

Booty CAMP

FITNESS FOR WOMEN



Phase Two Manual

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INTRODUCTION TO PHASE 2 OF BOOTY CAMP

Hi Ladies!

First of all, CONGRATULATIONS for making it this far! :)

Phase 1 at Booty Camp is difficult, but once you get over the initial cravings, headaches, and withdrawal symptoms, our program now becomes a lot more manageable (Oh, and hopefully you haven't killed anyone yet!!!).

Now that we'll be adding in new food groups it should become less difficult for you to maintain this way of eating. Before we get into Phase 2, however, I wanted to start today by addressing some important points and questions that are usually asked at this stage of our program.

If you've gotten over that initial hump of Phase 1 then you may have noticed your energy levels improving dramatically, as well as your mood and physical differences such as better skin, reduced bloating, weight loss, etc.

The reason this can happen to a lot of us is because the Phase 1 food list contains minimal chemicals. It also contains all of the vitamins and minerals that your body needs including calcium, potassium and Vitamin C (which many people believe are found only in dairy foods and fruits respectively).

For these reasons Phase 1 of Booty Camp is a fine nutrition plan. However, if you feel as though Phase 1 is just too restrictive then you'll be happy to know that from now on we start to bring in a whole variety of different food groups. This can be great for variety or even just to be able to eat something different for BREAKFAST!! :)

So, as we add in our new food groups you now have a choice of sticking to Phase 1 or adding those foods in. Either way, I would strongly suggest that you read through and follow the manuals together with us. And I'd also recommend doing the intolerance/sensitivity testing on each of these food groups, just so you know how your body reacts to certain foods and if you should be avoiding them entirely.

Here's a recap of the foods that we're going to be introducing over the next few weeks:

PHASE 2 - LOW sugar fruit + dairy (milk, yogurt)

PHASE 3 - HIGH sugar fruit + all dairy

PHASE 4 - Carbohydrates

PHASE 5 - Wheat/gluten products

You'll notice that we don't have many carbohydrates on the list until Phase 4. Carbohydrates are "energy" foods. Examples are foods like potatoes, rice, pasta, bread, etc. and ideally you would wait until Phase 4 before eating them.

However, if you feel like you don't have enough energy then two foods that are okay to introduce at this stage are gluten free oats (i.e. porridge) and potatoes.

Both of these foods come back at later phases so hold off if you can. By eating them now your results won't be quite as amazing, but these foods should help with any of the low energy symptoms that you may have.

Also, I cannot emphasize enough the importance of limiting chemicals at this stage of our program. Any chemicals that our bodies cannot process are stored in our fat cells. Therefore, if we have excessive chemicals our fat will remain locked up in the fat stores.

This is also the main reason you may have felt quite terrible at times during Phase 1! As your body releases fat from your fat stores the chemicals and toxins that have been locked in there to protect you also get released. This can cause:

- Brain fog
- Lethargy
- Fatigue
- Mood swings
- Sickness

Other symptoms can also be present. This is just your body working hard to process and eliminate these substances. As you begin to release and eliminate these chemicals you will release even more fat. That's exactly what we want at this stage.

And how are you doing after your "Treat Day?"

Do you feel fine after eating fruit? Some people have trouble digesting fruit because of the fructose that is contained in it. If this has troubled your tummy then perhaps it would be best to leave fruit out for the next week and then have some again next Sunday. If you have the same symptoms then you'll need to eliminate fruit from your food plan until your digestive system is stronger.

That usually takes 6-8 weeks, and sometimes longer. Fortunately, as you go through Booty Camp you'll be eliminating all of the foods that irritate your gut and digestive system, so by the end of our plan you'll have a healthy digestive system that can deal with many foods.

As well as limiting chemicals it's important that we begin to identify the foods that are troublesome to our digestive systems. We do that with a simple intolerance/sensitivity test, which I'll explain to you later in this manual.

So if you're all set then grab a cup of (herbal!) tea and let's learn what we're going to be doing over the next week at Booty Camp.

See you in class!

Coach Connor



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PHASE #2

NUTRITION



Okay ladies let's get straight into Phase 2 of Booty Camp!

It is important to note that it's not a requirement to eat any of the foods that we are presenting to you. It is very possible to get all of the nutrition that you need from the foods that you ate in Phase 1. However, most people want more variety in their diets, and that's why we begin to add in more foods.

This should not be a problem, but we need to be careful about some important points. Not all foods groups are suitable for everybody. With the exception of the foods from Phase 1, the foods that we are now going to be introducing can be damaging to your gut and health.

There are many reasons for this, from genetic, to environmental, to intolerances/sensitivities. At Booty Camp that's why we like to reintroduce food groups one at a time and see how our bodies react to them. Our bodies will TELL US if a certain food group is not suitable, we just need to know what to look for and then to pay attention.

So this week we'll be adding LOW sugar fruit and some dairy - milk and yogurt. I'll also introduce the concept of basic intolerance testing, update our Treat Day guidelines, and prepare us for the week ahead.

We've a lot to get through so let's get straight into our first topic of the day - FRUIT.

ALL ABOUT FRUIT

Fruit is one of those foods that is actually really controversial. On one hand fruit contains some micronutrients that our bodies need (positive). On the other hand all fruits contain a potent sugar substance called fructose which raises your fat storage hormone if you eat too much of it (negative).

During our first few months teaching Booty Camp we forgot to mention this important point to many of our members. Then when we introduced fruit many people ate it without limits at every meal, and also between meals as snacks.

Some people who did this actually ended up gaining weight simply due to the over-consumption of fruit! When we asked why they ate so much the most common response was because they thought they were being healthy.

It is true that fruit is healthy, but eating more of a healthy food does not make us healthier! In the case of fruit it can actually makes us fatter!

We only need small amounts of fruit to get the healthy benefits and we don't need to eat it each and every day. Also, we certainly should not be snacking on fruit throughout the day as that will drastically hinder our progress.

Although we can now eat some fruit we need to be a little careful about it. When we're trying to lose weight we need to limit our consumption.

Because of all the confusion regarding fruit we've created a handy little guide called "Fruit Facts and Fiction" for those of you who are not sure about fruit. Here it is:

FRUIT FACTS AND FICTION

(1) Fruits Contain FRUCTOSE, Vegetables Don't

In 1991 a campaign was launched to promote the consumption of vegetables and fruits. It was called the "Five-A-Day-Campaign." It was a wonderful idea as it encouraged the practice of eating at least 5 portions of fruit and vegetables per day.

However, one of the mistakes of the 5-A-DAY campaign is that we're told to eat 5 portions of vegetables AND fruit per day, which implies that fruit and vegetables are equally important.

This has led to many people choosing fruit over vegetables to get their 5 A DAY, with some people consuming excess amounts of fruit - upwards of 5 portions per day!

But what's the problem with that?

The problem is that vegetables and fruit are 2 different food groups.

Fruit is primarily an "energy" food, as all fruit contains a specific sugar called "fructose." Scientists call fructose the "fattening" carbohydrate, meaning that when we eat too much of it we gain weight.

This is not to say that fruit is something that we shouldn't eat, but we do need to bear in mind that vegetables and fruit are very different, so we'll need to follow some different guidelines while moving forward.

Fructose is difficult for the body to break down and it actually acts in our bodies in a very similar way to that of alcohol. Just like alcohol, when fructose enters the body it needs to be sent to your liver for processing.

And we've learned from Phase 1 that when our digestive system is overwhelmed then we go into fat storage mode. This is particularly true when you place excess strain upon your liver. Therefore fruit can actually make some people GAIN weight, especially if they believe it is extremely "healthy" and eat lots of it.

Some countries such as Australia have realized the mistake and have changed their guidelines to 5 portions of vegetables and 2 portions of fruit. This is getting closer to reasonable advice, but it's still doesn't tell us the whole picture...

(2) Adults vs Teenagers/Kids

Another important fact is that when the "5-A-DAY" campaign was first introduced it was aimed at children and teenagers, and not adults.

Children and teenagers have much higher energy needs than adults and since fruit is an energy food it is really great for children and teenagers to eat it. Not only are they growing rapidly but they are generally far more active and thus can use that extra energy very easily.

The nutritional needs of a child are also very different from that of an adult. Developing children require more vitamins and minerals and these can be provided by the extra fruit that they eat. Fruit is also great for kids as it's always better than the alternative that they're going to find in the vending machine!

So make sure to provide your children with vegetables AND fruits. When it comes to them the 5-A-DAY rule is a great one to have. But for adults the story is much different. We just don't need that much fruit, and we certainly don't need 5 portions a day.

The reality is that everything that we need in terms of nutrition can be obtained from the Phase 1 food list.

(3) Over-Consumption

One of the problems that we now have with fruit is that we over-consume it because we've been told how important it is to eat "5-A-DAY". So many of us are trying to eat five-a-day *in addition* to everything else they we're eating, not instead of.

Not only are we eating our normal diet, but we eat fruit on top of that and we don't "count it" because we think fruit is so healthy. This is all down to something called the "health-halo."

(4) The Health HALO

When we over-consume fruit we actually "treat" - not just treat ourselves in the process! For example, some people will have a chocolate bar and think to themselves that it's okay because they've eaten 3 apples that day.

And if that wasn't bad enough some of us are adding more processed food into our diet while trying to get our 5-A-DAY. For example food manufactures are placing "5-A-DAY" promotions on their tins of syrupy fruit, on fructose drinks, and even PIZZA packets in an effort to get us to buy their processed "foods".

And we are falling for it because we end up buying and eating these foods thinking that we're being healthy. This is called "The Health Halo." It means we eat MORE of the foods that we think are healthy and then we go ahead and "treat" ourselves with some goodies because we think we've been so good throughout the day.

Unfortunately, the only thing we end up gaining from this is muffin tops and bingo wings. :(



(5) Vitamins

Despite reading the above one question that you're probably asking yourself is:

"But don't I need the vitamins in fruit?"

It is true that there are some important vitamins in fruit. However, there are no vitamins or minerals that you get in fruits that you can't get in vegetables. Remember you can meet all your nutritional needs from the foods in Phase 1.

For example, it is often said that you should eat fruit to get your required levels of Vitamin C. Yet there are many vegetables that have much more Vitamin C than what you find in say, an orange for example (which is often recognized for having high levels of Vitamin C):

	 Orange		 Kale	
AMOUNT PER	100g		100g	
CALORIES	47		49	
	% Daily Value		% Daily Value	
VITAMIN C	53.2 mg	88%	120 mg	200%
CALCIUM	40 mg	4%	150 mg	15%

As you can see from this chart, kale has 2 1/2 times the vitamin C that an orange does. Raw yellow peppers have a whopping 183 milligrams of Vitamin C per 100 grams, which is almost 4 TIMES the amount of 100 grams of orange!!

The same can be said for minerals. For example, potassium is the one mineral for which fruits are good sources. Potassium, however, can also be found in ALL of nature's foods, so we don't need fruits and vegetables to obtain this mineral.

In conclusion, although fruit contains micronutrients that we need, these same micronutrients can be found in abundant forms in your Phase 1 foods.

If you'd like to look and the nutrient density of any food and compare them then simply go to Google and type 'Compare X Y' into the search box (i.e. Compare Orange Kale) and you will see a nutritional breakdown similar to this one above.

(6) Antioxidants

Another argument that is often put forward by dietitians on behalf of fruit and vegetables is that they are 'a source of antioxidants'.

They believe we need to have more antioxidants in our diet to counteract the oxidants that damage the body's cells, either as a result of normal metabolic processes or as a reaction to environmental chemicals and pollutants.

Again it is true that these antioxidants can help us. But they're really only beneficial if we put oxidants in to our body. Instead of trying to eat more fruit we would be far better off by not putting oxidants such as sugar, processed food, or chemicals into our bodies in the first place!

So what should we do about fruit?

After reading these facts you may be thinking to yourself that you're never going to be eating fruit again! However, my aim was not to scare you away from fruit. Fruit can be a wonderful food for kids and for growing adults, and even for people losing weight and trying to eat healthy.

Fruit is great because it can add variety to meals, especially breakfast for which many of us have difficulty with. Also fruit is naturally sweet, so for many of us fruit can get rid of any cravings that we may have.

And even if you decide not to eat fruit then you may still want to eat some in the Summertime. Summer is when fruit is naturally available, so you'll be able to get seasonal and local produce. That is certainly a good thing..

BOOTY CAMP FRUIT RULES

The way that we reintroduce fruit into Booty Camp is in Phase 2 we'll be able to eat the fruits that are lowest in sugar, yet highest in vitamins and antioxidants. Then in Phase 3 we'll talk about how to manage the other types of fruit.

At some point you may have heard of the "GLYCEMIC INDEX." Although not entirely accurate, it does give us some indication of the sugar levels in food. And by looking at these sugar levels we can then decide which fruits are best to eat.

Here is a list of the fruits in terms of their sugar content from the Glycemic Index perspective. From this we are going to decide which fruits we can eat in Phase 2:

Fruits Lowest in Sugar:

Lemon and Lime
Rhubarb
Raspberries
Blackberries
Cranberries

Fruits Low to Medium in Sugar:

Strawberries
Melon
Papaya
Watermelon
Peaches
Nectarines
Blueberries
Cantaloupes
Apples
Apricots (fresh, not dried)
Grapefruit

Fruits Medium to High in Sugar:

Plums
Oranges
Kiwi
Pears
Pineapple

Fruits Highest in Sugar:

Cherries
Grapes
Pomegranates
Mangoes
Figs
Bananas
Dried fruit (raises, dried apricots, prunes, etc.)

As you can see from the list above there is a big difference in sugar levels from the various fruits. Fortunately however, some of the fruits with the lowest levels of sugars also contain the highest levels of antioxidants and nutrients. These include all of the fruits from the berry families - blueberries, strawberries, and blackberries.

For our purposes then we're going to stick to the fruits with the lowest levels of sugars for our Phase 2 nutrition plan.

They include the following:

- Lemon/Lime (already on our list)
- Blackberries
- Raspberries
- Cranberries
- Strawberries
- Blueberries
- Watermelon
- Grapefruit
- Rhubarb

One exception that we make for Phase 2 is bananas. Bananas are high in sugar which is not ideal, but they are the main ingredient for one of the "MUST TRY" breakfast ideas for this manual and they are a good breakfast option for variety and taste.

We'll talk about how to introduce the other fruits in Phase 3 of Booty Camp. The rules and portions for these fruits is very simple. You can have them at any meal, and in unlimited amounts. The exception is bananas, where ideally you'd only have 1 banana *every second day at the most*, especially if your goal is weight loss.

Also you can't have fruit as an emergency meal. Although these fruits contain the lowest amount of sugar they still contain some sugar, and any time that sugar is in your system your body will be in "fat storage mode."

So, let's continue our routine of no snacking and that will give our body a chance to get into "fat releasing mode". And if you do need to have some type of emergency meal then stick to your food list from Phase 1.

There are no other forms of fruit allowed in Phase 2. No fruit juices, no tinned fruit, no dried fruit. Just the fruit from the list above in its natural form.

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Dairy and Basic INTOLERANCE TESTING



The next food group that we're going to be introducing is dairy, but just like we did with fruit we're not going to be introducing dairy all at once. Instead we'll look at the different types of dairy, how they affect us, and how we need to treat them differently.

Of course just as with every other food group that we are adding in, it is optional if you want to eat dairy or not. If however you think that you'd like to eat dairy at some point in the future it might be good to have a little, just to test if you have an intolerance.

We're going to spend our Phase 3 manual looking at dairy and all the different types, so for now let's just briefly review the 2 dairy foods that we can eat this week:

(1) MILK

You can have any milk that you want - cows, goats, sheep, etc.

If you know that you're dairy intolerant then acceptable alternatives are almond, hazelnut, and rice "milk."

One food product that is not acceptable at this time is SOY "milk." We'll address soy in another manual.

You are allowed as much milk as you want during your meals - breakfast, lunch, dinner. We do not recommend drinking milk outside of mealtimes if possible.

You should consider milk as a food, so if you drink it all day then you are basically eating all day. That's not exactly optimal when you are trying to stick to three meals! So stick to our basic rule of having milk only with meals and you should be fine.

(2) YOGURT

You can also add natural yogurt to your food list for this week.

You are allowed as much yogurt as you want during your meals - breakfast, lunch, or dinner.

Whole fat or "Greek Style" are good options. You'll learn in Phase 4 why the full fat variations of dairy are just as good and sometimes even better for losing weight than the "low-fat" variations.

For now stick to the natural kinds of yogurt and avoid the "flavored" products.

For example, here are 2 different types of yogurt.

#1



#2



Without going any further, which one of these yogurts would you tend to pick just by looking at the packaging?

(1) Would you choose Option 1 - Whole Organic Natural Yogurt?

OR

(2) Would you choose Option 2 - Low Fat Organic "Greek Style" Probiotic Yogurt?

Most people looking at the packages would choose Option 2.

Why?

For the simple reason that it contains the magical words "LOW FAT." But just like "calories," these words "low fat" have ZERO correlation with the fat that is in our bodies. It's just a marketing ploy that is designed to trick us.

When we turn the packet around and look at the INGREDIENTS things become a lot clearer. Let's take a closer look at these products:

#1



Ingredients:

Organic Whole Milk
 Organic Skimmed Milk Powder
 Organic Cream, Active Cultures (Streptococcus Thermophilus and Lactobacillus Bulgaricus)
 Probiotic Cultures (L.casei and Bifidus)

#2



Ingredients:

Organic Whole Milk, Organic Cane Sugar, Organic Blueberry (10%), Organic Skimmed Milk Powder, Organic Cream, Organic Tapioca Starch, Stabilizer (Organic Carob Gum), Natural Flavour, Yogurt Culture (*S. Thermophilus*), Probiotic Culture (*L.casei*).

Yogurt (1) is whole full fat yogurt. Many people would avoid this because it is "full fat." But if you look at the ingredients you'll notice that what's contained in this yogurt are types of milk and bacterial cultures that turn milk into yogurt (these can also be beneficial to our digestive systems). And that's it!

Yogurt (2) contains the same ingredients, but it also contains CANE SUGAR, TAPIOCA STARCH, CAROB GUM, and "NATURAL FLAVOUR."

Now just in case you didn't know, food manufactures are required to list ingredients in terms of volume. So the first ingredient on the list will be the one that has the largest volume in the product. The next ingredient has the second largest volume in the product, and so on.

So if we go back to yogurt (2), and actually look at the ingredients what we'll find is that the SECOND ingredient on the "low fat" yogurt is SUGAR! Then the THIRD ingredient is another type of sugar - blueberry (yes it's a good fruit, but it's still sugar), and the SIXTH ingredient is tapioca starch, which is yet another type of sugar!

So how can something be "low in fat" and yet so high in sugar? The truth is that it can't. Yet food manufactures have found a clever way of presenting food to us where they can label something "low fat" and yet the product may be the very thing making us gain weight. An explanation of how this works and a lot more will come in our Phase 4 manual.

This is a really great lesson that we're going to continue to learn. When you're looking at food it all comes down to the ingredients list. If you were to look at the front of the yogurt packets you'd almost always pick yogurt (2). But when you look at the back and at the ingredients list you'll pick yogurt (1).

And that's how we're going to change how we look at food as we move forward into our program together.

BASIC FOOD INTOLERANCE/SENSITIVITY TESTING

Now that we're starting to bring different food groups back to our eating plan, I want to introduce you to the idea of basic food intolerance testing. In our next manual we'll go into this in more depth, but for now the basics are the following.

If you choose to introduce dairy and milk into your food plan for this week then I want you to pay attention to any symptoms that could be related to an intolerance and/or sensitivity.

The symptoms that I want you to look out for are quite noticeable. Things like:

- Bloating
- Gas
- Skin irritability/rashes
- Any noticeable adverse reaction

As you reintroduce these foods there is a chance you'll have difficulty with them and you might think to yourself:

"I've eaten dairy all my life and I didn't notice anything so why am I getting symptoms now?"

The reason is that you don't notice the symptoms until you actually eliminate a food. For example, if milk makes you bloated then it's only when you eliminate the milk and let your body go back to normal that you notice you were bloated in the first place.

It is also possible to be intolerant or sensitive to one dairy product and not another.

Now if you do find that yogurt or milk is giving you problems then what we're going to do is eliminate it once more and reintroduce it the following SUNDAY. If you have the same symptoms then it's very likely that it's a problem for you.

You'll then need to eliminate it for the remainder of our program and in future manuals we'll discuss how we can bring it back into your diet at a later date.

PORTION SIZES

Another factor that you might be thinking about at this stage is portion sizes. Almost all weight loss systems are based around the principle of counting - calories, points, portions, or something thereof.

Well the first thing we need to remind ourselves is that this is a NUTRITION program and not a weight loss program. So long as you're sticking to your food list all the foods that you are eating are good, healthy, nutritious foods. And if your body is telling you to eat them then you should go ahead and continue to eat them.

Always remember our mantra... when you give your body what it needs (good nutrition) then it gives you what you want (A smokin' hot body!).

So you don't have to worry about portion sizes. As long as you're sticking to your 3 meals per day then that's all you need.

If however you feel as though you need some type of guidelines then here are 2 things that will help you along:

(1) For your meals choose a 9 inch Plate:

Over the past few decades we've been steadily increasing the size of our plates. Bigger plates leads to bigger portions, which leads to bigger behinds!

In the 1960's the average plate was 9 inches, and today the average plate size is 12 inches. A simple and effective strategy of portion control is to go back to the normal sized plates of 9 inches:



(Above picture from the book - The 9 Inch Diet)

Your only rule will be that you can have just one portion. You can fill your 9 inch plate as much as you like, but you can't put any more food on it once you start eating. If you do this with each of your meals then you'll have no problems with portion control.

(2) For your Emergency meals use the following amounts as portion guidelines:

(i) One 50 Gram Bag of Nuts



(ii) 2 Hard Boiled Eggs

(iii) 75g Salmon

(iv) 100g Cooked Meat

(v) 100g Carrot Sticks with 30g nut butter.

NOTE: *In general don't be too concerned about portion sizes. The above are just guidelines. So long as you stick to your food list you will get results.*

If you need additional help then just ask us.

Everything else that you need including an updated food list is in your Quick Start Guide for this week. Keep up the great work and it won't be long before you reach your desired results.

Good luck and we'll talk soon!

Coach Conor

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FITNESS FOR WOMEN

MUST TRY RECIPES



BANANA pancakes



Preparation Time

5 minutes

Cooking Time

5 minutes

Serving Size

1

Ingredients

- 1 ripe banana
- 2 eggs
- Coconut oil
- Berries (optional)

Instructions:

1. Mash your banana with a fork.
 2. In another bowl whisk eggs.
 3. Mix eggs & banana together.
 4. Add additions if you want them.
 5. Put the coconut oil in the pan (on low-medium heat).
 6. Add a silver dollar-sized amount to the pan. Let the cake set for thirty seconds (or when the centre bubbles) & flip it!
 7. Enjoy with a variety of sides.
- Option: if you're pressed for time use a blender to mix your ingredients. This also makes a smoother product.

Make-Ahead fruit & yogurt breakfast parfait



Preparation Time

10 minutes

Cooking Time

-

Serving Size

2

Ingredients

- 6oz Greek yogurt
- 1 teaspoon chia seeds
- 2 tablespoons milk
- 1 cup frozen mixed fruit and berries

Instructions:

1. In a bowl, combine yogurt, chia seeds, and milk.
2. Stir to combine then layer half in a wide-mouth mason jar or container.
3. Add half the fruit and berries then layer in remaining yogurt mixture and berries.
4. Refrigerate overnight, and up to 3 days. Enjoy cold.

Food preparation is key! As much as possible make sure to plan your meals ahead. Use recipes like this one to prepare your food in advance.

HAPPY paleo granola



Preparation Time

10 minutes

Cooking Time

10 minutes

Serving Size

2

Ingredients

- 3 tablespoons coconut oil
- 2 cups sliced almonds
- ½ cup raw pecans, chopped
- ¼ cup raw walnuts
- ¼ cup raw pumpkin seeds
- ¾ cup natural coconut, shredded
- ¼ cup natural coconut, finely shredded (optional)
- ¼ cup raw honey (optional)
- Pinch sea salt
- 1 cup dried cranberries
- 1 cup dried blueberries
- 1 vanilla bean, seeded
- 1 ½ teaspoon cinnamon
- 1 teaspoon pumpkin pie spice

Instructions:

1. Melt coconut oil in a large skillet over medium heat.
2. Add almonds, pecans, walnuts, pumpkin seeds, and coconut to the skillet.
3. Drizzle with raw honey. Cook over medium heat until the honey and oil cling to the nuts and begin to "boil".
4. Add remaining spices and fruits to the skillet.
5. Stir to coat. Dump everything onto a large piece of parchment paper. Allow to air-dry and cool for up to an hour. Transfer to an airtight container.

Note: Honey is not yet on our nutrition plan so avoid using it if your goal is weight loss.

WALDORF

salad in yogurt dressing



Preparation Time

15 minutes

Cooking Time

-

Serving Size

2

Ingredients

- ¼ cup plain yogurt
- 1 tablespoon fresh lemon juice
- ½ teaspoon coarse salt
- ¼ teaspoon ground pepper
- 1 (about 2 cups) apple, cored and cut into ½-inch pieces
- 1 (about ½ cup) celery, thinly sliced crosswise
- ½ cup halved red seedless grapes (Or dried cranberries)
- 4 lettuce leaves
- ½ cup chopped toasted walnuts

Instructions:

1. In a medium bowl, whisk together yogurt and lemon juice; season with coarse salt and ground Pepper.
2. Add apple, celery, red seedless grapes (or dried cranberries), and toasted walnuts; toss to coat with dressing.
3. Cover; refrigerate until ready to serve, up to overnight.
4. Divide salad in half; serve each portion on 2 lettuce leaves.

Note: Apples and grapes are reintroduced in Phase 3 so substitute in Phase 2 fruits instead and save those for next week.

SPINACH simmered in yogurt



Preparation Time

10 minutes

Cooking Time

15 minutes

Serving Size

4

Ingredients

- 1lb baby spinach, rinsed
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 small dried red chillies
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 cup plain whole-milk Yogurt
- Salt

Instructions:

1. Heat a large skillet. Add one-third of the baby spinach and cook over moderately high heat, stirring, until wilted.
2. Transfer the spinach to a colander. Repeat with the remaining spinach in 2 batches. Press all of the excess water out of the spinach and coarsely chop it.
3. Heat the olive oil in the same skillet.
4. Add the minced garlic and chillies and cook over moderate heat until fragrant; 2 minutes.
5. Add the ground coriander and turmeric and cook, stirring, until fragrant; 1 minute.
6. Add the chopped spinach and yogurt and cook over low heat, stirring, until the yogurt just begins to separate; 3 minutes. Season with salt and serve.

SALMON

with tarragon sauce



Preparation Time

15 minutes

Cooking Time

-

Serving Size

2

Ingredients

- 1 cup whole-milk Greek yogurt
- 2 tablespoons chopped fresh tarragon, plus leaves for garnish
- 1 tablespoon finely grated lemon zest, plus 1 tablespoon fresh lemon juice
- Coarse salt and ground pepper
- 3lb skinless salmon fillet, cut into 8 pieces, or 8 skinless salmon fillets (6oz each)

Instructions:

1. For the sauce, stir together yogurt, chopped tarragon, and lemon zest and juice; season with salt and pepper.
2. Heat broiler with rack set 4 inches from heat. Line a rimmed baking sheet with aluminium foil. Place salmon on sheet, and season with salt and pepper.
3. Broil until opaque throughout; 8 to 10 minutes. (Keep at room temperature up to 1 hour).
4. Serve salmon, garnished with tarragon leaves, with sauce alongside.

ORGANIC meatballs & roasted veggies



Preparation Time

15 minutes

Cooking Time

20 minutes

Serving Size

4

Ingredients

- 450g minced beef or lamb
- 1 large onion, finely chopped, sautéed in oil till golden and cooled
- 1 tbsp. Scallions, chopped
- 1 tbsp. Chilli oil
- Salt and black pepper

Tomato and Ginger Sauce

- 2-3 cloves garlic
- Piece of ginger, the size of your thumb, chopped
- 2 tbsp. Cider vinegar
- 1 tbsp brown sugar
- 1 can chopped tomatoes
- Salt and black pepper
- Handful chopped coriander

Instructions:

1 Mix the mince, onion, scallions, chilli oil (if using) and seasoning well together.

2 With wet hands shape into small meatballs the size of a walnut.

3 Fry the meatballs in a large pan with a little oil until nicely browned.

4 Set aside while you make the Tomato and Ginger Sauce. If time does not permit, there are many varieties of sauces and salsas in store.

5 Put the garlic, ginger, cider vinegar and brown sugar into the processor and whizz for a minute. Pour the mixture and the tin of tomatoes into a saucepan and bring to the boil.

6 Reduce the heat, add the meatballs and simmer gently for 10 minutes.

7 Season and add coriander just before serving. Serve with roast vegetables (Phase 1 Recipe).

SPICY

chicken curry with parsnip chips



Preparation Time

10 minutes

Cooking Time

50 minutes

Serving Size

4

Ingredients

- 4 chicken portions
- Spices of your choice
- Coconut milk
- Tinned tomatoes
- 1 onion
- Organic chicken stock cube
- Salt and black pepper

Instructions:

1. Brown off chicken and chopped onion in a pan.
2. Add spices. Example: turmeric, cayenne pepper and some curry powder.
3. Meanwhile have an organic chicken stock cube dissolving in the coconut milk on a low heat.
4. Transfer all to a casserole dish, add in half tin tomatoes and into oven for approx 30/40 mins.
5. For parsnip chips simply chop parsnip into desired shape, add seasoning, and cook in the oven.

The 2 recipes above were submitted by Booty Camp member Therese Tutty. For more member recipes just visit our Facebook page and search in the albums folder.

FROZEN

strawberry yogurt bites

Preparation Time

10 minutes

Cooking Time

-

Serving Size

1-2



Ingredients

- 1 container of strawberries
- 1 or 2 vanilla yogurts

Instructions:

1. Rinse and dry the strawberries.
2. Cut the berries in half or even quarters depending on what size you desire.
3. Put the yogurt(s) in a bowl to use for dipping.
4. Get out a sheet pan and line with parchment or wax paper.
5. Use a toothpick or spoon to dip the strawberries in the yogurt.
6. After dipping the berry place on the sheet pan.
7. Once you're finished dipping all the berries, make room in the freezer and place the pan in.
8. You can leave them in the freezer for a few hours (2-3) or even overnight.
9. Use greek yogurt if you want a thicker covering.



Exercises | Notes



Exercises | Notes