

BOOTCAMP IRELAND



Sample Daily Food Plan

Meal Time	Meal/Snack Component	Sample Choices
Breakfast	Glass of hot water with slice of lemon Kick start with a fresh fruit & veg juice (200ml) High carbs and some protein	Select from the following: Organic no sugar muesli with berries and almond milk; porridge or weetabix with ½ banana and milk, 2 eggs on wholegrain bread; fruit salad with natural yoghurt and seeds;
Mid morning	Healthy snack time unless using this time to recover from exercise – if so, consider including protein for muscle recovery	Select from the following: Small portion of raw vegetables (carrots etc) with hummus; organic peanut butter with sliced apple, small natural yoghurt with real fruit puree; a small portion of high fibre fruit (kiwi, apple, pear or passionfruit)
Lunchtime	Some carbs and high portion of protein	Select from the following: Grilled chicken/fish/turkey/prawns, any medium sized portion of vegetables (broccoli, cauliflour, courgettes, green beans), a ¼ - ½ cup of wholegrain brown rice/bulgar wheat/quinoa/ mixed beans/small potato; Grilled fish/chicken with salad and wholegrain bread.
Mid afternoon snack	High protein and low carbs	Select from the following: Raw vegetables with hummus; peanut butter with sliced apple or wholegrain bread; fistful of almonds; natural yoghurt with berries; quinoa/bulgar wheat crackers with hummus. Alternatively, have 250ml of fresh juice (beetroot, carrot, ginger, lemon and apple)
Dinner	Low carbs and high protein	Select from the following: A portion of protein (fish/chicken/eggs/turkey), with any salad (no dressing), bulk up on steamed vegetables and keep the sauces to a minimum. Try using lemon and cracked pepper for flavourings; mushroom and cheese omelette with salad.
Evening		Select from the following: Rooibos tea with a hint of vanilla, 2 squares of dark 75-85% chocolate; frozen natural yoghurt with berries; slices of melon; fistful of nuts.

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Earn Your Stripes

Sample Weekly Exercise Plan

Monday	Light jog or tough walk for 30-40 mins in the morning – 1 hour leisurely walk in the evening
Tuesday	1 hour Bootcamp session or similar, followed by 15-20 mins for core activity, covering your problem areas, eg. abs, bum, legs, and arms.
Wednesday	Light jog or tough walk for 30-40 mins in the morning – 1 hour leisurely walk in the evening or yoga/Pilates if possible
Thursday	1 hour Bootcamp session or similar, followed by 15-20 mins for core activity, covering your problem areas, eg. abs, bum, legs, and arms.
Friday	Rest day
Saturday	Meet up with friends and get active for about 2 hours or more if possible. Walking, hiking, cycling, tennis, playing ball etc
Sunday	Rest day – but try to do something fun and outdoors with a bit of activity with the family if possible!