

**Booty**CAMP  
FITNESS FOR WOMEN

NUTRITION PLAN



Quick Start Guide

PHASE #1



## Phase 1 GUIDELINES

- (1) You can eat anything from the list that I provide you below.
  - (2) You can eat as much as you want from this list as long as you have 3 meals and a maximum (optional) of 1 emergency meal.
  - (3) Anything that's not on this list is NOT ALLOWED. That includes all calorie beverages as well.
  - (4) If something is still not clear then make sure to ask us about it!
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## PHASE 1 - FOOD LIST

### Vegetables

	Gherkins
Artichoke	Ginger
Arugula	Kale
Asparagus	Lettuce
Aubergine (eggplant)	Mangetout
Bean sprouts	Mixed Salad Greens
Beetroot	Mushrooms
Bell Peppers	Onion
Bok Choy	Parsnip
Brussel Sprouts	Peas
Butternut Squash	Pickled vegetables*
Cabbage	Pumpkin
Carrot	Radicchio
Cauliflower	Radish
Celeriac	Rocket
Celery	Samphire
Chili Pepper	Scallion
Courgettes	Swede
Cucumber	Tinned Tomatoes
Fennel	Tomatoes
Frozen vegetables	Turnip
Garlic	Water Chestnuts

### Liquids

Coffee-Black	Sparkling/Soda Water
Tea, Herbal/Green/Etc	Water

### Protein

Beef\*  
Bone Broth  
Chicken  
Chorizo  
Cod  
Duck  
Eggs\*  
Fish\*  
Lamb\*  
Mince-Organic  
Organ Meats  
Parma Ham  
Pork  
Quail  
Rabbit  
Salmon\*  
Shallot  
Turkey  
Venison

### Other

Chewing Gum  
Wine (for cooking)!

### Fats

Almonds  
Avocado  
Coconut Milk  
Coconut Oil  
Fish Sauce  
Nut Based Oil\*  
Olives  
Seeds\*

### Condiments

Balsamic Vinegar  
Black Pepper  
Curry Paste\*\*  
Lemon  
Lime  
Mustard\*\*  
Olive Oil  
Powder Mixes\*\*  
Salt  
Soya Sauce\*\*  
Spices\*  
Stock\*\*  
Tomato Paste  
Vinegar

\*All types are acceptable

\*\*Must be gluten free

# Phase 1 SAMPLE MEAL PLAN

## Monday

- B - Egg Muffins
- L - Smoked Salmon Salad
- D - Chicken Stir Fry

## Tuesday

- B - Bacon, Mushroom and Tomatoes
- L - Chicken Salad
- D - Curried Cauliflower and Lamb Chops

## Wednesday

- B - Bacon, Asparagus and Soft Poached Egg
- L - Carrot and Leak Soup
- D - Fish and Butternut Squash Chips

## Thursday

- B - Scrambled Egg with Mushrooms and Tomatoes
- L - Tuna Salad
- D - Steak and Roast Veg

## Friday

- B - Chirizo Omelette
- L - Seafood Salad
- D - Thai Green Curry with Roasted Parsnips

## Saturday

- B - Vegetable Juice Smoothie with Almond Milk
- L - Roasted Red Pepper Soup
- D - Bacon and Cabbage

## Sunday

- B - Smoked Salmon with Scrambled/Poached Egg
- L - Pork Chop, Roasted Carrot and Parsnip
- D - Beef and Veg Thai Red Curry with Cauliflower Rice

**NOTE: PLEASE LOOK AT PHASE 1 MANUAL** for extended **MUST TRY** recipes (page 21-29) and other valuable information of how to create your own meal plan.

# Phase 1 TROUBLESHOOTING

## What to eat if you can't stick to the plan

Phase 1 is the hard part at Booty Camp. After this it gets easy. The reason is because of the detox that you go through. Basically the first week is very restrictive but it only lasts 6 days. On Day 7 you can have your first treat day.

So although we hope you'll be able to stick to this nutrition plan without any hiccups there may be times when you just need to eat something that's not on your plan. If that happens to you then please post about it on our Private Group first as we may have some helpful advice for you. And if you really need to eat something then here are some options:

- (1) For sugar cravings : berries - strawberries, blueberries, raspberries, or dark chocolate, 85% cocoa + is better.
- (2) For energy : Potatoes, rice, porridge (must be gluten free).
- (3) For cinema/movie/etc: Popcorn - PLAIN. No dairy or any added ingredients.
- (4) Alcohol - try to avoid. If needed wine is best option.
- (5) Sugary drinks: Diet carbonated drinks (Really not a good option, but if you love carbonated drinks have a small amount of the diet kind. Yes they contain chemicals so only consume them if you have to).

**NOTE:** Chewing gum is also on your food list and can help with sugar cravings. If you do end up eating some of these foods that are not on your list then just get back on track as soon as you can.

## TREAT DAY PLAN

This Sunday you can have:

- (1) Fruit : All kinds
- (2) Dark chocolate 70% + cocoa solids, 100 grams MAX
- (3) Carbohydrates : Potatoes, rice

# IMPORTANT REMINDERS

- (1) Please do not eat dairy during this Phase. We need to test for intolerances which we do in the next Phase.
- (2) Please contact us if you are having difficulty or have questions.
- (3) Portion sizes do not matter in Phase 1.
- (4) This is the most restrictive part of the entire course. Just do your best and if you make mistakes then pick yourself up and keep going.
- (5) Please try to make it to as much of the classes as possible. Whether you're doing the online exercise or the actual class it's important for your results to turn up!

## Booty CAMP SUCCESS PRINCIPLES

### (1) SUPPORT AND ACCOUNTABILITY

Take a picture of every meal you eat and post it to our group. It takes 30 seconds but the benefits are huge!

### (2) WEEKLY PROGRESS CHECKS

Every Sunday we need weight, measurements, and pictures.

### (3) LEARN ONE NEW RECIPE EACH WEEK

Simple! Post when you have it.

### (4) ENCOURAGE AND GET INVOLVED!

The more that you talk to us and the rest of the ladies in our group the more successful you'll be. We are here to help but first we need to hear from you!

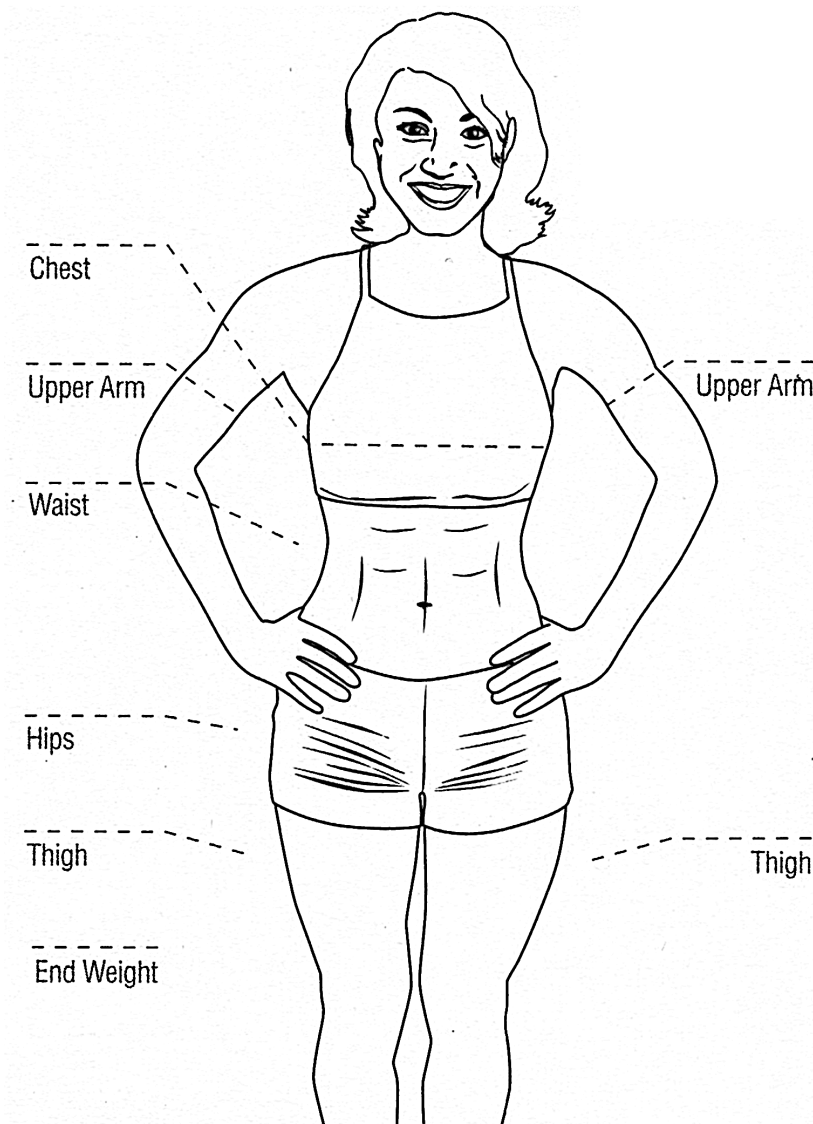
### (5) DON'T GIVE UP

The only failure is when you decide to give up. Stick with us throughout!

# ASSESSMENTS

In addition to your weight and pictures, here are the measurements that we would like you to take:

## MEASUREMENT CHART



Date

Chest

Right arm\*

Left arm\*

Waist

Hips

Right Thigh\*\*

Left Thigh\*\*

Weight

\* Flexed, measured at peak of biceps

\*\* Measured at widest point