Spirit
TOTAL BODY BOOTCAMPS

Menu Suggestions

	Breakfast	Lunch	Dinner
Monday	Berries with coconut yoghurt	Chicken and avocado salad	Veggie stir fry with cashew nuts
Tuesday	Avocado and bolied eggs	Grilled salmon with sesame seeds on spinach & broccoli	Goats cheese & red pepper salad
Wednesday	Green smoothie	Prawn, avocado and walnut salad	Mackerel fillet with vegetables
Thursday	Smoked salmon, avocado and walnuts	Tuna steak, broccoli, peppers and salad	Ratatouille and sweet potato wedges
Friday	Berry smoothie and a few nuts	Roasted veg with grilled chicken breast	Steak with green veg
Saturday	Banana omelette	Roasted veg with hummus dip	Thai Green curry
Sunday	Scrambled eggs and spinach	Green salad with tuna	Roast chicken with sweet potato mash and veg

Don't forget to drink plenty of water and herbal teas. We suggest 2 herbal teas and min. 2 litres of water each day. Thirst is often mistaken for hunger so aim to drink something at least hourly!

We haven't included snacks in the meal planner as we want you to try and go without them - and whenever possible go at least 5 hours between meals before eating again. However if you are starving or feeling faint, here are some ideal snacks.

Snack Ideas

Cucumber/pepper sticks with hummus
Handful of blueberries + 10 almonds
Strawberries + pumpkin seeds
Coconut cubes
An apple + 3 walnuts
Half an avocado
Hard boiled egg