

Seven-Day Camp Menu

Sample document — fictional athlete, illustrative portions

Base camp phase · Professional boxer, 83 kg · Cooked at home, ordinary ingredients

How to use it

Seven days, ready to run in order or rearranged. Portions are set for this athlete's body weight and training load. On a two-session day, add a portion of grain or an extra snack. On a light day, reduce the side.

Three things hold the week together: protein at every meal, red meat and oily fish several times across the week, and a source of vitamin C alongside the meat.

The iron rules

This athlete came into camp with low iron stores, so the menu is built around absorption rather than around totals. These rules matter more than the exact grams.

Rule	Why
Coffee and tea 1–2 hours after meat	Tannins bind iron and block most of it. Not with the meal, not straight after.
Do not wash meat down with milk	Calcium competes directly with iron for absorption.
Vitamin C beside the meat	Peppers, tomato, lemon, parsley. This pairing raises absorption several times over.
Liver once a week	The densest ordinary source of iron, B12 and folate on this list.

The week

Day 1

Meal	What
Breakfast	Three-egg omelette with tomato and herbs. Two slices of wholegrain bread. Avocado.
Snack	Greek yoghurt, a handful of berries, 30 g nuts.
Lunch	Buckwheat. Beef steak or patties, 180–200 g. Salad — cucumber, tomato, pepper, rocket, olive oil, lemon.
Snack	Banana and almonds. One hour before the session if training.
Dinner	Baked salmon or mackerel, 200 g. Brown rice. Steamed broccoli.
Before sleep	Cottage cheese 150 g, or a glass of kefir.

Day 2

Meal	What
Breakfast	Oats with berries, honey and nuts. Two boiled eggs.
Snack	Wholegrain toast with tuna and avocado.
Lunch	Chicken breast or turkey, 200 g. Bulgur or quinoa. Braised vegetables — courgette, pepper, onion, carrot.

Meal	What
Snack	Apple and cashews.
Dinner	Braised beef with carrot, onion and tomato. Jacket potato. Herbs.
Before sleep	Cottage cheese 150 g with a spoon of honey.

Day 3 — liver day

Meal	What
Breakfast	Scrambled eggs with salmon. Wholegrain bread. Tomato.
Snack	Yoghurt, berries, a spoon of pumpkin seeds.
Lunch	Chicken or beef liver braised with onion, 200 g. Buckwheat. Salad with lemon.
Snack	Banana with nut butter, no added sugar.
Dinner	Turkey, 200 g. Quinoa. Fresh salad with olive oil.
Before sleep	Kefir or cottage cheese.

Day 4

Meal	What
Breakfast	Three-egg omelette with cheese and spinach. Wholegrain bread. Avocado.
Snack	Greek yoghurt, walnuts, honey.
Lunch	Beef steak or goulash, 200 g. Brown rice. Large salad — pepper, tomato, cucumber, herbs.
Snack	Pear or apple and almonds.
Dinner	Sardines or mackerel. Jacket potato. Green salad.
Before sleep	Cottage cheese 150 g.

Day 5

Meal	What
Breakfast	Buckwheat with milk and berries. Two boiled eggs.
Snack	Toast with tuna and avocado. Cucumber.
Lunch	Baked chicken thighs, 200 g. Quinoa or bulgur. Braised vegetables.
Snack	Banana and cashews. One hour before the session.
Dinner	Baked salmon, 200 g. Brown rice. Steamed broccoli and cauliflower.
Before sleep	Kefir, or cottage cheese with berries.

Day 6

Meal	What
Breakfast	Three fried eggs. Wholegrain bread. Tomato. Avocado.

Meal	What
Snack	Yoghurt, berries, nuts.
Lunch	Lentil soup with beef. Salad with herbs and olive oil.
Snack	Apple, almonds, a square of dark chocolate 80%+.
Dinner	Beef steak, 200 g. Jacket potato. Large salad with avocado.
Before sleep	Cottage cheese 150 g.

Day 7

Meal	What
Breakfast	Three-egg omelette with pepper, tomato and onion. Wholegrain bread.
Snack	Greek yoghurt, banana, nuts.
Lunch	Turkey or chicken, 200 g. Buckwheat. Braised vegetables.
Snack	Cottage cheese with berries.
Dinner	Baked mackerel or salmon, 200 g. Quinoa. Fresh salad.
Before sleep	Kefir.

Shopping list for the week

Category	What to buy
Meat and fish	Beef 1–1.2 kg · turkey or chicken 1 kg · liver 250 g · salmon, mackerel or sardines, 4–5 portions · tinned tuna, 2 tins
Eggs	24–36
Grains	Buckwheat, brown rice, quinoa or bulgur, oats
Dairy	Cottage cheese 5%, Greek yoghurt, kefir, a little hard cheese
Vegetables	Tomatoes, cucumber, peppers, broccoli, cauliflower, courgette, carrot, onion, potato
Herbs	Rocket, spinach, parsley, dill
Fruit	Bananas, apples or pears, berries — frozen is fine
Nuts and seeds	Almonds, cashews, walnuts, pumpkin seeds
Pulses	Lentils
Other	Avocado, extra virgin olive oil, honey, nut butter without sugar, dark chocolate 80%+, wholegrain bread, lemons

Making it survive a hard week

Cook two or three days ahead. Meat, grains and vegetables go into containers. This is the single change that decides whether the plan is still running in week four.

Bake rather than fry. Fifteen to twenty minutes with lemon and seasoning. If frying, olive oil only.

Keep fast food in the house — boiled eggs, cottage cheese, nuts, bananas. Hunger between sessions is what breaks plans, not willpower.

Vegetables are not counted. Add them to everything.

Water: 3–3.5 litres a day, more on two-session days.

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Sample document. Educational material, not medical advice. For adults 18+. Portions here are set for one fictional athlete at one point in a camp. A real menu is built from body weight, training load, weigh-in date and bloodwork, and is not transferable between athletes.