

BOOT CAMP BLASTER DIET

STOUTMIRE'S PERSONAL TRAINING

PRIOR TO WORKOUT:

3 CATALYST
1 SLAM OR SPARK

LITE BREAKFAST-BAR, FRUIT, OR MEAL REPLACEMENT SHAKE

MID-MORNING- NUTS, APPLE, YOGURT

LUNCH: 1 **THERMOPLUS**, 3 **CATALYST**

LEAN PROTEIN AND VEGGIES-SALAD WITH FISH SHRIMP, OR CHICKEN; OR SANDWICH ON WHOLE WHEAT BREAD WITH FRUIT. LOW CALORIE DRESINGS

MIDDAY SNACK: **SLAM OR SPARK, MUSCLE GAIN SHAKE**

DINNER: LEAN PROTEIN, VEGGIES, BROWN RICE OR PASTA

LATE SNACK: OPTIONAL