protein 33.9 g Carbohydrate 10 g Fat 3.7 g

**(7) Crab salad**

Crab meat, 4 oz, 110 cal, 21.9 g pro, 0 g carb, 1.7 g fat Mixed green salad, 3 cups, 60 cal, 0 g pro, 15 g carb, 0 g fat Salad dressing, olive oil and vinegar, 1 tbsp, 75 cal, 0 g pro, .5 g carb, 8 g fat

**This meal contains:** Calories 245 calories Protein 21.9 g Carbohydrate 15.5 g Fat 9.7 g

**(8) Chicken & green beans**

Chicken breast, 4 oz, 196 cal, 35.1 g pro, 0 g carb, 5.1 g fat Green beans, 6 oz, 50 cal, 2 g pro, 12 g carb, 0 g fat

**This meal contains:** Calories 146 calories Protein 37.1 g Carbohydrate 12 g Fat 5.1 g

**(9) Flank steak & zucchini**

Flank Steak, 4 oz, 256 cal, 30 g pro, 0 g carb, 14.2 g fat Zucchini, 2 cups, 36 cal, 3.2 g pro, 3.8 g carb, .2 g fat

**This meal contains:** Calories 292 calories Protein 33.2 g Carbohydrate 3.8 g Fat 14.4 g

**(10) Codfish & brussel sprouts**

Cod, 4 oz, 119 cal, 25.9 g pro, 0 g carb, 1 g fat Brussel sprouts, 1 cup, 60 cal, 4 g pro, 11.6 g carb, .4 g fat

**This meal contains:** Calories 179 calories Protein 29.9 g Carbohydrate 11.6 g Fat 1.4 g

**(11) Halibut & broccoli/cauliflower**

Baked halibut, 4 oz, 159 cal, 30.3 g pro, 0 g carb, 3.3 g fat Cauliflower/broccoli mix, 1 cup, 75 cal, 4.5 g pro, 13.4 g carb, .4 g fat

**This meal contains:** Calories 234 calories Protein 34.8 g Carbohydrate 13.4 g Fat 3.7 g

**(12) Ostrich steak & carrots**

Ostrich steak, 4 oz, 256 cal, 30 g pro, 0 g carb, 2 g fat Carrots, 1 cup, 65 cal, 3.2 g pro, 12 g carb, .2 g fat

**This meal contains:** Calories 321 calories Protein 33.2 g Carbohydrate 12 g Fat 2.2 g

**(13) Two [FITNESS BOOT CAMPS CANADA EATING PLAN Ostrich Shish-Kebabs](#) This meal contains:** Calories 350 calories Protein 38 g Carbohydrate 42 g Fat 1 g

**(14) Sirloin steak & mushrooms**

Lean sirloin steak, 4 oz, 256 cal, 30 g pro, 0 g carb, 14.2 g fat Mushrooms, 2 cups, 36 cal, 3.2 g pro, 3.8 g carb, .2 g fat

**This meal contains:** Calories 292 calories Protein 33.2 g Carbohydrate 3.8 g Fat 14.4 g

**(15) Quick meal # 1 ([FITNESS BOOT CAMPS CANADA EATING PLAN Protein Shake](#) - double portion)**

**This meal contains:** Calories 350 calories Protein 52 g Carbohydrate 22 g Fat 2 g

**(16) Quick meal #2 ([Pure Protein Bar](#) by Worldwide Nutrition & carrots)**

**This meal contains:** Calories 355 calories Protein 35 g Carbohydrate 29 g Fat 6g

**(17) Vegan meal #1 (lentil burgers)**

Lentils, 1 cup 3 hardboiled egg whites, chopped Whole-wheat flour, ½ cup Small onion, chopped Cumin, coriander, tamari soy sauce, and lowfat mayo

**This meal contains:** Calories 450 calories  
Protein 42 g Carbohydrate 58 g Fat 6 g

**(18) Vegan meal # 2 (Two vegan turkey sandwich - open-face)**

Yves Veggie Turkey Slices, 8 slices, 198 cal, 32 g pro, 13.6 g carb, 2 g fat Lettuce, ½ cup, 10 cal, 1 g pro, 3 g carb, 0 g fat Tomato, 2 slices, 24 cal, 1 g pro, 5 g carb, 0 g fat Rye bread, 2 slices, 160 cal, 6 g pro, 32 g carb, 2 g fat

**This meal contains:** Calories 402 calories Protein 40 g Carbohydrate 53.6 g Fat 4 g

**(19) Vegetarian meal #1 (Two Garden Burgers on whole wheat - open face)**

Garden Burger (veggie burger), 2 patties, 360 calories, 24 g protein, 46 g carb, 7 g fat Whole wheat hamburger bun, 1 bun, 70 cal, 2.9 pro, 12.9 carb, 1.2 g fat

**This meal contains:** Calories 430 calories Protein 26.9 g Carbohydrate 58.9 g Fat 8.2 g

**(20) Vegetarian meal #2 (Veggie chicken sandwich - open faced with veggies)**

Boca "Chicken" Burger (chicken substitute made from soy), 1 patty, 250 calories, 13 g protein, 12 g carbs, 6 g fat) Whole wheat hamburger bun, ½ bun, 35 cal, 1.5 pro, 6.4 carb, .6 g fat Lettuce, ½ cup, 10 cal, 1 g pro, 3 g carb, 0 g fat Tomato, 2 slices, 24 cal, 1 g pro, 5 g carb, 0 g fat Chopped hardboiled egg whites, 2, 12 cal, 10 pro, 0 carb, 0 g fat

**This meal contains:** Calories 332 calories Protein 26.5 g Carbohydrate 26.4 g Fat 6.6 g

## **High Carb Days Meals 1-2**

These **Meals 1 and 2** are made up of **Starchy Carbs**, **Simple Carbs**, and **Lean, Complete Proteins**:

**(1) Egg whites, oatmeal & fruit**

Oatmeal Egg whites ½ cantaloupe

**(2) High protein oatmeal & fruit**

Oatmeal Whey protein powder Peach

**(3) High protein peanut butter oatmeal**

Oatmeal Whey protein powder Natural peanut butter Nectarine

**(4) Cream of rye cooked cereal & scrambled egg whites**

Cream of rye Egg whites Whole egg Blueberries

**(5) Cream of wheat cooked cereal & veggie omelet & fruit juice**

Cream of wheat Egg whites Whole egg Onion, green pepper, mushrooms, and tomato Grapefruit juice

**(6) Granola & protein-fortified yogurt & fruit**

Lowfat granola Nonfat, sugar-free yogurt Whey protein powder Apple

**(7) Whole grain bagel & turkey breast sandwich**

Multi-grain bagel Turkey breast Lettuce Tomato Banana

**(8) Whole wheat toast & veggie omelet**

Whole wheat toast Egg whites Mushroom, onion, green pepper, tomato

**(9) Whole grain bagel & high protein yogurt & fruit**

Whole wheat bagel Lowfat, sugar-free yogurt Whey protein powder

**(10) Buckwheat pancakes & protein shake**

[FITNESS BOOT CAMPS CANADA EATING PLAN Protein Shake](#) or [FITNESS BOOT CAMPS CANADA EATING PLAN Protein & Carb Shake](#) Buckwheat pancakes Sugar-free, low calorie syrup

**(11) Whole grain cereal & nonfat milk**

Shredded wheat cereal Skim milk Whey protein powder

**(12) Whole grain muffin & protein shake**

Lowfat, sugar-free bran muffin [FITNESS BOOT CAMPS CANADA EATING PLAN Protein Shake](#) or [FITNESS BOOT CAMPS CANADA EATING PLAN Protein & Carb Shake](#)

**(13) Steak and eggs and toast**

Extra lean sirloin steak Egg whites Whole wheat toast and/or grilled potatoes

**(14) Egg whites and potatoes with salsa**

Egg whites White potatoes, grilled or baked Salsa

**(15) Quick meal #1 (oatmeal apple pancakes)**

Oatmeal Egg whites Apple Cinnamon Equal (sugar substitute)

**(16) Quick meal #2 ([Protein & Carb Shake](#))**

**(17) Vegan meal #1 (Vegetarian sausage links & apple-cinnamon oatmeal)**

Veggie breakfast "sausage" links Oatmeal Applesauce Cinnamon

**(18) Vegan meal #2 (Whole grain protein cereal with soy milk & fruit)**

Lowfat soy milk Soy O's (sugar free "cheerios" made with soy protein) Strawberries

**(19) Vegetarian meal #1 (Vegetarian bacon with whole wheat toast and fruit)**

Yves Veggie Bacon Whole wheat toast or grilled potatoes Grapefruit

**(20) Vegetarian meal # 2 (Granola with lowfat soy milk & fruit)**

Lowfat soy milk Low fat granola

Banana

## High Carb Days Meal 3

This **Meal 3** is made up of **Starchy Carbs, Fibrous Carbs, and Lean, Complete Proteins:**

**(1) Turkey on wheat sandwich & yogurt**

Whole wheat bread Turkey breast slices Lettuce Tomato Nonfat, sugar-free yogurt (Dannon light)

**(2) Tuna pita & fruit**

Whole wheat pita Tuna fish Lowfat mayonnaise Lettuce Tomato Grapes

**(3) Whole-wheat pasta with ground turkey meatballs**

Whole wheat spaghetti No-sugar pasta sauce Lean ground turkey - 99% fat free V-8 juice

**(4) Grilled chicken salad & baked potato**

Chicken breast Salad with mixed fresh veggies Low calorie, non or lowfat salad dressing Baked potato Non or lowfat sour cream

**(5) Chicken breast and mixed vegetables**

Chicken breast ½ of a baked potato Peas Corn Carrots

**(6) Turkey & black eye peas**

Black eye peas Turkey

breast Carrots

**(7) Chicken breast & yam**

Chicken Yams

Cauliflower

**(8) Quick meal #1 ([Ready-to-Drink Myoplex Shake](#) & fruit)**

Ready-to-Drink Myoplex Shake Banana

**(9) Vegan meal #1 ("Green Chef" Veggie Burger)**

"Green Chef" Veggie Burger with additional veggies Whole wheat bun

**(10) Vegetarian meal #1 (Cottage cheese & pineapple)**

Low or nonfat cottage cheese  
Pineapple

## High Carb Days Meals 4-5

These **Meals 4 and 5** are made up of **Starchy Carbs, Fibrous Carbs** and **Lean, Complete Proteins**:

**(1) Chicken, broccoli & sweet potato**

Chicken breast Broccoli  
Sweet potato

**(2) Salmon, rice & green beans**

Salmon Green beans  
Brown rice

**(3) Orange roughy, potato & asparagus**

Orange roughy Asparagus White potato

**(4) Steak, yam and salad**

Eye of round steak Baked yam Mixed green salad Salad dressing, olive oil & vinegar

**(5) Tuna steak, brown rice and spinach salad**

Brown rice Tuna steak (yellowfin) Spinach salad

**(6) Spaghetti & lean meatballs**

Whole wheat spaghetti No-sugar pasta sauce Lean ground beef - 93-95% fat free

**(7) Ground turkey, rice and beans**

Brown rice Black Beans 99% lean ground turkey

**(8) Spelt pasta & chicken breast**

Whole grain spelt pasta spirals Chicken breast No sugar pasta sauce

**(9) Quinoa pasta & scallops**

Whole grain quinoa pasta No-sugar pasta sauce Scallops

**(10) Cod, yams & brussel sprouts**

Baked yam Grilled cod Brussel sprouts

**(11) Tuna, veggie burger, with veggies**

Tuna fish (mixed with a little low/nonfat mayo, mustard, and vinegar)

Veggie burger patty (made from soy, brown rice, etc.)

Spinach, tomatoes, onions, etc. (veggies on tuna and patty)

**(12) Shrimp, baked potato, and salad**

Grilled shrimp (with cajun powder) Baked potato Spinach salad with a variety of veggies

**(13) Shrimp Shish-Kebabs**

Shrimp Egg whites and veggies (green pepper, mushroom, onions, etc.) Brown Rice

**(14) Flank steak, red potatoes, mushrooms**

Flank steak, baked or BBQ Baked red potatoes Grilled mushrooms

**(15) Quick meal #1 (Rice cake with peanut butter, and carrots)**

Rice cake (made from brown rice) All-natural peanut butter Baby carrots

**(16) Quick meal #2 ([High Protein Oatmeal](#) and carrots)**

Oatmeal Whey Protein powder and peanut butter (optional) Baby carrots

**(17) Vegan meal #1 (Tofu Lasagna)**

Natural, sugar free pasta sauce Firm tofu Whole-wheat lasagna noodles Mixed veggies

**(18) Vegan meal #2 (Spelt pasta spaghetti and veggie meatballs)**

Whole grain spelt spaghetti Boca (veggie) Burger crumbles No sugar pasta sauce Carrots, onions, mushrooms

**(19) Vegetarian meal #1 (Veggie meatballs, rice and veggie salad)**

Garden burger meatless meatballs Brown rice Spinach salad

**(20) Vegetarian meal #2 (Black beans & rice, egg whites and veggies)**

Black beans Brown rice Hardboiled egg whites Diced tomatoes, green peppers, and onions