

Sample Menu for a day at a Crogen Bootcamp with CMF

Breakfast	Snacks (mid-morning)	Lunch	Dinner	Snacks (before bed)
Porridge home-made granola	Nuts - cashews and Almonds with natural fats	Chicken tagine	Courgette & spinach soup	Nuts - cashews and Almonds with natural fats
Fresh fruit	Fruits and dried fruits	Couscous Herb salad	Sandwiches: Tomato Tuna	Fruits and dried fruits
Tea, coffee fresh orange juice plenty of water	Water	Water	Salads	Water
Semi-skimmed / skimmed milk			Water	

Foods will be steamed, baked, grilled or poached

Only low fat spreads and minimal usage.
Low fat dressings and olive oil will be used minimally