

Sample Menu:

Designed for *Bemore Fitness* by Colleen Salsman, RHN NCP Nutritionist/Educator, *Nutrition 4 U*, for more nutritional tidbits and recipes contact Colleen at casalsman@shaw.ca

Female Boot Camp Participants

Breakfast: *Best Berry Smoothie*

$\frac{3}{4}$ - 1 cup of skim milk or rice milk (plain) or almond milk (plain), $\frac{3}{4}$ cup of berries (strawberries, black berries, raspberries), $\frac{1}{2}$ cup low-fat yogurt (plain) and 1Tbsp of ground hemp seeds or ground flaxseeds. Combine all ingredients and blend, ice is optional

Or

1 cup cooked (3-5 minute) oats, 1 cup of skim milk or rice or almond, 1 cup of berries, 1Tbsp raw sunflower seeds and 1 Tbsp raisins.

Snack: 1 cup of melon or 1 apple or 1 cup of strawberries

Lunch: 2 cups Tomato Chicken Vegetable Soup

Soup Recipe:

12 cups organic chicken broth, 1 can of crushed tomatoes (28oz), 2-3 chicken breasts cooked and chopped, 1 large onion, 1 cup chopped celery or celeriac, 1 large parsnip chopped or 2 cups of chopped carrots, minced garlic to taste, 1 tsp chopped ginger, sea salt and pepper to taste, $\frac{1}{2}$ cup of uncooked pearl barley or $\frac{1}{2}$ cup of long grain brown rice. Combine all ingredients and cook for 45 minutes.

Grains can be cooked in the soup or cooked in chicken broth and added into the soup after the soup has cooked for 45 minutes.

Snack: 15 almonds and 1 Tbsp raisins

Dinner: Pesto or Dijon Salmon Fillets with 2 cups of Vegetables and $\frac{1}{4}$ cup cooked Basmati Rice or Brown rice.

Recipe:

6 – 4oz Salmon Fillets, 2 sprigs of dill or cilantro, 6 tsps of Dijon mustard or 6 tsps of basil pesto, place fillets on individual parchment paper pockets or foil pockets, place 1 tsp of either Dijon or pesto on each fillet and topped with either dill or cilantro. Close pockets and place on a baking sheet or BBQ at 450F for 12-15 minutes.

Serve with 2 cups of steamed or raw vegetables and $\frac{1}{4}$ cup of Basmati or brown rice.

Snack: $\frac{1}{2}$ cup of plain yogurt with $\frac{1}{2}$ cup unsweetened applesauce or pineapple, or $\frac{1}{2}$ cup cooked apples and 1 Babybel, or 2 Tbsps hummus and $\frac{1}{2}$ cup raw veggie

Male Boot Camp Participants:

1 cup of skim milk or rice milk (plain) or almond milk (plain), 1 cup of berries (strawberries, black berries, raspberries), 3/4 cup low-fat yogurt (plain) and 2 organic or free range egg whites, 1Tbsp of ground hemp seeds or ground flaxseeds. Combine all ingredients and blend, ice is optional

Or

1 Granola Chew with berries

Recipe:

¼ cup butter

½ cup honey

½ cup raisins

½ cup coconut, unsweetened grated

1 cup nuts, coarsely chopped (almonds, pecans or walnuts)

In a saucepan, stir butter and honey over low heat until melted and blended. Remove from heat and add remaining ingredients, combining well. Spread mixture in an ungreased square 8" baking pan. Bake at 350 F for approx. 25 minutes. Cool and cut into squares or bars

Snack: 1 medium apple and 1 Tbsp Natural Almond butter or Peanut butter

Lunch: 2.5 cups Tomato Chicken Vegetable Soup

Soup Recipe:

12 cups organic chicken broth, 1 can of crushed tomatoes (28oz), 2-3 chicken breasts cooked and chopped, 1 large onion, 1 cup chopped celery or celeriac, 1 large parsnip chopped or 2 cups of chopped carrots, minced garlic to taste, 1 tsp chopped ginger, sea salt and pepper to taste, 1/2 cup of uncooked pearl barley or ½ cup of long grain brown rice. Combine all ingredients and cook for 45 minutes.

Grains can be cooked in the soup or cooked in chicken broth and added into the soup after the soup has cooked for 45 minutes.

Snack: 1 medium banana and 10 almonds or 1Tbsp almond butter, or 5 ounces low fat cottage cheese with ½ cup pineapple

Dinner: 6 ounces Baked/Rubbed Turkey breast or 4 ounces of stir-fried beef with 2 cups vegetables and ¼ cup rice

Rub Recipe:

2 tsps Rosemary, 1tsp Thyme and ½ tsp Sage or Summer Savory

Combine and rub over turkey breast. Place turkey in a covered pan with ¼ inch of water, bake at 350 for 30 minutes or until center is no longer pink.

Or cut up a 4 ounce steak and stir-fry until slightly pink add sea salt and pepper to taste

Serve turkey or beef on ¼ cup of rice with steamed, stir-fried non-starch vegetables on the side. Vegetables can also be served raw as a salad with 1Tbsp of dressing (see dressing recipes)

Snack: 1 cup skim or almond or rice milk and 1 cup berries and 1 scoop protein powder, blend with or without ice and serve.

Dressings:

Avocado-Tomato Dressing

2 small tomatoes, ripe
1 avocado, ripe
Braggs Sauce, to taste

Blend in blender or food processor. Celery can be added to thicken, if desired. Your favourite herbs can also be added for additional flavor.

Lemon & Oil Salad Dressing

Combine the following:

2 lemons, juiced
1-2 cloves garlic, minced
¼ cup extra virgin olive oil

Infuse with herbs and let stand overnight.

Basic Salad Dressing #1

1/3 cup lemon juice, fresh
1/3 cup raw honey
1/3 cup flaxseed oil or olive oil or canola oil

Basic Salad Dressing #2

1 Tbsp Dijon mustard
2 Tbsps lemon or lime juice (can also use apple cider vinegar)
¼ cup extra virgin olive oil
salt and pepper to taste

In a small bowl put the salt and pepper, Dijon and juice or vinegar and whisk together. While whisking add the olive oil slowly. Taste and season accordingly.

To this basic dressing you can add garlic, minced onions and/or any fresh or dried herbs you desire: basil, oregano, coriander, tarragon, parsley, chives, dill.

You can also add Tabasco, Worcestershire, Braggs or Horseradish.

You can also add yogurt (1/4 cup) to this dressing and use in place of mayonnaise.

Tofu Caesar Dressing

2 cloves garlic, minced
½ pkg silken tofu (soft)
2 Tbsps lemon juice
2 Tbsps water
1 Tbsp extra virgin olive oil
2 tsps anchovy paste or 2 anchovy fillets, chopped
Dash of Tabasco and Worcestershire Sauce
salt and pepper to taste
2 Tbsp parmesan

In a blender or food processor put all ingredients except the parmesan cheese. Blend until smooth. Add the parmesan and blend until well incorporated. You can also use a hand blender.