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# RENEGADE



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## BOOT CAMPS



## DAILY MENU 1500 – 1800 calories

### WATER

Try to drink at least half your weight in ounces every day.

For example: 150 lbs. you will need to drink at least 75 oz. of water daily.

### BREAKFAST

- 1 Protein
- 1 Fruit/Veggie
- 1 Whole Grain

### SNACK 1

- 1 Protein
- 1 Fruit/Veggie

### LUNCH

- 2 oz Lean Protein/Fish
- 2 Veggie + Leafy Greens
- 1 Whole Grain

### SNACK 2

- 1 Protein
- 1 Fruit/Veggie

### DINNER

- 3-5 oz Lean Protein/Fish
- 2 – 3 Veggie
- 1 Whole Grain

### SNACK 2

- 1 Protein or 1 Fruit/Veggie

### DAILY TOTALS

5 Protein, 3 Fruit, 4-5 Vegetable, 3 whole Grain, Leafy Greens – no limit

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5 Protein, 3 Fruit, 4-5 Vegetable, 3 whole Grain, Leafy Greens – no limit

## PROTEINS

Dairy – non fat milk, cheese or yogurt (plain, sweeten with honey)

Nuts or Nut Butters – Any (NO peanuts)

Lean Meats – Turkey, Chicken, Lamb, Limit beef and pork

Seafood – fish, shellfish

Beans or Legumes – fresh, dried or frozen is best

## FRUITS AND VEGETABLES

Fresh or Frozen – organic when possible

Variety of colors

Leafy Greens (Spinach, Kale, Chard, Arugula)

## WHOLE GRAINS

Ingredients must say whole wheat as first ingredient

100% whole wheat bread, muffins, bagels

Brown or Wild rice

Popcorn

Quinoa

100% whole wheat pastas

## SNACK SUGGESTIONS

Berries (strawberries, blackberries, raspberries, blueberries)

Cherry tomatoes

Avacados

Sliced bell peppers (red, green, yellow)

Sliced fruit with Almond, Sunflower or Cashew butters

Non-Fat Plain Yogurt sweetened with 1 tbsp Honey

Sliced Deli Meat (chicken or turkey, low sodium)

Sweet Potato Chip

## ANDI SCORES: SCALE IS 0 – 1000.

The higher the score the more Nutrients per serving.  
Try to pick foods with a higher score.

### LEAFY GREENS

	ANDI Score
1. Radish	502
2. Turnip	473
3. Carrots	458
4. Acorn Squash	444
5. Broccoflower	444
6. Cabbage	434
7. Bell Pepper, Yellow or Orange	371
8. Kholrabi	352
9. Cauliflower	315
10. Rutabaga	296

### VEGETABLES

	ANDI Score
1. Mustard/Turnip/Collard Greens	1000
2. Kale	1000
3. Swiss Chard	1000
4. Upland/Watercress	1000
5. Bok Choy/Baby Bok Choy	865
6. Chinese/Napa Cabbage	714
7. Spinach	707
8. Arugula	604
9. Lettuce, Green Leaf	585
10. Chicory	516

### BEANS

	ANDI Score
1. Edamame	98
2. Pinto Beans	86
3. Tofu	82
4. Great Northern Beans	77
5. Adzuki Beans	74
6. Lentils	72
7. Lima Beans	69
8. Kidney Beans	64
9. Black Beans	61
10. Chickpeas (Garbanzos)	55

### NUTS & SEEDS

	ANDI Score
1. Flax Seeds	103
2. Sesame Seeds	74
3. Sunflower Seeds	64
4. Peanuts	59
5. Chia Seeds	46
6. Pumpkin Seeds	39
7. Pistachios	37
8. Chestnuts	34
9. Hazelnuts	34
10. Pecans	33

### FRUIT

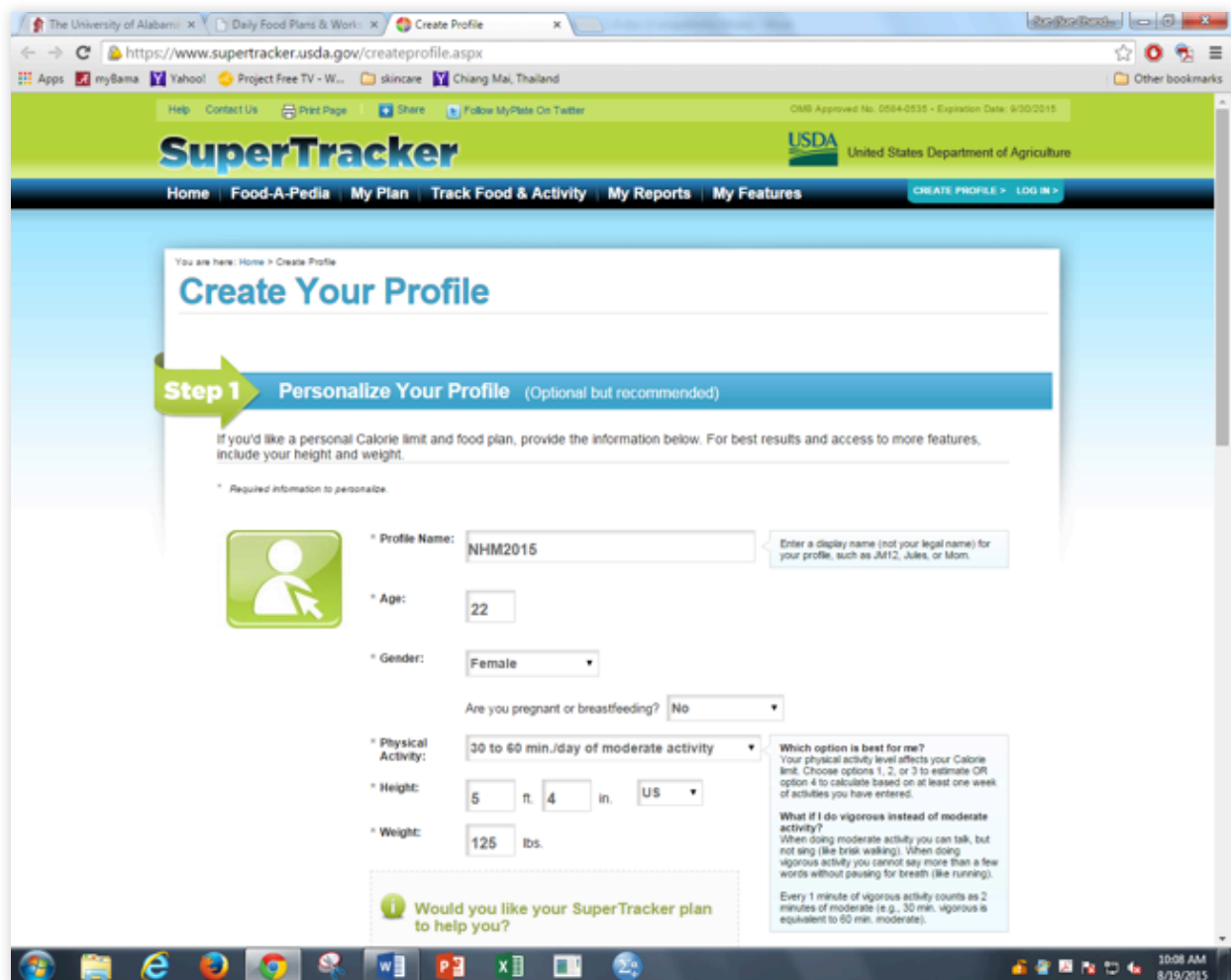
	ANDI Score
1. Cranberries, Fresh	207
2. Strawberries	182
3. Blackberries	171
4. Raspberries	133
5. Blueberries	132
6. Guava	125
7. Grapefruit	125
8. Grapes	119
9. Pomegranate	119
10. Cantaloupe	118
11. Plum	106
12. Orange	98
13. Tangerine	86
14. Apricots, Fresh	75
15. Watermelon	71

### HERBS

	ANDI Score
1. Basil	518
2. Cilantro	481
3. Spearmint	457
4. Tarragon	426
5. Oregano	426
6. Thyme	422
7. Parsley	381
8. Dill	326
9. Chives	319
10. Peppermint	293
11. Bay Leaves	271
12. Rosemary	84
13. Lemongrass	55

A great way to keep track of not only your physical activity but also your daily food, nutrient and calorie intake is SuperTracker. After you enter what you eat throughout the day you can see if you are getting enough calories, food groups and nutrients for the day and/or week. You can generate reports for a range of days or a week to see if you get the Recommended Dietary Intakes of your nutrients. You can also enter your physical activity for the week to keep track of the calories burned and calories needed for your exercise intensity.

[www.supertracker.usda.gov](http://www.supertracker.usda.gov)



Food Group	Goal*
<b>Grains</b>	6 ounces Daily
Whole Grains	≥6 ounces
<b>Vegetables</b>	2 ½ cups Daily
Dark Green	No Limit
Red & Orange	5 ½ cups/week
Beans & Peas	1 ½ cups/week
Starchy	5 cups/week
Other	4 cups/week
<b>Fruits</b>	2 cups Daily
Fresh/Frozen Fruit	
<b>Dairy</b>	3 cups Daily
Milk & Yogurt	3 cups
<b>Protein Foods</b>	5 – 8 oz Daily
Seafood	8 ounces/week
Meat, Poultry & Eggs	No Specific Goal
Nuts, Seeds & Soy	No Specific Goal
<b>Oils</b>	6 tsp Daily
	<b>Limit*</b>

Average Daily Nutrient Content	
Nutrients	Goal* Daily
<b>Macronutrients</b>	
Protein (g)	46 g
Protein (% Calories)	10 - 35% Calories
Carbohydrate (g)	130 g
Carbohydrate (% Calories)	45 - 65% Calories
Dietary Fiber	25 g
Total Fat	20 - 35% Calories
Saturated Fat	<10% Calories
Monounsaturated Fat	No Daily Goal or Limit
Polyunsaturated Fat	No Daily Goal or Limit
Linoleic Acid (g)	12 g
Linoleic Acid (% Calories)	5 - 10% Calories
α-Linoleic Acid (g)	1.1 g
α-Linoleic Acid (% Calories)	0.6 - 1.2% Calories
Omega 3 - EPA	No Daily Goal or Limit
Omega 3 - DHA	No Daily Goal or Limit
Cholesterol	<300 mg
<b>Minerals</b>	
Calcium	1000 mg
Potassium	4700 mg
Sodium	<2300 mg
Copper	900 µg
Iron	18 mg
Magnesium	320 mg
Phosphorus	700 mg
Selenium	55 µg
Zinc	8 mg
<b>Vitamins</b>	
Vitamin A	700 µg RAE
Vitamin B6	1.3 mg
Vitamin B12	2.4 µg
Vitamin C	75 mg
Vitamin D	15 µg
Vitamin E	15 mg AT
Vitamin K	90 µg
Folate	400 µg DFE
Thiamin	1.2 mg
Riboflavin	1.2 mg
Niacin	14 mg
Choline	425 mg