

GET FRESH MEALS DELIVERED TO YOUR HOME OR OFFICE!

With LeBootCampFood, bootcampers can now get LeBootCamp dishes delivered fresh to their home or workplace, courtesy of two-star Michelin chef, Mauro Colagreco.



Valérie Orsoni,
you Weight Loss
Coach



Order online
and choose your
preference: complete
menus or meals
on the go



Receive your order to your
home or workplace within
just 24 hrs in the Ile de
France region, and 48 hrs
in all other provinces...
all that's left is for you
to indulge and enjoy!



Got questions about your
meals or delivery? Visit
our site or contact us at

0811 622 512



AVAILABLE
IN EUROPE
ONLY!

Discover LeBootCamp Food

Visit us at

www.LeBootCamp.com

The Food Lover's Diet

FRESH LeBootCamp meals delivered directly to you!

Don't have time to cook? Select our new home delivery service.
We offer a range of balanced meals based on proven principles of the LeBootCamp diet: low glycemic index, seasonal Fruit and vegetables, controlled portions, and gourmet recipes.

Sample Menu

BREAKFAST

Freshly squeezed
lemon juice
Muesli with berries
1/2 pink grapefruit
Green tea

LUNCH

1 black cod Filet
1 slice of wholegrain bread
1 apple, cut into pieces and
sprinkled with cinnamon

SNACK

1 hazelnut cereal
bar
2 Fresh Figs

DINNER

Provençal chicken & quinoa
salad with coriander
dressing
1 slice of wholegrain bread
1 soy yogurt
1 mango

Gourmet Recipes

Our one-of-a-kind recipes are created by Argentinian-born two-star Michelin chef, Mauro Colagreco of Mirazur restaurant, and are specifically designed to help you lose weight with real pleasure.

Your coach's favorite?

Decadent buckwheat cereal bars with hazelnuts and chocolate for a light and gourmet snack!



**FOR FURTHER INFORMATION ABOUT
LEBOOTCAMPFOOD BY KITCHENDIET:**

CONTACT

✉ media@coachinglabs.com

or visit www.LeBootCamp.com

