



BOOT CAMP WEIGHT LOSS / NUTRITION PLAN

Welcome to your Boot Camp Weight Loss / Nutrition Plan.

This plan is the perfect accompaniment to the hard work and intense exercise you are doing at Boot Camp. This plan is very easy to follow and allows you to choose your own meal, snack, and dessert combinations. Portion sizes are pre-selected for you, all you do is pick the item, add it to your list, and you are done.

To make the plan as enjoyable as possible, we have included chocolate, fast food, seafood, lean meats, poultry, sauces, marinades, fresh fruits and vegetables, nuts, eggs and dairy. There are no dietary restrictions at all, just healthy food in calorie controlled portions.

Exercise hard and often, eat healthy food while controlling your calorie intake, and be patient, these are the 3 keys to achieving and maintaining a leaner, fitter, healthier body and life.

Follow this nutrition plan and you will love the results – we promise!

But, before you start, there are a few simple things you need to do first:

- ✓ **Go buy a decent food scale – make sure it measures down to 1/8 ounce or to single grams.**
- ✓ **Calculate your daily calorie range – strive every day to stay within that zone:**

Your daily calorie range is between 10 times your goal weight and 10 times your present weight. So, if you weigh 150, but want to weigh 130, keep your calorie intake between 1500 and 1300. This will give you enough energy to do our workouts, but low enough to burn fat!

- ✓ **Print at least 7 pages of your daily food journal, staple them, and put them in the kitchen.**
- ✓ **Find a FREE calorie look-up website. I highly recommend www.CalorieKing.com**
- ✓ **Oh, before I forget. Keep attending Boot Camp! Give it at least 6-12 months for real results.**

We wish you much success in your transformation.

E-mail me if you have any questions (except for calculating calories, which is your job!).

Thank you,

Jeff Robinson, BSc Nutr. CFT SFN SEFT
ISSA Elite Trainer & Fitness Nutritionist

Jeff@RobinsonFitness.com

www.RobinsonFitness.com



BOOT CAMP DAILY FOOD JOURNAL

Breakfast	Item Calories	Meal Calories	Running Totals
Snack	Item Calories	Meal Calories	Running Totals
Lunch	Item Calories	Meal Calories	Running Totals
Snack	Item Calories	Meal Calories	Running Totals
Dinner	Item Calories	Meal Calories	Running Totals
Dessert	Item Calories	Meal Calories	Running Totals
Wine	Item Calories	Meal Calories	Running Totals
Extras	Item Calories	Meal Calories	Running Totals

Day:

Date:



BOOT CAMP SAMPLE FOOD JOURNAL

Breakfast	Item Calories	Meal Calories	Running Totals
1 cup special k			
1/2 cup non-fat milk			
1 cup strawberries			
		218	218
Snack	Item Calories	Meal Calories	Running Totals
fuji apple			
12 almonds			
		140	358
Lunch	Item Calories	Meal Calories	Running Totals
strawberry kiwi smoothie	250		
		250	608
Snack	Item Calories	Meal Calories	Running Totals
Yoplait light yogurt	100		
		100	708
Dinner	Item Calories	Meal Calories	Running Totals
chicken breast 8 oz.	248		
broccoli florets - 2 cups	60		
		308	1016
Dessert	Item Calories	Meal Calories	Running Totals
cinnamon oranges	86		
		86	1102
Wine	Item Calories	Meal Calories	Running Totals
1 glass	150		
		150	1252
Extras	Item Calories	Meal Calories	Running Totals
starbuck's tall non-fat latte	100	100	1352

Day: Friday

Date: 11/11/11



BOOT CAMP EASY BREAKFAST CHOICES

1 cup of Special K cereal (any flavor), ½ cup non-fat Milk, 1 cup sliced strawberries – 218 calories

1 cup of Total cereal (any flavor) & ½ cup non-fat milk – 215 calories

1 cup of Kashi Go Lean cereal (any flavor) & ½ cup of non-fat milk – 235 calories

1 Packet of Kashi GoLean Hot Cereal, 1 sliced banana - 255 calories

Cream of wheat- 1 cup cooked, ½ cup non-fat milk, miniature box of raisins – 218 calories

1/2 cup blueberries, 1/2 cup of dry oats (cooked w/water), 2 Tbs ground flax meal – 252 calories

2 Kashi Go Lean waffles, 1 cup of fresh berries, drizzle of Honey – 260 calories

4 Egg whites, scrambled to taste, 1 slice whole grain toast, 6 whole fresh Strawberries – 205 calories

1/2 cup each of Go Lean Crunch cereal, fresh Blackberries, plain non-fat Yogurt – 195 calories

1 slice of whole grain toast, 1 Tbs Natural Peanut Butter - 195 calories

2 slices Whole Grain Cinnamon Toast, 2 pats Organic butter – 240 calories

Whole Wheat English muffin & 1 Tbs of Natural Peanut Butter – 215 calories

2 Eggs – any style & 1 slice Whole Grain Toast – 220 calories

1 cup Plain Yogurt and 1 cup of mixed berries – 220 calories

Any Smoothie from our Smoothie Menu

Banana & 1 cup of low-fat milk – 200 calories

6 scrambled egg whites, 2 Tbs non-fat milk, 1 oz. low-fat grated cheese, season to taste – 230 calories

2 eggs – any style & 3 slices of turkey bacon – 225 calories

Whole Wheat English Muffin, 1 fried egg, 1 thin slice of low-fat cheese – 240 calories

1 Kashi Go Lean waffle, 1 Tbs of Natural peanut butter, miniature box of raisins – 222 calories

3 eggs, scrambled, ½ cup sliced mushrooms, salt and pepper – 190 calories

Whole Wheat English Muffin, 1 Tbs light cream cheese, 2 slices turkey bacon – 225 calories

1 hardboiled egg sliced, 1 Tbs light cream cheese, 1 slice whole wheat toast – 195 calories

Fiber One bar, 1 cup berries – 220 calories

1 scrambled egg, 2 Tbs Salsa, 1 slice whole wheat toast – 170 calories

2 eggs, scrambled, 1 cooked potato, cut into cubes, 1/2 cup salsa, salt and pepper – 260 calories



BOOT CAMP AWESOME SMOOTHIE RECIPES

Strawberry Kiwi Smoothie – 270 calories

½ cup each of strawberries, kiwi fruit and plain yogurt, 1 cup of apple juice

Banana-Berry Power Smoothie – 265 calories

¼ cup OJ, ½ cup plain yogurt, ½ banana, ¼ cup strawberries, 1 scoop vanilla protein, honey to taste

Lemon Melon Smoothie – 265 calories

1 cup melon, 6 oz. light lemon yogurt, 1 cup green grapes, 1 Tbs fresh mint, lemon juice to taste

Peach Cooler Smoothie – 285 calories

1 cup of peach slices in light syrup, ½ cup of non-fat milk, 6 oz. of light peach yogurt

Orange Smoothie – 280 calories

2 peeled oranges, 1 banana, ¼ cup OJ, 1 tsp vanilla, 2 Tbs plain yogurt

Lemon Apple Honey Smoothie – 290 calories

½ cup Apple Cider, 1 apple, peeled & cored, 1 banana, ½ cup plain yogurt, honey & lemon juice to taste

Chocolate Banana Protein Smoothie – 300 calories

1 cup nonfat milk, 1 banana, 1 scoop of chocolate protein

Blueberry Twist Smoothie – 270 calories

1 cup fresh blueberries, 1 cup pineapple juice, ½ cup plain yogurt

Black Cherry Smoothie – 250 calories

1 cup of frozen dark cherries, 6 oz. light vanilla yogurt, ½ cup of pomegranate juice

Ironman Smoothie – 270 calories

½ banana, 6 oz. light vanilla yogurt, ½ cup of cranberry juice, 2 Tbs molasses, 2 Tbs wheat germ

Hi Fiber Berry Smoothie – 225 calories

½ cup each of blackberries, strawberries, blueberries, raspberries, 2 Tbs flaxseed, and cinnamon to taste

Apricot Smoothie – 250 calories

½ cup OJ, ½ cup plain yogurt, ½ cup nonfat milk, 1 cup pitted apricots, honey to taste

Cran-Raspberry Smoothie – 280 calories

1 cup Cran-Raspberry juice & 2 cups frozen mixed berries

Raspberry Cappuccino Smoothie – 230 calories

½ cup of chocolate milk, double shot of espresso, 1 cup raspberries, and 6 oz. light raspberry yogurt

Fruit Festival Smoothie – 300 calories

½ cup each of strawberries, blueberries, sliced peaches, apple juice, OJ & 1 cored apple

Rainforest Fusion Smoothie – 250 calories

1 cup pineapple chunks, ½ Banana, ½ cup OJ, 2 Tbs. coconut milk. ½ tsp lime juice

Personal Fruit Protein Smoothie – 250-280 calories

1 cup fruit of your choice, 1 scoop protein powder of any flavor, 1 cup of non-fat milk



BOOT CAMP HEALTHY SNACK CHOICES

1 Fuji Apple and 12 Almonds – 140 calories

1 Orange and 25 Pistachios – 160 calories

1 Nectarine and Banana – 167 calories

Yoplait 6 oz. Light Yogurt, any flavor – 100 calories

Dannon 4 oz. Light & Fit Yogurt, any flavor – 60 calories

1 Papaya and 6 almonds – 160 calories

1 small Avocado, 4 oz. – 180 calories

Granny Smith Apple with Mini Babybel Cheddar cheese round – 125 calories

1 cup of Red or Green Grapes and 15 pistachios – 165 calories

Banana and Natural Peanut Butter (1 tablespoon) – 200 calories

1 Pear and 5 Walnut halves – 140 calories

1 Mango – 135 calories

1 Kiwi Fruit and 12 Almonds – 135 calories

Mandarin Orange and 10 Pecan Halves – 145 calories

1 Fig and 8 raw whole Cashews – 115 calories

2 Plums – 60 calories

Mini Babybel Gouda cheese round and 12 Almonds – 150 calories

1 cup each of chopped Papaya and sliced Banana – 145 calories

1 Laughing Cow Light Garlic and Herb cheese wedge and 8 Walnut halves – 120 calories

Banana and ½ cup of milk – 155 calories

4 oz. of low-fat Cottage Cheese and ½ cup of fresh Blueberries – 125 calories

1 Pear and 10 Hazelnuts – 176 calories

1 Peach and 4 Brazil Nuts – 140 calories

Sargento String Cheese and Fuji Apple – 135 calories

Kashi GOLEAN Roll! Bar - 190 calories

Raisins, small box, 1.5 oz. – 129 calories

1 cup Blackberries and 1 cup non-fat cottage cheese – 166 calories



BOOT CAMP EXPRESS LUNCH CHOICES

Chicken Sandwich – 240 calories

2 oz. Oscar Meyer “Deli Fresh” Chicken, 1 slice whole grain bread, lettuce, tomato, mustard to taste

Cream Cheese Cucumber Sandwich – 200 calories

6 cucumber slices, peeled, 2 Tbs fat free cream cheese, 1 slice whole grain bread

Tomato Soup with Grilled Cheese Sandwich – 300 calories

Campbell’s Tomato “Soup at Hand”, 1 slice of whole grain bread, 1 slice of fat-free American cheese

B.L.T Sandwich – 250 calories

1 slice whole grain bread, 1 slice fat-free American cheese. 2 slices Turkey Bacon, lettuce, tomato

Turkey Pepperoni Pizza – 256 calories

1 whole wheat English muffin, 4 Tbs Prego, 6 slice turkey pepperoni, ¼ cup shredded non-fat mozzarella

Mexican Salad – 279 calories

½ cup black beans, ½ cup corn, ¼ cup salsa, chopped tomato, lettuce, ¼ cup shredded non-fat cheddar

Avocado and Shrimp – 285 calories

1 small avocado, 3 large cooked shrimp, ¼ cup of Salsa, chop and combine

Turkey Tostados – 306 calories

1 small corn tortilla, 1/3 cup diced cooked turkey, shredded lettuce, sliced green onion, chopped tomato, 2 Tbs grated non-fat cheddar

Herbed Cheese and Tomato Sandwich – 295 calories

1 whole grain bagel, 3 oz. low-fat cottage cheese, 1 clove, minced garlic, 2 Tbs chopped fresh chives, 4 tomato slices, salt and pepper to taste

Soup, Cheese and Crackers – 230 calories

1 cup Campbell’s “Select Harvest” Soup – any flavor, 3 saltine crackers, 2 Laughing Cow cheese wedges

Tortilla Wrap – 220 calories

6” whole wheat tortilla, 1 slice deli lunchmeat, 1 slice cheese, lettuce, tomato, 1 Tbs light mayo

Tuna Salad Sandwich – 320 calories

1 can of tuna packed in water, drained, 1 slice whole wheat bread, 1 Tbs light mayo, 1 tsp pickle relish, 1 Tbs chopped celery & chopped red onion, 1 tsp Dijon mustard, dash of Worcestershire, salt & pepper

Cheese Crisp – 260 calories

6” whole wheat tortilla with 2 oz. non-fat shredded cheddar

Avocado Wrap – 250 calories

6” TJ’s whole wheat tortilla, ½ avocado, chopped tomato and lettuce, 1 Tbs light dressing of your choice

Crunchy Cranberry Tuna Salad – 350 calories

1 can of tuna packed in water, drained, 1 Tbs light mayo, 1 hardboiled egg, ¼ cup dried sweetened cranberries, 2 Tbs chopped celery, salt and pepper



BOOT CAMP FAST FOOD (LUNCH OR DINNER) CHOICES

Wendy's Grilled Chicken Go Wrap – 250 calories

Arby's JR. Roast Beef Sandwich – 270 calories

BK Whopper Junior – 300 calories

Subway 6" Veggie Delite Sandwich (load up on the veggies) – 230 calories

Baja Fresh Grilled Mahi Mahi Taco – 230 calories

2 Rubio's HealthMex Chicken Tacos (corn tortilla) – 300 calories for two

IN-N-OUT Protein Style Burger – 240 calories

WHATABURGER JR. Burger – 300 calories

Chick-Fil-A Chargrilled Chicken & Fruit Salad – 305 calories
Salad served with Harvest Nut Granola and Light Italian Dressing

2 Taco Bell "Fresco Style" Grilled Steak Soft Tacos – 300 calories for two

Burger King Spicy CHICK'N CRISP Sandwich – 300 calories

Subway Oven Roasted Chicken Salad w/ FF Italian Dressing & Mini Wheat Bread – 305 calories

Wendy's Chicken Caesar Salad with Grilled Chicken Fillet - NO croutons – 270 calories
Choice of Dressings - Light Classic Ranch Dressing or Ancho Chipotle Ranch Dressing

Jack in the Box Chicken Fajita Pita with Salsa – 330 calories

2 Del Taco Chicken Tacos Del Carbon – 340 calories for two

Long John Silver's "Freshside Grille" Tilapia – 215 calories
With SmartChoice side - Vegetable Medley and SmartChoice side - Rice

4 KFC Grilled Chicken Drumsticks (only 70 calories each!) – 280 calories

2-pack Burger King Mini Burger Shots – 220 calories for the two-pack

Quizno's Sonoma Turkey Sammie – 280 calories

2 Taco Bell Fresco Menu Crunchy Tacos – 300 calories for two

Carl's Jr. Charbroiled Chicken Salad (with low-fat Balsamic dressing) – 285 calories

El Pollo Loco Skinless Chicken Breast Meal – 340 calories

A & W Grilled Chicken Sandwich (without dressing) – 340 calories

Medium Firehouse Subs Veggie Submarine Sandwich – 300 calories

2 DQ Grilled Chicken Wraps (without ranch dressing) – 240 calories for two



BOOT CAMP LEAN DINNER (MAIN DISH) CHOICES

Chicken Breast, boneless & skinless

4oz. - 124 calories, 6 oz. - 187 calories, 8oz. - 248 calories

Turkey Breast, boneless & skinless

4oz. - 120 calories, 6 oz. - 180 calories, 8oz. - 240 calories

Filet Mignon (Beef Tenderloin)

4oz. - 226 calories, 6 oz. - 340 calories, 8oz. - 453 calories

Top Sirloin Steak

4oz. - 208 calories, 6 oz. - 312 calories, 8oz. - 416 calories

95% Lean Ground Beef

4oz. - 185 calories, 6 oz. - 278 calories, 8oz. - 370 calories

Pork Tenderloin

4oz. - 136 calories, 6 oz. - 204 calories, 8oz. - 272 calories

99 % Lean Ground Turkey

4oz. - 120 calories, 6 oz. - 180 calories, 8oz. - 240 calories

Orange Roughy

4oz. - 86 calories, 6 oz. - 129 calories, 8oz. - 172 calories

Ahi Tuna

4oz. - 120 calories, 6 oz. - 180 calories, 8oz. - 240 calories

Salmon

4oz. - 208 calories, 6 oz. - 312 calories, 8oz. - 416 calories

Tilapia

4oz. - 108 calories, 6 oz. - 163 calories, 8oz. - 216 calories

Halibut

4oz. - 124 calories, 6 oz. - 187 calories, 8oz. - 249 calories

Swordfish

4oz. - 137 calories, 6 oz. - 206 calories, 8oz. - 274 calories

Trout

4oz. - 168 calories, 6 oz. - 252 calories, 8oz. - 336 calories

Snapper

4oz. - 113 calories, 6 oz. - 170 calories, 8oz. - 227 calories

Jumbo Shrimp

4oz. - 120 calories, 6 oz. - 180 calories, 8oz. - 240 calories

Scallops

4oz. - 100 calories, 6 oz. - 150 calories, 8oz. - 200 calories

COPYRIGHT - ALL RIGHTS RESERVED - ROBINSON FITNESS 2005-11



BOOT CAMP LEAN DINNER (SIDE DISH) CHOICES

Mixed Salad Greens with your favorite low calorie dressing – measure your dressing for calories

Broccoli Florets, chopped, 1 cup - 31 calories

Baked Potato, 5oz., - 128 calories

Cauliflower, chopped, 1 cup – 25 calories

Sweet Potato, 5 oz., - 112 calories

Carrots, chopped, 1 cup - 52 calories

Snow Peas, whole, 1 cup – 26 calories

Vine Ripened Tomato, large 3” – 33 calories

Applesauce, unsweetened, 1 cup – 106 calories

Green String Beans, 1 cup – 34 calories

Whole Wheat Pasta, cooked, 1 cup – 177 calories

Whole Wheat Angel Hair Pasta, dry, 2 oz. – 210 calories

White Rice, short-grain, cooked, ½ cup – 133 calories

Brown Rice, medium-grain, cooked, ½ cup – 109 calories

Butternut Squash, 1 cup – 82 calories

Eggplant, 2 cups – 40 calories

Sweet Corn, 1 cup – 132 calories

Zucchini, 2 cups – 36 calories

Spinach, 3 cups – 21 calories

Acorn Squash, 1 cup - 56 calories

Artichoke, large 6 oz., - 76 calories

Fava Beans, 1 cup – 111 calories; have them with Liver and a nice Chianti. LOL!

Kidney Beans, 1 cup – 210 calories

Asparagus, 20 large spears 8”, - 80 calories

Rutabaga, small 7 oz., - 69 calories

Turnip, large 7 oz., - 51 calories

COPYRIGHT - ALL RIGHTS RESERVED - ROBINSON FITNESS 2005-11



BOOT CAMP SAUCES/MARINADES CHOICES

Poultry Marinade

1/4 cup Lime Juice, 4-5 cloves garlic, 1 Tbs Cumin, 1 Tbs salt, 1 Tsp pepper

Black Pepper Lemon for Poultry or Veggies

Juice of 1 lemon, 2 Tbs olive oil, 3 cloves minced garlic, 1 Tbs crushed black peppercorns

Herb and Garlic Marinade for Poultry and Veggies

2 Tbs olive oil, 1/2 cup lemon or lime juice, 1/4 cup water, 1/4 cup Dijon mustard, 1 Tbs Syrup
2 Tbs minced garlic, 2 Tbs fresh (2 tsp dried) basil leaves, 1/2 tsp salt, 1/2 tsp black pepper

Bobby's World Famous Beef, Pork and Poultry Rub

1/2 cup chili powder, 1/3 cup paprika, 3 Tbs each of dried ground oregano, coriander (or cumin),
dried mustard, 1 Tbs salt, 1 tsp black pepper, store leftover rub in an airtight container

Ginger and Soy Marinade for Poultry or Veggies

2 cup soy sauce, 2 Tbs olive oil, 2 Tbs Sesame oil (this adds so much flavor!), Juice from 1 lime
2 cloves chopped garlic, 1/2 cup chopped fresh cilantro leaves, 1 Tbs salt, 1 Tsp pepper

Roasted Garlic and Balsamic Marinade

1/2 cup balsamic vinegar, 1/2 cup dry sherry or wine, 2 Tbs olive oil
6 roasted garlic cloves (place garlic in foil pack and bake in oven on 350 for 45 minutes)
2 shallots roasted as above, 2 sprigs fresh rosemary (or 2 tsp dried), 1 Tbs dried thyme
2 crumbled bay leaves, 1 Tbs kosher salt, 1 Tbs black pepper

Chile Lime Marinade

2 Tbs olive oil, 5 cloves finely chopped garlic, 1/2 jalapeno pepper, minced, squeeze of lime juice

Lemon Soy Marinade

1/3 cup lemon juice, 1/4 cup soy sauce, 1 garlic clove, minced, 1/2 tsp each of ginger and pepper

Fish Rub

1 Tbs sweet paprika, 1 Tbs smoked paprika or ground Ancho chile pepper, 1 Tbs chili powder,
1 tsp kosher salt, 1 tsp garlic powder, 1 tsp freshly ground black pepper, 1/2 tsp ground cumin
1/2 tsp dried oregano, crushed, 3 tablespoons extra-virgin olive oil (for pan, not the rub)

Beef Marinade

1/4 cup extra-virgin olive oil, 2 Tbs chopped fresh mint, 1 Tbs chopped fresh rosemary
1 tsp crushed red pepper, 2 Tbs lemon juice, 1 Tbs red wine vinegar, 1 Tbs Salt, 1 tsp pepper

Pork Marinade

1 Tbs Balsamic Vinegar, 1 Tbs dry sherry, 1 tsp pepper, 2 tsp extra-virgin olive oil, 2 Tbs soy sauce,
1 sprig fresh rosemary, 1 sprig fresh marjoram, 1 sprig fresh thyme, 1 clove garlic, minced

Fish Relish

1 cup chopped zucchini or cucumber, 1/2 cup chopped red bell pepper, 1/4 cup finely chopped onion
1 small fresh jalapeño chile pepper, seeded and finely chopped, 1 Tbs white wine vinegar
1 Tbs olive oil, 1/2 tsp kosher salt, 1/4 tsp ground cumin, 1/4 tsp freshly ground black pepper



BOOT CAMP PREPARED DESSERT CHOICES

Cinnamon Oranges – 4 servings – 86 calories each

4 navel oranges, 2 Tbs orange juice, 2 Tbs lemon juice, 1 Tbs sugar, 1/4 tsp ground cinnamon
With a sharp knife, remove rind and white pith from oranges. Cut each into 5 or 6 slices and arrange on 4 plates. Whisk together orange juice and lemon juice, sugar and cinnamon, spoon over the oranges.

Chocolate & Nut Butter Bites – 4 servings – 79 calories each

8-1/4-ounce squares dark chocolate, 4 tsp almond, Cashew or pistachio butter
Top each chocolate square with 1/2 teaspoon nut butter of your choice (almond, cashew, pistachio).

Cherries with Ricotta & Toasted Almonds – 1 serving – 150 calories

3/4 cup frozen pitted cherries, 2 Tbs part-skim ricotta, 1 Tbs toasted slivered almonds
Heat the cherries in the microwave until warm, 1-2 minutes. Top with ricotta and almonds.

Balsamic-Spiked Strawberries – 2 servings – 74 calories each

2 cups strawberries, 1 Tbs sugar, 2 tsp balsamic vinegar
Wash and dry strawberries. Hull and slice berries, place in a bowl and toss with sugar to taste.
Sprinkle with vinegar to taste. Let stand for 20 minutes.

Raspberry Sundaes – 4 servings – 130 calories

2 cups of raspberries, 2 Tbs sugar, 1/2 tsp lemon juice, 2 cups nonfat vanilla frozen yogurt
Puree strawberries and raspberries with sugar and lemon juice in a blender.
Serve over frozen yogurt and top with extra raspberries, if desired.

Tropical Fruits with Pistachios & Coconut – 4 servings – 124 calories each

16 slices ripe mango, pineapple and/or papaya, 4 tsp "lite" coconut milk, 2 Tbs chopped pistachios
Place fruit slices on a serving platter. Drizzle with coconut milk and sprinkle with pistachios.

Frosted Grapes – 2 servings – 110 calories each

2 cups seedless grapes
Wash and pat dry grapes, freeze for 45 minutes. Let stand at room temperature for 2 minutes before serving. Try freezing other fresh fruit, like raspberries, peach wedges or cubes of watermelon.

Citrus Infused Strawberries – 4 servings – 73 calories each

.1 pound fresh strawberries, hulled and sliced, 2 Tbs sugar, 1 Tbs Grand Marnier, 1 tsp lemon juice
Combine strawberries, sugar, Grand Marnier and lemon juice in a medium bowl. Stir about 10 minutes until the strawberries release their juice. Serve with a dollop of lightly sweetened whipped cream.

Chocolate-Espresso Frozen Yogurt - 4 servings – 113 calories each

1 Tbs instant espresso powder, 1 Tbs water, 2 cups nonfat vanilla frozen yogurt, 1 oz. dark chocolate, Dissolve espresso (or coffee) powder in water, Place frozen yogurt in a medium bowl. Use a potato masher to mix in the coffee mixture and chocolate. Cover and freeze for 15 minutes, until ready to serve. Scoop frozen yogurt into 4 serving dishes. Serve immediately.

Spiced Almonds - 16 servings – 112 calories each

2 cups whole almonds, 2 tsp olive oil, 2 tsp curry powder, 1/2 tsp salt, 1/4 tsp cayenne pepper
Preheat oven to 300°F, Combine almonds, oil, curry powder, salt and cayenne in a small baking pan; toss to coat well. Bake until the almonds are fragrant and lightly toasted, about 25 minutes.



BOOT CAMP QUICK DESSERT CHOICES

½ cup dried cherries drizzled with 1 Tbs chocolate sauce and 1 Tbs chopped almonds - 150 calories

1 small banana drizzled with Hershey's sugar free chocolate syrup - 120 calories

1/2 peach with 1/2 cup low-fat vanilla yogurt sprinkled with almond slices - 150 calories

1/2 cup raspberry sorbet with 1 cup fresh raspberries - 150 calories

15 Trader Joes Cats Chocolate cookies - 110 calories

1 peeled Orange, 6 Tbs plain yogurt, 1 Tbs honey, fresh mint leave to taste - 170 calories

1 Kashi Dark Chocolate Coconut Bar - 120 calories

Hershey's Extra Dark Cranberry Macadamia Chocolate, 2 squares - 95 calories

12 whole fresh Strawberries light drizzled with chocolate syrup - 125 calories

Ghirardelli Citrus Sunset Dark Chocolate, 2 squares - 135 calories

2 large rectangular Graham Crackers and ½ cup of milk - 170 calories

1 Hunts Fat Free Chocolate Pudding with 2 Tbs Cool Whip - 110 calories

Dove Dark Chocolate Miniatures, 5 pieces - 125 calories

Coconut Cream Pie Lara Bar - 200 calories

3 ½ cups Newman's Popcorn, 94%fat free, no butter - 120 calories

Hershey's Dark Chocolate Kisses, 5 kisses - 125 calories

Skinny Cow Low fat Fudge Bar - 100 calories

½ Cup Fresh and Easy Pomegranate and Blueberry Sorbet - 110 calories

1 Healthy Choice Ice Cream Sandwich - 140 calories

2 Newman's Own Organics Peanut Butter Crème Filled Chocolate Cookies - 120 calories

1/2 C Stonyfield Farm organic frozen yogurt with 1/2 C blueberries - 141 calories

Hershey's Extra Dark Cranberries, Blueberries & Almonds Chocolate, 2 squares - 95 calories

1 cup Mixed Berries with 4 oz. Dannon Light & Fit Yogurt - 140 calories

½ cup Haagen-Dazs Zesty Lemon Sorbet – 110 calories

1 oz. White Chocolate – 153 calories

12 whole fresh Strawberries dipped in 2 Tbs heavy whipping cream – 176 calories