

## Sample Menu for Boot Camp

The menu will be created to provide a low GI diet that is high in protein and carbohydrates. It will also include snacks in the morning and afternoon.

The reasons are:

- Protein boosts your body's metabolism and creates a satisfying feeling of fullness, which makes your appetite better regulated
- Snacks are included to increase the metabolic rate, as metabolism is increased after eating
- Also, by eating more often, thermo genesis is increased, thus increasing fat loss
- Carbohydrates help to ensure there is no loss of lean muscle in the process of weight loss

<b>Day 1</b>	
Breakfast	50g of Muesli with skimmed milk
Mid morning Snack	50g of Low fat yoghurt and a piece of fruit eg a banana
Lunch	Starter: Fruit salad  Main: Chicken and salsa wrap
Afternoon snack	2 Oat cakes with low fat hummus
Dinner	Starter: Sweet potato soup  Main: fish (Preferably oily) or chicken (60g) cooked in foil in the oven with herbs preferably oily fish  Basmati rice (75g)  Roasted veggie puree  Pudding: Fresh fruit
<b>Day 2</b>	
Breakfast	Oatmeal pancakes  Piece of fruit
Mid morning snack	Nuts and raisins
Lunch	Fruit salad  Vegetable omelette
Afternoon snack	Banana
Dinner	Cold apple curried soup

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	<p>Turkey and apricot in a low fat yoghurt coating with spices</p> <p>Basmati rice</p> <p>Sweet potato wedges and selection of vegetables</p> <p>Quinoa, hazelnut and raisin pudding</p>
<b>Day 3</b>	
Breakfast	<p>Raspberry French toast</p> <p>Piece of fruit</p>
Mid morning snack	Low fat yoghurt and a piece of fruit e.g. a banana
Lunch	<p>Fruit salad</p> <p>Steamed mussels with wholemeal pitta bread</p> <p>Banana bread</p>
Afternoon snack	Piece of fruit
Dinner	<p>Sweet potato soup</p> <p>Lentil and vegetable curry</p> <p>Basmati rice</p> <p>Stewed apple</p>
<b>Day 4</b>	
Breakfast	<p>Raspberry French toast</p> <p>Fruit salad</p>
Mid morning snack	Oat cakes with low fat humus

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Lunch	Fruit salad Tuna Pasta salad
Afternoon snack	Nuts and raisins
Dinner	Tomato and basil soup Chicken and lentil and vegetable curry Basmati rice Stewed apple
<b>Day 5</b>	
Breakfast	Oatmeal pancakes with fruit salad
Mid morning snack	Low fat yogurt with a piece of fruit
Lunch	Fruit salad Tuna and vegetable bruschetta
Afternoon snack	Oat cakes with low fat hummus
Dinner	Tomato and basil soup Chicken and chick pea casserole Pasta and vegetables
<b>Day 6</b>	
Breakfast	Muesli and semi skimmed milk
Mid morning snack	Low fat yogurt and piece of fruit

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Lunch	Fruit salad Crab cakes
Afternoon snack	Nuts and raisins
Dinner	Chicken, lentil and apricot curry Basmati rice
<b>Day 7</b>	
Breakfast	Scrambled eggs with chives on wholegrain toast
Mid morning snack	2 x Oat cakes and low fat hummus
Lunch	Fruit salad Mushroom and lentil cakes
Afternoon snack	Banana
Dinner	Chicken Lentil and vegetable soup Basmati rice Stewed apple

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