



Weight Loss Boot Camp

Menu Options

	1	2	3
Breakfast	<ul style="list-style-type: none"> • 1 cup whole grain cereal <ul style="list-style-type: none"> ○ Natures Path Flax Plus or Optimum Slim ○ Uncle Sam ○ Bob's Red Mill Creamy Rice • ½ cup blueberries or strawberries • 1 cup skimmed milk or non fat yogurt 	<ul style="list-style-type: none"> • 1 cup cooked hot cereal <ul style="list-style-type: none"> ○ Cream of Wheat or Bob's Red Mill Mighty Tasty Hot Cereal (gluten free) • ½ cup Greek yogurt, plain non fat • ¼ cup walnuts • ½ cup blueberries 	<ul style="list-style-type: none"> • 2 eggs, scrambled • 2 t olive oil • 1 cup brown rice • Soy sauce to taste
Lunch	<ul style="list-style-type: none"> • 3 cups salad greens • Unlimited veggies • ¼ cup garbanzo or other beans • 1 T lemon juice or salad dressing 	<p><u>If at a Deli:</u></p> <ul style="list-style-type: none"> • 1 cup three bean salad • 1 bowl of soup 	<p><u>In an emergency</u></p> <ul style="list-style-type: none"> • Lettuce wrapped in 3 oz lunch meat • One small bag of snap peas
Mid Afternoon Snack	<ul style="list-style-type: none"> • 1 orange 	<ul style="list-style-type: none"> • 1 apple or pear with 10 almonds or walnuts 	<ul style="list-style-type: none"> • 8 oz non fat yogurt
Dinner	<ul style="list-style-type: none"> • 4 oz fish, meat or poultry • 1 cup cooked starchy vegetables such as squash/carrots/sweet potatoes/peas/beans • 2 cups cooked vegetables broccoli/ zucchini/ peppers/ mushrooms/ onions with green leafy vegetables such as spinach, kale, chard 	<p><u>In an emergency</u></p> <ul style="list-style-type: none"> • 1 “lean cuisine” type dinner • 3 cups salad greens or 2 cups cooked vegetables (keep a bag of frozen veggies on hand just in case) 	<p><u>At a restaurant</u></p> <ul style="list-style-type: none"> • Green salad with dressing on side • One entrée • No bread • No dessert • No alcohol • No pasta
After Dinner	<ul style="list-style-type: none"> • 1 cup chamomile tea 	<ul style="list-style-type: none"> • 1 cup sleepy time tea 	<ul style="list-style-type: none"> • 1 glass sparkling water

John Hoerber, MS, RD, CSSD
 Registered Dietitian, Fitness Trainer, Wellness Coach, Co-Owner
 Mill Valley Health Club and Spa
 639 E. Blithedale Ave, Mill Valley, CA 94941
 415-380-8787
john@millvalleyhealthclub.com