

LUDACHRIS FITNESS SUMMER CAMP

MEAL OPTIONS MENU

A. Breakfast Options:

1. **Bagel:** Whole Wheat Bagel with Low Fat Cream Cheese (Low Fat Cream Cheese, P28 Bagel) ***For ingredients of bagel - *Ingredients of P28 bagel listed below**
2. **Grilled:** Low Fat Grilled Cheese (Fat Free Cheddar Cheese, P28 Bread ***For ingredients of P28 Bread - *Ingredients of P28 Bread listed below**

B. Snack #1; Fruit of the day

1. This will vary on a daily basis (banana, apple, pear, etc)

C. Lunch Options

- a. Main Course (**Campers will get to choose 2 of the following sides on a daily basis: Broccoli, Baby Carrots, Cucumbers, Celery**)
 1. **Tuna:** Tuna salad Panini Wrap (Mix of Tuna, Low Fat Mayo, cucumber,, topped with low fat shredded mozzarella in a whole wheat tortilla wrap) ***Ingredients of wrap listed below**
 2. **Chicken:** Chicken Fajita (Grilled Chicken Strips, fat free sour cream, mild salsa, low fat shredded mozzarella in a whole wheat tortilla wrap) ***Ingredients of wrap listed below**

D. Snack #2 Low Fat Muffin of the day

1. **Berry Muffin:** Oatmeal berry Muffin (strawberries, Oatmeal, egg whites, fat free yogurt, stevia, baking soda, baking powder)
2. **Banana Muffin:** Oatmeal berry Muffin (blueberries, Oatmeal, egg whites, fat free yogurt, stevia, baking soda, baking powder)

POM Whole Wheat Tortilla Wrap Ingredients

Whole grain whole wheat flour including the germ, water, vegetable oil (canola or soybean), salt, sodium acid pyrophosphate, potassium sorbate, sodium bicarbonate, sodium propionate, monoglycerides, sodium stearoyl-2-lactylate, fumaric acid, cellulose gum, carrageenan, maltodextrin. May contain traces of sulfites.

P28 Bagel Nutritional Facts and Ingredients

Nutrition Facts	
Serving Size 1 Bagel (94g)	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 28g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 15%
Thiamin 8%	• Riboflavin 4%
Niacin 10%	• Folate 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

WATER, WHOLE WHEAT FLOUR, P28 BLEND (WHEY PROTEIN ISOLATE, WHEAT PROTEIN ISOLATE, WHEAT GLUTEN, SOYBEAN OIL), SUGAR.
CONTAINS 2% OR LESS OF: CORN STARCH, WHEAT STARCH, MOLASSES, YEAST, OAT GROATS, RAISIN JUICE CONCENTRATE, SUNFLOWER SEEDS, FLAXSEED, MILLET, CRACKED WHEAT, SEA SALT, CULTURED WHEAT STARCH, CULTURED SUGAR, VINEGAR, LACTIC ACID, CINNAMON, ENZYMES, GUAR GUM, REBINA (STEVIA EXTRACT).

P28 Bread Nutritional Facts and Ingredient

Nutrition Facts	
Serving Size (47g) 1 slice	
Servings Per Container Approx. 15	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 215mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 14g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
Thiamin 4%	• Riboflavin 2%
Niacin 6%	• Folate 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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