



# BAY VIEW BOOT CAMP MANUAL

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# **Welcome to Bay View Boot Camp!**

We are so excited that you chose Bay View Boot Camp to help you achieve your physical fitness and weight loss goals!! We want to assure you that we will give you all the tools and resources so that you can be in the best shape of your life! We hope this manual will serve as a guide for you to jumpstart the process and show you what you can expect from boot camp!!

## **Your Bay View Boot Camp Manual Includes:**

- I. First Day of Camp – What Should you Expect?
- II. Getting Ready for Success – Goal Setting
- III. 10 Home & Travel Boot Camp Workouts
- IV. Quick Start to Success: Nutrition
- V. Weight Loss: Diet & Nutrition Habits for Effective Weight Loss
- VI. Sample 3-Day Meal Plan
- VII. 12 Great Tasting & Healthy Recipes
- VIII. Motivation & Inspiration

## **First Day of Camp – What Should you Expect?**

Follow these guidelines and you will be all set for an AWESOME workout!

- Bring a big water bottle to class – you will regret it if you forget!
- Bring an exercise/yoga mat or a large towel to class.
- Bring a set of 5-15 pound dumbbells to class.
- Please come to class **5-10 minutes early**. We start class on time, so you do not want to miss the warm-up (or do the burpee penalty).
- Wear proper workout clothing – this includes tennis shoes!
- Always let us know about any injuries/pregnancy information. We are happy to provide modifications for almost every exercise.
- We will still have class in the rain!! We will cancel if there is lightening. We will have make-up classes for any cancelled classes. I will always contact you if class is cancelled, but feel free to text me if you are unsure – 727.754.0111.
- Most importantly, have fun!!! Boot camp is an awesome way to get in the best shape of your life, meet new friends, and have a great time!

### **Boot Camp Schedule**

<b>Morning Classes</b>	<b>Evening Classes</b>
6:00 AM – M, W, F	6:00 PM – Mon, Wed, Thurs
9:00 AM – M, W, F	
7:00 AM - W	
Saturday Morning – 9:00 AM	

### **Referral Program**

Earn FREE boot camp classes!! For each person that you refer to Bay View Boot Camp that signs up, you will earn **2 WEEKS FREE!!** If you refer 2 friends per month that sign up, you could have your membership completely paid for!!

## **Getting Ready for Success – Goal Setting**

You might already have in mind a 'goal weight' or specific results that you want to achieve from boot camp. This is excellent!! We are going to take your goal and build a plan to get you there – even maybe *exceed* the goal you have in mind. Let's get started!

1. Write down your goal. Go ahead, do it now! Statistics show that people who write down their goals have an 80% higher success rate of achieving them. Make sure your goal is SMART (specific, measurable, attainable, realistic, time bound).

2. Put your goal in a place you will see it every day. I like to put my goals on my sun visor in the car, refrigerator, or on my dresser in the bedroom.
3. Visualize yourself achieving your goal. See yourself fitting into those tight jeans (not having to hold your breath) and excited to go clothes shopping!
4. Replace negative talks with positive ones. I love the quote "Tough times don't last. Tough people do." Be ready to take on the challenges of achieving your fitness goal!
5. Celebrate successes! Set up milestones in your journey. When you reach them, celebrate them! We will be celebrating your successes in class and at our boot camp socials!
6. Accountability is key. In order to stay on task, tell everyone you know about your goal. This will create accountability and you will be MUCH more likely to follow through! (Another reason why boot camp is great – I will call you if you miss a few workouts to make sure you are staying on track!!)

Here is a short worksheet you can use to help you set your goals.

<p style="text-align: center;"><b>What is your Goal?</b> (Write down the SMART goal from above)</p> <p>My Goal: _____</p>
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Now, decide what steps you need to take to achieve your goal. (list 3 plans of action)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What hasn't worked in the past?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What will you do different this time?

1. \_\_\_\_\_
2. \_\_\_\_\_

Your Action Plan:

What is it? \_\_\_\_\_

When is your start date? \_\_\_\_\_

Why did you choose this as your goal? \_\_\_\_\_

Who are you sharing it with? \_\_\_\_\_

What is your time frame (finish line)? \_\_\_\_\_

**Hint: Don't use try or can't, use "will & can". Create positive words and actions!**

Success will come with a plan. Sit down, map out your action plan, and write it down in your schedule. Make it REALITY. How many times have you had the same New Year's Resolution? Now is the time to succeed. You can make that happen!

You *can* and **will** be successful with commitment and time!

## **10 Home or Travel "Boot Camp Style" Workouts**

### **The 100's Workout!**

Complete these exercises in order, and finish ALL 100 reps. You can break the exercises into less consecutive reps (ex 25 reps instead of 100, but you must do 25 reps of each exercise in a row, and then go back and complete 3 more sets.) Minimal rest periods!! Have fun! Don't forget to cool down when you are done.

Warm-Up: 5 Minutes

- 100 Jumping Jacks
- 100 Alternating Backward Lunges
- 100 Assisted/ Regular Push-ups
- 100 Frog Jumps
- 100 Dips (use a chair or bench)
- 100 V-Jumps
- 100 Inchworms
- 100 Alternating Front Kicks
- 100 Prisoner Squats (quick- no lock at the top)
- 100 Supermans
- 100 Mountain Climbers
- 100 Crunches Legs down.
- 100 Bicycle Crunches

## **Fat Blaster: Cardio & Core:**

Interval Training Workout – 40 minutes! Bring a watch with you that keeps seconds.

Run for 1:30 (minute and a half)  
Recover (slow jog/very fast walk) for 1 minute

Keep repeating this until you complete the 40 minutes. The time will go by faster than you think because you will be watching the clock. Do the best that you can! Cool down and stretch well when you are finished.

### Core Work:

60 seconds of the JACK KNIFE! (A Boot Camp **FAVORITE!**)  
10-10-10-10 (10 crunches legs STRAIGHT up, 10 regular crunches, 10 legs down, hold your legs out with your hands under your glutes for 10 sec.)

### Core Ladder:

50 basic crunches (for speed)  
20 Supermans  
25 Scissor Kicks  
25 Flutter Kicks  
25 Sea Turtles  
50 Crunches Legs Up (as straight as you can make them. \*tip- tighten your quads!)  
30 seconds Plank  
50 Crunches Frog Crunches  
40 bicycle crunches  
25 more Supermans  
30 Seconds on each side of the Side Plank  
25 more Sea Turtles

## **Sculpting for Tight Glutes, Hips, & Thighs**

Circuit 1: Repeat **3 times** with minimal rest between circuits

20 Basic Squats  
20 Mountain Climbers  
20 Walking Lunges  
10 Burpees

Circuit 2: Repeat **3 times** with minimal rest between circuits

10 Lateral Lunges  
20 V-Jump to Tuck Jump (the set counts as 1 rep)  
20 Sumo Squat  
20 High Knees (Each Side)

Circuit 3: Repeat **2 times** with minimal rest between circuits

20 Groucho Walk Forward (a favorite from P90X!)  
20 Groucho Walk Backward

20 Jumping Jacks  
20 Front Kicks (each side)

This part is not a circuit. Perform the exercises as described.

30 Abduction- on each side (15 full range of motion, then 15 at the TOP 1/2 of the range)  
25 Tea Cups (aka Fire Hydrants) on EACH side  
25 Donkey Kicks on EACH side  
15 Supermans

### **Strength and Toning for Upper Body**

#### Warm Up:

Large Arm Circles (forward and backward)  
10 Down Dog with SCOOP into Cobra  
10 Push-Ups (assisted or Regular)

#### 3 Sets (straight though without rest):

10 Push-Ups *straight into* 30 seconds Plank

Then....this GIANT Circuit: Repeat 2-3 times (you will need a set of 5-10 lb weights)

18 Rows (with weight)  
18 Triceps Kickbacks (with weight)  
18 Bicep Curls (with weight)  
18 Front Raises (with weight)  
18 Flys (with weight)  
18 Reverse Flys (with weight)  
18 Dips on a chair or bench  
18 Hammer Curls (for Biceps - with weight)  
18 Lateral Raises (with weight)  
18 Chest Presses (with weight)  
18 Pullovers (with weight)  
18 Overhead Triceps Press (with weight)  
18 Arnold Press (named after Arnold Schwarzenegger - with weight)

After you have completed your 2-3 sets, your upper body should be pretty fatigued! Finish it off with 2 MINUTES of arm circles! 60 seconds to the front and *another* 60 seconds backward. Enjoy!

### **Stretching and Cool-Down Routine (to be completed at the end of each workout):**

Hold each stretch for at least 20-30 seconds for the greatest benefit.

5-8 Worlds Greatest Stretch (each side)  
5-8 Down Dog into Cobra  
20-30s seconds Hip Flexor Stretch

20-30s Hamstring Stretch  
20-30s Hamstring Stretch (over to left ankle)  
20-30s Hamstring Stretch (over to right ankle)  
20-30s Piriformis Stretch  
20-30s Quadriceps Stretch (each)  
20-30s Inner Thigh Stretch  
20-30s Torso Stretch  
20-30s Chest  
20-30s Triceps  
20-30s Shoulders  
10 Large Arm circles forward and backward

### **(5) 10 Minute Timed Workouts**

(To be used when you don't have a lot of time or you want to see your endurance & strength improvements)

\*Always warm up the joints for 5 minutes and finish with a cool down and stretch\*

#### Workout 1:

Complete each exercise until 10 minutes are done

10 Jump Squats  
10 Push Ups  
10 Bent Over Rows

#### Workout 2:

Complete each exercise until 10 minutes are done

25 Jumping Jacks  
25 Bicycles – Abs  
25 Box Jumps (use a step or mat)  
25 Push Ups

#### Workout 3:

Complete each exercise for 1 minute, repeat through 2 times

Elbow Planks  
Hindu Squats  
Suicide Push Ups  
Jogging High Knees with Hands Overhead  
Mountain Climbers

#### Workout 4:

Complete each exercise for 30 seconds, repeat through 4 times

Inch Worms  
Reverse Lunges with Hands Overhead  
Burpees  
Tricep Dips off a Bench or Chair  
Walking Kicks with Clap



Workout 5:  
Interval Cardio Workout- Wind Sprints  
:20 seconds hard run  
:10 seconds walk (recovery)  
Repeat for 10 minutes

## **Quick Start to Success – Nutrition Guide**

### **Nutrition and Weight Loss Fundamentals:**

**Eat 5-6 smaller meals per day** – Your body needs a continuous stream of energy and nutrients to maintain your daily activities. It is very important for your body to become accustomed to a regular eating schedule in order to keep your metabolism burning energy at a high rate. This means your body will burn fat at a faster rate and speed up the weight loss process. In addition, try to eat your larger meals earlier in the day so your body had time to burn off the calories you are consuming.

**Reduce Your Sugar Intake** - America is drowning in sugar. Nearly everything we eat and drink is saturated with sugar. Your goal is to eat foods that support a fresh and balanced diet plan. Foods that naturally contain sugars (fruit) are far superior to processed foods. Limiting your sugar intake will assist in maintaining a higher metabolism, speeding up the weight loss process. It will also help your blood sugar levels from spiking high and dropping to lows that cause binge eating and loss of energy.

**Drink Water** - Staying hydrated is extremely important – especially in hot Florida!! Using water to replace higher calorie drinks such as soda, juice, or alcohol can save you hundreds of calories. It can also serve as an appetite suppressant. Often, when we think we are hungry, we are really just thirsty. I recommend drinking one full glass of water upon waking.

**Balance Your Diet** - Ensuring that your diet is balanced and composed of high quality meats, fruits, vegetables, and other foods is the best way to achieve a healthy lifestyle. Try to eat *organic* or *all-natural* as much as possible to avoid absorbing the chemicals from processed foods. The goal is to create a program that you can maintain. Eating in moderation is the key to being successful.

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### **Smart Beverage Choices:**

**Water** - Your body is between 60-70% water. Water helps to regulate body temperature, assists in getting vital nutrients to your cells, transports oxygen, removes waste, protects your joints and organs, and the list goes on. The Mayo Clinic recommends drinking at least 8 oz of water each day. When exercising, you want

ensure you replace fluid loss by drinking 1.5 to 2.5 cups of water or more, depending on the intensity of exercise.

**Green Tea** - Containing potent antioxidants, green tea has been used to help prevent cancer, rheumatoid arthritis, high cholesterol, CVD, and to improve immune function. If that is not enough reason, studies have shown that the catechins in green tea not only help to burn calories and lower LDL cholesterol, but can also help to reduce body fat.

## **Weight Loss: Diet & Nutrition Habits for Effective Weight Loss**

- 1. Eat "Bulky" to Slim Down.** Choosing "big" and bulky foods such as fruits, vegetables, soups, and salads will fill you up without packing a lot of calories. These foods are filled with fiber and water, as opposed to "smaller" foods that tend to be sugar-rich and dense with calories. Many studies have shown that our hunger tends to be satisfied by eating a certain *volume* of food, (4-5 pounds per day) rather than the amount of calories per meal. Conclusion: Eating more bulky foods will help to curb your hunger and help you to lose weight faster.
- 2. Snack Smart.** When starting any weight loss program, cravings can absolutely kill your diet! When you are craving fat-rich or calorie-rich foods, try and find a lower calorie food to pair with it. For example, when craving chips, eat it with lots of healthy, fresh salsa (which is low in calories and will fill you up!) The good news is, as your body gets more accustomed to eating nutrient rich foods, you will crave these sugars less and less. This very important for long-term weight loss.
- 3. Heat It Up For Breakfast.** Oatmeal and other hot cooked cereals have only 1/5<sup>th</sup> the calories of dried cereals. Hot cereal packs around 300 calories per pound where dry cereals can contain 1,400 up to 2,000 calories per pound! In addition, hot cereal is more filling and can be a very nutritious way to start the day. A great addition to any weight loss strategy.
- 4. Salad First!** Researchers from Penn State recently found that people who ate a veggie salad before eating their main course, ate fewer overall calories than those who did not eat a first-course salad. Please make sure to have a low fat/low calorie dressing for the maximum benefit. Rule of thumb: more creamy = more fattening.
- 5. Eat, Don't Drink Your Calories.** Calories from drinks such as juice, soda, or alcohol are a lot more fattening than filling. For faster weight loss, eat your calories instead! Did you know that you would consume the same amount of calories if you drank 8oz of orange juice, as if you ate 4 oranges?

- 6. Pasta over Pizza.** Pizza dough is very dense with calories, containing around 1,250 calories per pound. This is not even including the cheese, tomato sauce, or any toppings. Pasta is a much more health conscious choice when eating Italian. Your typical pasta dish, including the tomato sauce and vegetables will take you down to around 600-700 calories per pound.
- 7. More Veggies, Please!** When dining out, ask for extra vegetables. This is a great weight loss strategy to help you get full on veggies instead of bread or other unhealthy foods.
- 8. Exercise Daily.** Studies have shown that people who lose weight and keep it off, are committed to daily physical exercise. If you can burn 300 extra calories each day (about a 3 mile walk) and do not increase your caloric intake, you could easily lose 30 pounds in one year!
- 9. Park Farther Away.** I know you have heard it before, but it is true! Every little bit helps. Things as simple as taking the stairs or walking instead of driving down the block can really add up in your daily caloric expenditure. The center of Disease Control and Prevention says that if you spend as little as 10 minutes a day walking up and down stairs, you could lose as much as 10 pounds by the end of the year.
- 10. Pump the Iron.** Weight lifting not only burns calories, but will increase your metabolism over time. This means your body will burn energy at a faster rate and will not put on fat as quickly. Weight bearing exercise will also help to maintain/ increase bone density which is very important to help prevent osteoporosis. Try to find at least 15 minutes in your day to perform strength training!

### **Weight Loss: 4 Powerful Fat Burning Secrets**

- 1. Resistance Training** - Weight training is not only beneficial to the targeted muscle groups, but over time will also increase your metabolism. This means you will be able to burn more calories at rest and spend less and less time doing cardio. Maintaining a healthy weight is a lot easier than losing weight.
- 2. High Intensity Interval Cardio Workouts** - Doing bursts of high intensity exercise will boost blood flow and oxygen levels. It also helps to build speed, stamina, and speeds up the weight loss process. Interval training will give you a higher caloric burn during your workout, making fat burn at a faster rate.
- 3. Fitness Training Variety** – In order to avoid hitting a plateau and having “stale” workouts, change up your training program every 4-6 weeks. This will give your body new training stimulus and make it more challenging for your body to adapt to a new routine. Not only will you burn more calories because your body has not yet become efficient at performing the exercises, but it will keep your workouts fresh and exciting. This is why boot camp is great, because you

will constantly be challenging and confusing your muscles so that you don't plateau!

- 4. Targeted Nutrition** – Maintaining a balanced and composed of high quality meats, fruits, vegetables, and other foods is the best way to achieve a healthy lifestyle. The goal is to create a program that you can maintain. Eating in moderation is the key to being successful.

### Vacation and Travel Tips

1. Don't stress over food. It isn't always realistic when traveling and vacationing. Instead, keep calories in check with a brisk and metabolism boosting workout every morning.
2. Book a hotel with fitness in mind. Make sure they have a fitness room, walking trails, and/or a pool.
3. Schedule a workout everyday; morning would be best, to have it done not only to get it in but for its benefits of energy for the day to come. It will also reduce stress and help prevent weight gain on your trip.
4. Vary your daily activity, so you enjoy it as well. Swim one day and walk the next.
5. Set your trip up to walk to your destinations. Park further away; do you really need the car to go to the store two buildings over?
6. Get at least seven hour sleep as well. Lack of sleep will make your mind tired, lower your immune system and even cause you to overeat.
7. Stay hydrated. Planes and hotels are dehydrating. Drink bottled water each flight and keep them in your rooms.
8. Be germ conscious. Don't use the airport pillows and blankets, comforters on beds, and carry hand sanitizer with you always. Germs can and will weaken your immune system to cause you to get sick and that can lead to lying around and the only thing you have to do is eat.
9. Before leaving find activities you and your family can do in the area. Make it a fun healthy family activity. Try something new you may like it.
10. Try not to make the food the center of your trip. Enjoy it, but don't revolve around it.

## **Tips To Cut At Least 100 Calories At Each Meal**

### **Breakfast:**

1. Select 1% or skim milk instead of 2% or whole milk.
2. Use a small glass for your juice (4oz.) and a small bowl for your cereal.
3. Have a bowl of fruit.
4. Choose a yogurt with no sweeteners. Try Greek yogurt! It has more protein, less fat, and will fill you up much more than traditional yogurt.
5. Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs.
6. Try turkey sausage or bacon or Canadian bacon for less saturated fat and lower sodium than regular sausage or bacon.
7. Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and fatty meat.
8. Use 2 egg whites and one egg for your omelets or scrambled eggs or use egg substitutes all together.
9. Trade regular butter for light whipped or spray butter. I love Brummel & Brown butter because it is made with natural yogurt and has half the calories and fat as butter.
10. Try a green smoothie! Look at my '33 Best Kept Secret & Fat Burning Recipes' for ideas on which one to make.

### **Lunch/Dinner:**

1. Put lettuce, tomato, onions and pickles on your turkey burger or veggie burger instead of cheese.
2. Prepare tuna or chicken salad with smaller amounts of light mayonnaise.
3. Grill your sandwich using nonstick cooking spray instead of butter.
4. Stuff a pita pocket with more fresh vegetables and less cheese.
5. Pick tuna in water over tuna in oil.
6. When making sandwiches, choose whole grain bread instead of white bread.
7. Try a veggie burger or turkey burger.
8. Substitute low-fat sour cream in recipes.
9. Choose 1% cottage cheese.
10. Skim the fat off soups, stews, and sauces before serving.
11. Enjoy your salad with 6 croutons or less.
12. Use light salad dressing instead of regular and choose non-creamy types, and get it on the side. Olive oil and vinegar is a great choice, also.
13. Trim all fat from beef, pork, and chicken.
14. Bake, broil, or grill chicken and fish rather than frying.
15. Remember to limit meat portions to 2-3 ounces (a deck of cards).
16. Add vegetables to your spaghetti sauce like, zucchini, green peppers, mushrooms, and onions.
17. Add blueberries, strawberries, mango, almonds, and/or chicken to a mixed green salad or spinach salad.
18. Use 1 tablespoon less butter, margarine, or oil in your recipes (you can't tell the difference)
19. Season steamed vegetables with fresh lemon and herbs instead of butter.

20. Use vegetable cooking spray and nonstick cookware instead of butter, margarine, or oil when cooking on your stovetop.
21. Eat slowly, make your meal last and resist your urge for second helpings.

#### Dessert:

1. Take a sliver, bite, or taste of dessert instead of a full portion.
2. Have a single scoop ice cream cone instead of several scoops in a bowl.
3. Choose a piece of cake with least amount of icing.
4. Put berries on top of angel food cake and light cool whip.
5. Select a cupcake instead of a slice of cake.
6. Have low-calorie frozen yogurt or sherbet instead of ice cream.
7. Eat a dish of fresh fruit instead of other higher calorie desserts.
8. Choose apple, peach or blueberry over pecan or cream pie.
9. Follow the low fat directions when preparing brownies, cake, and cookie mixes.
10. Substitute half or all the oil in a recipe with applesauce when baking.

#### Snacks:

1. Blend a smoothie out of yogurt, low-fat milk and fresh fruit.
2. Freeze grapes or watermelon wedges for a Popsicle-like treat.
3. Don't eat out of the bag. Always put your snacks on a small plate so you know how much you are eating.
4. Try hummus with veggies or pita wedges instead of chips.
5. Cut up some melon so that you have it handy in the refrigerator when cravings hit.
6. Dip apples in low-fat caramel for a sweet treat.
7. Celery in light cream cheese is a light snack.
8. Try veggies in low-fat dressing.
9. Have some fruit with yogurt.
10. Make some trail mix ahead of time to keep in the cabinet. You can find a great recipe on my blog for a healthy trail mix made with superfoods!

#### Drinks:

1. Drinks are one of the biggest culprits for high calories – watch the number of servings.
2. Be aware of serving sizes in large bottles.
3. Choose water with lemon as much as possible.
4. Be aware of both sugar and carbohydrates in sodas and juices.
5. Drink light beer instead of regular and try to limit it to 1 or 2 glasses or cans.
6. Choose skim or 1% milk.
7. Try to request nonfat milk for your coffee and try to limit the sugar.
8. Drink hot green tea with honey instead of coffee.

#### Dining Out:

1. Limit yourself to 1 serving of bread, crackers or chips or don't have any at all
2. Ask for a cup of soup instead of a bowl and try to avoid cream based soups. Vegetable, minestrone or other broth soups are best.
3. Ask for dressings and sauces on the side. Use for taste and try not to use it all.
4. Dip your fork into your dressing, then into your salad.

5. Order vinaigrette dressing instead of a mayonnaise-based dressing.
6. Ask for no cheese on your salad.
7. Ask for the vegetable for the day, instead of potato, rice, or pasta side.
8. Choose a healthy option item designated on the menu.
9. Ask for a half-portion or don't eat everything on your plate.
10. Use fresh lemon to season your fish instead of tartar sauce.
11. Choose a side salad instead of fries when ordering fast food.
12. Skip the super-size portions.

### **3 Days of Sample Meals**

#### Day 1 (When exercising first thing in the morning):

Exercise

Breakfast: Oatmeal with a cup of strawberries and/or blueberries  
Green tea with honey (brewed yourself)

Snack: Apple and low-fat string cheese

Lunch: 3-4 oz. chicken breast  
1-2 cups of spinach  
1-2 cups of other veggies  
Oil based salad dressing (light)

Snack: 1-2 cups of cucumbers, carrots, and/or celery  
1 tablespoon of hummus

Dinner: 3-4 oz. fish (nothing deep-fried)  
1 cup of broccoli  
1 cup of cauliflower  
¼ cup of beans

#### Day 2 (When exercising at lunch time):

Breakfast: ½ cup of egg substitutes omelet  
¼ chopped spinach  
¼ chopped peppers  
¼ chopped onions  
¼ mushrooms  
1 cup of strawberries  
2 links of turkey sausage

Snack: Greek yogurt with 1 cup blueberries

## Exercise

Lunch: Whole Wheat Pita  
3-4 oz. tuna  
Mustard  
½ cup of spinach  
½ cup of tomatoes  
¼ chopped celery

Snack: 12 almonds and an apple

Dinner: 3-4oz. chicken breast  
¼ salsa  
Mixed salad with lots of veggies  
1 tablespoon of light oil based dressing  
1 cup of fresh brewed green tea

## Day 3 (When exercising before dinner):

Breakfast: Green smoothie – Blend together: 1 handful spinach, ½ cup frozen blueberries, ½ cup mixed fruit, 1 scoop protein powder, 2 tablespoons honey, 1 cup water

Snack: Low Sodium V- 8 juice  
¼ cup of low fat 1% cottage cheese

Lunch: 3-4 oz. Turkey meat loaf  
½ green beans  
1 cup of mixed veggies – cucumbers, carrots, peppers, celery, broccoli, cauliflower  
1 cup green tea

Snack: Apple  
1 tablespoon of natural peanut butter

## Exercise

Dinner: 3-4oz white turkey breast  
½ cup of brown rice  
Side salad with lots of veggies  
1 tablespoon of light oil based salad dressing



## **12 Great Tasting & Healthy Recipes**

### Very Berry Crepes:

1 cup of flour (whole wheat flour is your best option)  
1 ½ cups of skim milk  
2 eggs  
1 egg white  
1-teaspoon sugar (truvia is best)  
2 cups fresh strawberries  
1-tablespoon  
Brown sugar

Directions: Slice strawberries. In a small bowl, mix strawberries with brown sugar & set aside. With an eggbeater, mix together remaining ingredients. Spray a non-stick frying pan with non-sticking cooking spray. Heat over medium-high until hot. Pour ¼ cup batter into pan, tilting pan to coat bottom. When bottom is lightly browned, turn with rubber spatula. Remove from pan and keep warm while cooking remaining crepes. Fill with strawberries roll up & serve. 12 servings

### Veggie Quesadillas:

1 cup salsa (roasted bell pepper flavor) or homemade  
1 cup drained canned black beans, rinsed  
1 zucchini, shredded  
8 (6-inch) fat-free or low fat flour tortillas  
¾ cup shredded Monterey jack cheese (use jalapeno-style for an extra kick)

Directions: In medium bowl, combine salsa, beans, and zucchini. Spread ¼ of the mixture over each of 4 tortillas. Top each portion with 3 tablespoons cheese. Cover each with another tortilla. Heat an 8 or 10-inch nonstick skillet over medium heat. One at a time, carefully cook each quesadilla, turning once, until cheese is melted, about 1 minute on each side. Cut each quesadilla into quarters; serve immediately. Makes 4 servings.

### Pasta with Greens and Beans:

6 garlic cloves, coarsely chopped  
4 cups coarsely chopped broccoli rabe (spinach may be substituted)  
1 ½ cups drained canned cannelloni beans, rinsed  
2 cups vegetable broth  
6 oz uncooked Barilla whole wheat pasta, cooked according to package directions

Directions: Lightly spray a large nonstick saucepan with nonstick cooking spray. Add garlic. Cook over medium heat, stirring constantly until softened, about 5 minutes. Add broccoli and beans and cook 2-3 additional minutes. Add broth and bring to a boil.

Reduce heat and let simmer for 3 minutes. Add cooked pasta, cook stirring occasionally for 2 additional minutes. Let stand 5 minutes before serving. (May sprinkle light parmesan cheese on top) Makes 4 servings.

#### Baked Apple:

1 small apple  
Splash of vanilla extract  
¼ teaspoon cinnamon

Directions: Wash and core apple. Sprinkle core with cinnamon and vanilla and bake at 350 degrees in a small amount of water until soft when pierced with fork. (Only 5 minutes in the microwave)

#### Berry Protein Shake:

1 package of protein mix  
1 - 4oz can of pineapple-orange juice  
1 ½ cans of water using the juice can  
½ cup fresh or frozen blueberries

Directions: Put juice, water, and protein shake in the blender, let blend a little bit; then add in blueberries.

#### Penne with Salmon and Roasted Vegetables:

2lb leeks with 4" green tops	1 red bell pepper, cut into strips
¼ cup reduced-fat chicken broth	1 tbsp. olive oil
2-tsp. dried thyme	Freshly ground black pepper
2 yellow summer squash (cut into 1/4" slices)	¼ cup black olives
½ lb salmon fillet	12 oz. penne Barilla whole wheat pasta

Directions: Preheat oven to 400 degrees. Cut leeks into 2" lengths and quarter lengthwise. Place leeks and red peppers in a 9"X13" glass baking dish. Drizzle broth and 2 teaspoons of oil over vegetables. Sprinkle with thyme and pepper. Cover with foil and bake for 15 minutes. Add squash, olives, and salmon to dish, and drizzle with remaining 1 teaspoon of oil. Cover and bake until salmon flakes easily with a fork and vegetables are tender, about 15 minutes. Cook penne according to package directions. Break salmon into bite-size pieces. Transfer salmon and vegetables to a large bowl. Add hot pasta, and toss to combine. Serves 6.

#### Chicken Moutarde:

1 boneless skinless chicken breast  
Spicy brown mustard  
½ cup Orzo  
1 cup chicken broth  
1 cup frozen French style green beans & mushrooms

2 tsp. olive oil  
Five pepper blend

Directions: Brush chicken with spicy brown mustard. Broil three minutes on each side, until just done & juices run clear. Slice, across the grain, into narrow strips. Cook orzo in chicken broth. Drain. Sauté frozen green beans and place in the center of a dinner plate. Season with freshly ground five-pepper blend. Top with chicken strips. Surround with orzo. Makes one serving.

#### Cinnamon-Apple Crisp:

8 apples, thinly sliced	2 tbsp. lemon juice
2 cups rolled oats	¾ cup whole-wheat flour
½ raisins	2 tsp. ground cinnamon
½ cup apple juice	1/3 cup honey
2 tbsp. Canola oil	

Directions: Preheat oven to 350 degrees. Coat 9" x 13" glass baking dish with nonstick spray. Toss apples with lemon juice, and put into baking dish. Combine oats, flour, raisins, and cinnamon in a large bowl. Drizzle with apple juice, honey, and oil. Combine well. Sprinkle over apples. Bake until apples are hot and tender, 30 to 40 minutes. Serves 12.

#### Chocolate Cheesecake Smoothie:

1 scoop of chocolate protein  
1-cup plain low-fat yogurt  
4 ice cubes

Directions: In a blender, combine all ingredients and blend until ice is crushed & the drink is thick and smooth. One serving.

#### Cauliflower Gratin:

1 head cauliflower, cut into small florets (about 5 cups)	
½ cup water	1 tbsp. fresh lemon juice
½ tsp. salt	¼ tsp. pepper
2 tbsp. plain dried breadcrumbs	2 teaspoons olive oil
1 tbsp. grated parmesan cheese	1/8-tsp. nutmeg
¾ tsp. grated lemon zest	

Directions: Preheat the oven to 400 degrees. In a vegetable steamer, pre-cook the cauliflower for 3 minutes. In a small bowl, combine the water, lemon juice, salt, and pepper. Set aside. In another small bowl, combine the breadcrumbs, Parmesan, lemon zest, and nutmeg. Set aside. Transfer the cauliflower to an 8 x 12-inch baking dish and spread in an even layer. Drizzle with the oil and toss to evenly coat. Bake for 7 minutes, or until the cauliflower is golden in color. Pour the water-lemon juice mixture over the

cauliflower and bake for 7 minutes, or until the cauliflower is tender. Sprinkle the breadcrumbs mixture over the cauliflower & bake for 5 minutes, or until the topping is lightly browned. Makes 4 servings

#### Blueberry Bran Muffin:

1 cup whole-wheat flour	1/2 cup rolled oats
1 cup unprocessed bran	1 tbsp. Baking powder
1 tbsp. Honey	2 tbsp. Dark molasses
1 cup mashed very ripe bananas	1 cup skim milk
1 egg	2/3 cup blueberries

Directions: Preheat oven to 400 degrees. Spray muffin tin with non-stick cooking spray or line with paper muffin cups. In a large bowl add all ingredients except blueberries. Mix well. Fold in blueberries. Pour into prepared muffin tin and bake for 20 minutes. Serves 12.

#### Veggie Casserole:

1 ounce mozzarella cheese, low-fat	1/2 cup egg substitute
1 cup broccoli, fresh, chopped	1 cup mushrooms, chopped
3/8-cup onions, chopped	1/4 cup chickpeas, drained
1/2 cup peppers, variety	2 tsp. almond, slivered
1 teaspoon light mayo	

Directions: Place all vegetables in a large baking casserole dish. Mix egg substitute, cheese and light mayo in a bowl and pour over vegetables. Sprinkle almonds over the top and bake at 350 degrees for 35-40 minutes.

## Motivation & Inspiration

When was the last time that you accomplished something huge?

That's an easy question for Helen Phillips.

Helen wowed the world with her dramatic transformation on the NBC show *The Biggest Loser*. At 48 years of age she was the oldest contestant to win the weight loss competition, shedding 140 pounds and 54.7% of her body weight.

I'd call losing more than half of your body weight a huge accomplishment - wouldn't you?

The crazy part was that Helen was clearly the underdog. She was simply too old and too fat to win. At least that was what the other contestants thought.

And that's what Helen thought, too.

"I never believed in myself in the beginning," she admits. However when a doctor told her that she was living in the body of a 60-year-old woman, Helen got serious.

"I'm tired of doubting myself," she decided and something inside of her head clicked into place. "The minute I started doing that, things changed for me."

And, oh, how she changed.

Helen buckled down and made losing weight her only focus. Her hard work paid off, giving her the prized title of the Biggest Loser.

She accomplished something huge and now her life has dramatically improved. "I feel so good! I feel like I can do anything," she told reporters with a huge smile.

Helen also had a message for you. "If I can do it, you can do it."

I have to agree with her.

If a 48 year old, 257-pound woman can transform her body from a size 22 to a size 2, then anyone can do it. Think for a moment of that huge accomplishment that you haven't made. Maybe it's a weight loss goal that you've had for years. Maybe it's something completely unrelated to fitness.

What's holding you back?

### **Are you afraid you'll fail?**

The fear of failure is a powerful thing. No one likes to fail, and repeat failure is even worse. So what can you do to conquer it?

- Realize that failure isn't the worst outcome. Not trying is.

- You only fail when you decide to give up. Get up and try again!

### **Are you afraid you'll succeed?**

You may not realize it, but most people fear success. Success means change and change can be scary. It is important that you embrace the idea of success and ditch any negative self-talk.

- Close your eyes and picture yourself accomplishing your goal. What will that accomplishment do for your life? List the benefits you'll enjoy.
- Spend a few minutes each day visualizing yourself accomplishing your goal. How great does it feel? Savor those victorious emotions and use them to drive your motivation.

Helen didn't believe in herself, until one day she decided that she was done doubting.

Are you done doubting?

It's your turn to accomplish something huge. Bay View Boot Camp is designed to get results. We are glad to be a part of helping you to achieve your goals!

To your health and fitness!!

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