

BootyCAMP

FITNESS FOR WOMEN

NUTRITION PLAN



Quick Start Guide

PHASE #3



Phase 3 GUIDELINES

- (1) You can eat anything from the list that I provide you below.
 - (2) High sugar fruit and hedonic dairy can be eaten for one meal per day MAXIMUM.
 - (3) 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.
 - (4) Anything that's not on this list is NOT ALLOWED. That includes all calorie beverages as well.
 - (5) Fruit and dairy must be eaten at meals.
 - (6) Day 21 (Sunday) is a Treat Day. You can eat whatever you want except anything that contains wheat/gluten.
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Add the following to your Phase 1 & 2 food list.

Apples
Apricots (fresh, not dried)
Butter
Cantaloupes
Cheese
Cherries
Cottage Cheese
Cream
Crème Fraiche
Figs
Grapes
Kiwi
Mangoes
Melon
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranates
Sour Cream

Phase 3 **SAMPLE MEAL PLAN**

Monday

- B - Fruit and Nut Butter Breakfast
- L - Soup
- D - Baked Parmesan Chicken

Tuesday

- B - Sliced Bacon with Butternut Squash and Apples
- L - Soup
- D - Steak and Butternut Squash Chips

Wednesday

- B - Blueberry Smoothie
- L - Sour Cream Baked Salmon
- D - Lamb and Roast Veg

Thursday

- B - Walnut Yogurt Parfait
- L - Waldorf Salad
- D - Chicken Roll Ups

Friday

- B - Omelet
- L - Soup
- D - Cauliflower Crust Pizza

Saturday

- B - Happy Paleo Granola
- L - Crustless Quiche
- D - Meat Balls and Veggies

Sunday

TREAT DAY

NOTE: PLEASE LOOK AT PHASE 3 MANUAL for extended MUST TRY recipes.

TREAT DAY GUIDELINES

This Sunday you can have:

- (1) Fruit : All kinds
- (2) Chocolate : All kinds - 100grams MAX
- (3) Carbohydrates : Potatoes, rice
- (4) Dairy - All kinds (yes including ice cream!)

IMPORTANT REMINDERS

- (1) Check for intolerances for dairy foods. It is possible to be intolerant to dairy from Phase 3 and not the dairy from Phase 2. If you suspect an intolerance then eliminate and retest next SUNDAY.
- (2) Refer to the section on dairy alternatives if you want to eliminate dairy.
- (3) Please contact us if you are having difficulty or have questions.
- (4) Portion sizes do not matter in Phase 3. The only rule is high sugar fruit and hedonic dairy can be eaten for one meal per day MAXIMUM. If you are concerned about portions refer to our guidelines at the end of the Phase 2 manual.
- (5) Your digestive health will largely determine your nutritional needs and weight. Re-read the section in Phase 3 - "Food Intolerances and GUT Health" for more information.
- (6) Be aware of your body's natural weight loss cycle. It can fluctuate considerably.
- (7) Please try to make it to as much of the classes as possible. Whether you're doing the online exercise or the live classes it's very important for your results to turn up!