

**BOOTCAMP**

# The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



## Sample Meal Plan

### Breakfast

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1 x scoop Vital Organic Pea Protein Powder - Vanilla, Vital Greens, water, 1/2 cup plain greek yoghurt, Glutamine Powder, 2 x slices of mango into a blender.

Vital Greens is a blend of nutrient dense greens, vegetables, fruits, additional herbs, vitamins and minerals, powerful antioxidants, pre and probiotics, essential fatty acids, fibre and has a small amount of protein in it. Is the same brand as my protein powder.

or

1/3 cup oats cooked with water. Pour in  $\frac{3}{4}$  cup egg whites and some cinnamon and zap in the microwave. You'll need to keep an eye on it to ensure it doesn't spill.

or

Omelette made with 4 egg whites, 2 whole eggs, baby spinach (I just put my hand in the bag and grab a handful of spinach), handful of mushrooms, 1/4 of a chopped red onion, ground black pepper.

### Morning Snack

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Small Tub of Plain Greek yoghurt, with a small organic chopped apple, handful of baby spinach, and into the blender with some water

or

Small Tub of Plain Greek yoghurt, chopped nuts (see food list), with vanilla stevia

or

Small Tub of Plain Greek yoghurt, with either a small amount of blueberries or strawberries

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## **Lunch**

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3 ozs (90 grams) of any white meat (chicken or seafood) with capsicum, cucumber, cherry tomatoes, red onion, baby spinach leaves, small handful almonds (small amount in palm of hand)

or

3 ozs (90 grams) of any white meat (chicken or seafood) with sweet potato (cooked) with broccoli or spinach.

or

3 ozs (90 grams) of grilled chicken breast, with 1/2 of a cup or brown cooked rice (don't add anything in with the rice when you cook it, just keep it plain). Serve with chopped celery, cucumber, cherry tomatoes, chopped red onion, baby spinach leaves. Then sprinkle onto your meal some balsamic vinegar. This will add heaps of flavour to the rice.

## **Snack**

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Egg Dip and Celery Sticks

2 boiled eggs, small amount of greek yoghurt (just enough to help moisten the eggs when you mash them), spinach, pinch chilli powder or curry powder, mash it up. Chop up some celery into sticks and dip it into the egg mixture.

Or

Chopped celery sticks with small amount of Organic Almond Butter (spread organic almond butter onto celery sticks).

## **Dinner**

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3 ozs (90 grams) of any lean meat (red or white) with capsicum, cucumber, cherry tomatoes, red onion, baby spinach leaves.

3 ozs (90 grams) chicken, steamed broccoli and nuts

3 ozs (90 grams) Prawns or scallops with salad and walnuts

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### **Salad Dressing**

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lemon juice, balsamic vinegar, splash of olive oil and ground black pepper

finely chopped spring onions, lemon juice, dijon mustard, ground black pepper, olive oil

greek yoghurt, mustard, garlic, balsamic vinegar, tiny bit of organic honey

### **Seasonings**

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chili powder, cumin, garlic powder, coriander, oregano, paprika, black pepper, organic onion powder, organic garlic powder, thyme, sage, parsley and cayenne