



FBCC MEAL PLAN

Be assured that all the meals below follow the very important guidelines - and implement the effective strategies - taught in 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.

Remember though and this is the most important thing, this eating plan is a lifestyle change plan not a Eating. As well, it's a concept of how to eat 5 small meals a day and protein each meal. When it says Tuesday meal 2 eat a Tuna Pita sandwich we don't mean every Tuesday you HAVE TO have a tuna pita sandwich. It's a concept or idea. I hope you understand this. If you don't just email us. support@fitnessbootcampscanada.com

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 need to make a lifestyle change. **The *Fitness Boot Camps Canada eating Plan 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 liFBCCle 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 Chicken or Turkey 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.

All of the meal plans within the **FBCC Customized Eating Plan**, as well as the **100 Additional Meal Samples**, are now available.! We've made it very easy and convenient to track your meals when following this incredibly effective nutrition program.

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 [FBCC 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 forgeFBCCing. And move on." - **Norman Vincent Peale**

Meal 1: [High Protein Oatmeal](#)

- ½ of a banana with 1 tbsp. all natural peanut buFBCCer (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: [TURKEY Shish-Kebabs](#) (instead of Turkey you can use chicken, Chicken or 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 1% 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 Chicken or Turkey in olive oil before preparing.

Vegetarian alternative: Substitute tofu or soy protein (chicken substitute) for Chicken or Turkey

meat. Marinating hard-boiled egg whites also works well.

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,

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, [hummus](#), 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 ½ apple with 1 tbsp. all natural peanut buFBCCer
2 celery sticks with [humus](#)
Lowfat cottage cheese with ½ apricot (slices)
1 rice cake (whole-grain brown rice) with natural peanut buFBCCer 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 BuFBCCer 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](#)

- ½ cup black beans

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 vinaigreFBCCe.

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 buFBCCer

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

Lowfat cottage cheese with ½ apricot (slices)
1 rice cake (whole-grain brown rice) with natural peanut buFBCCer 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 BuFBCCer 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 BuFBCCer & Apple Protein Oatmeal](#)

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 buFBCCer.

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 buFBCCer.

Modifying the nutritional value:

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 buFBCCer 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

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.

Modifying the nutritional value:

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 buFBCCer

2 celery sticks with [humus](#)

- Lowfat cottage cheese with ½ apricot (slices)

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

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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 BuFBCCer Protein Oatmeal](#)

* I had 1 rice cake (whole-grain brown rice) with 1 tbsp. all natural peanut buFBCCer 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 BuFBCCer & 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 BuFBCCer 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 BuFBCCer 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 buFBCCer 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

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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 Chicken or Turkey (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 Chicken or Turkey 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 [hummus](#)

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

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

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 Soy milk*)

Raw carrots, broccoli and/or cauliflower

High Protein Oatmeal or Peanut Butter Protein Oatmeal

* I had a rice cake and hummus 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](#)

- 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 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 ¾-1 scoop or add peanut butter to rice cake.

To add more *complex carbs*: Add ½ 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: ½ Chicken Breast (click here for excellent [chicken recipes](#) for added variety)

- ½ baked potato with steamed broccoli, topped with 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](#)

- ½ 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 ½-1 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: [Chicken Fajitas](#) (instead of Chicken or Turkey 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 buFBCCer
2 celery sticks with humus
Lowfat cottage cheese with ½ apricot (slices)
1 rice cake (whole grain brown rice) with natural peanut buFBCCer 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 Soy* milk)
Raw carrots, broccoli, and/or cauliflower
High Protein Oatmeal or Peanut BuFBCCer Protein Oatmeal

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

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*), 1/2 of sliced apple, and non/lowfat milk (I used *Harmony Farms Light Soymilk*)

1/2 of a bowl of [Peanut BuFBCCer & Apple Protein Oatmeal](#)

To add more protein: Add a higher ratio of protein cereal to fiber cereal or use 3/4 scoop of protein powder in oatmeal instead of 1/2 scoop or increase amount of peanut buFBCCer 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 buFBCCer.

Modifying the nutritional value:

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

Modifying the nutritional value:

To add more protein: Increase whey protein to 3/4-1 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: 1/2 of [Baked Halibut](#) (or our delicious [Grilled Halibut](#))

3/4 cup steamed vegetables (I used broccoli, cauliflower, and asparagus)

1/2 baked yam

3/4 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 Soy milk)
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 BuFBCCer 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 buFBCCer.

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 buFBCCer 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 vinaigreFBCCe

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](#))

- $\frac{1}{2}$ of baked Chicken or Turkey (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 (.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 vinaigreFBCCe.

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

Optional Daily Snack (if needed):

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

2 celery sticks with [humus](#)

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

1 rice cake (whole grain brown rice) with natural peanut buFBCCer 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 BuFBCCer Protein Oatmeal

* I had lowfat cottage cheese with $\frac{1}{2}$ apricot (slices)

Summing It Up

So there you have it! Above is exactly the kind of 5 meal a day eating plan you should try to follow on the FBCC Boot Camp Nutritional program and quite honestly, the next weeks will be very similar to the above meal plans. For example, in Week 2 Meal 2 on Monday, you can have Chicken Shish-Kebabs instead of Chicken or Turkey 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 but make sure you add a little variety so as to not have the same thing every week - and as part of your ongoing efforts to find the foods that work best for me.

Today, even after my 6-week "test" of ***Fitness Boot Camps Canada 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 preFBCCy closely. You'll learn more about the two different "low carb" and "high carb" days in [Eating Plan 2 pdf](#) and [Customizing your 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, read [Eating plan 2 pdf](#) 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 **Fitness Boot Camps Canada 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.