

SF BOOT CAMP MEAL IDEAS



As we begin the Sugar-Free September Boot Camp, I took pictures and videos of some of my meals.

GREEK CHICKEN & VEGGIES

- grilled chicken, beef & lamb
- roasted tomatoes
- sauteed mushrooms
- red onions
- olive oil
- air-fried potatoes
- a bowl of strawberries & blueberries

GRILLED CHICKEN SALAD

- grilled chicken
- fresh tomatoes
- cucumbers
- red onions
- avocado
- olive oil
- strawberries & passion fruit

SALMON SALAD

- grilled salmon
- lettuce
- cucumbers, cherry tomatoes, carrots, red peppers
- blueberries & strawberries
- walnuts
- oil & vinegar

LETTUCE WRAPPED BURGER

- hamburger patty
- romaine lettuce
- sliced tomato
- sauteed mushrooms and onions
- air-fried sweet potatoes
- olive oil

EGGS & BACON FOR DINNER

- eggs & crispy bacon
- broccoli
- air-fried sweet potatoes
- avocado