

Booty CAMP

FITNESS FOR WOMEN



Phase Seven Manual

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INTRODUCTION TO PHASE 7 OF BOOTY CAMP

Hi ladies,

Welcome to Phase 7 of Booty Camp!

I hope you're sober after the introduction of alcohol last week!!! Ha!

In Phase 6 we introduced the idea that there are 4 main steps that you need in order to maintain a nutrition plan as a new lifestyle.

They are as follows:

STEP 1: Learn what foods you can eat and what foods you can't (intolerance testing).
(PHASES 1-5)

STEP 2: Develop your own recipe book using the foods that are best for you.
(PHASE 6)

STEP 3: Learn how to read labels and choose the right processed foods when you need them.
(PHASE 7)

STEP 4: Create your own tips, strategies, and skills to keep you on track for the rest of your life, a.k.a your own diet "book."
(PHASE 8)

So now in Phase 7 we're going to go ahead and look at how to read labels and eat processed food when you really have no other option. I want you to think of this manual as your EMERGENCY manual. This is what you can come to if you know you'll need to eat processed food for whatever reason.

Of course ideally you'll stick to your wholesome food from Monday to Saturday, and then on Sunday you have your treat day. But as we all know the world we live in can be pretty removed from the ideal situation.!

Inevitably some event will happen in your life and get in the way of what you're doing. You'll come into some serious stress and for whatever reason you'll just need to eat out, eat pre-prepared food, and sometimes even processed food.

Therefore, during those times we need to have some guidelines for what we should be eating and how we can avoid going overboard with processed foods.

Another concept that we'll go over as we talk about processed foods is the idea of CONTROL. Up to now we've been very strict with our eating rules by avoiding processed food except for 1 treat day per week.

The reason we do this is because for a lot of us eating processed food can be very ADDICTIVE. For example, does eating a piece of chocolate make you want to eat the entire bar? Does eating one scoop of ice-cream send you craving for the whole tub? Can you have 1 biscuit, or do you usually end up eating the entire pack?

This same principle applies to all processed food. Not only do they contain chemicals, additives, and less nutrition; but the MAIN problem is that they have things added to them to make us MORE addicted to them.

Do you remember the word that we had in manual 3 - HEDONIC - or MOREISH? These are the foods that really tend to tickle our taste buds! Natural foods such as cheese and maple syrup can be very hedonic and when we eat these substances then they stimulate our appetite and we want to eat more of them.

Well, food manufactures are extremely smart and they have studied the things in food that make us want to eat MORE of them. And through an extensive process they've been able to add the exact amount of sugar and chemicals to make us very addicted to their processed foods. (And they can label them "LOW FAT" and "LOW CALORIE" in the process!!!!)

So when we talk about CONTROL what we're referring to is can you CONTROL yourself when you eat this particular food. I know that sounds strange - to not be able to control yourself around food. But the reality is that food is highly addictive and if you can't control yourself it might also be because the additives in the food are making you addicted.

So, when choosing processed foods and when deciding which ones to eat we want you to consider the following:

Think Historically, Not Calorically

Every weight loss book or program is based upon understanding and regulating one single aspect - calories. Yet all of these programs fail to ask you a simple yet profound question, *"Can you control yourself when eating this food?"*

Where one person might feel totally satisfied with one scoop of Ben and Jerry's ice-cream, simply smelling it might send another person hoarding for the whole tub. This then becomes a PROBLEM FOOD.

A problem food is a food that you simply can't eat enough of. If it's in the house you can't stop thinking about it. If you taste it you can't stop eating it. If you smell it you can't stop wanting it. Problem foods are the foods that you keep on eating despite being nauseatingly full.

So if there comes a time when you need to eat some processed food then follow this simple rule:

Think Historically, Not Calorically

In the past when you ate this food, did it make you overeat more, or were you satisfied with a normal portion? That's really what it comes down to. If you can eat normal portions of processed foods then they're not the absolute worst. Of course that's a big "IF." So you need to be honest with yourself when it comes to control.

Problem foods are different. Our rule for them is simple. If you really want them then save them for treat days only. This is a black and white solution and it works great. Even if your problem food is all around you it won't bother you so much if you have some clear rules.

You know you can have it. But only on your treat day.

This idea of CONTROL will become much clearer now as we go ahead into today's manual which is all about processed foods.

Have fun and we'll chat soon!

Coach Connor

Booty CAMP

FITNESS FOR WOMEN

PHASE #7

NUTRITION



READING LABELS AND ADDING FOODS TO YOUR FOOD LIST

Phases 1 - 6 of Booty Camp are really straightforward. We eat all of the foods that are good for us and we avoid the foods that are not so good for us. We create 9 recipes as the bases of our nutrition plan and we try as much as we can to stick to that nutrition plan.

It took us 6 manuals to cover that information, but that's really it in a nutshell!

So now in Phase 7 we're going to talk about the idea of eating foods that are not on your food list, including chemicals and processed foods.

The first thing we need to talk about is your digestive health. Throughout Booty Camp we've been working hard to remove any irritants to your digestive system so you could go through a process of healing and regeneration.

Hopefully you're at a stage now where your digestive system is healthy and functioning well. If that's the case then you'll be more capable of dealing with a certain amount of chemicals and other foodstuffs. But as with everything we need to be a little careful in the beginning and learn some guidelines.

The rules of Booty Camp still apply. We still want you to stick to the Phase 6 food list as much as you can. We still need you to have your 9 recipes with those foods.

Once you get into a routine you can start to add more recipes to your recipe book. You should always be learning new recipes and new foods. This will keep things interesting and ensure that you stick to good food.

This manual is more for the times when you can't cook and need to eat processed food for whatever reason. You can also use this manual as a guide for adding new foods into your food list.

Unfortunately we can't say "*this food is good, this food is bad,*" because as you've seen from our program you need to test certain foods to know that and since everyone is different we can't say for certain that one food is "bad" and another is not.

So what we've done is to create some quick and simple rules for you that you can follow when adding processed foods to your nutrition plan. They are as follows:

Rules for Adding in Processed Foods

- (1) Avoid intolerances
- (2) Count chemicals
- (3) Count carbs
- (4) Think Historically, not calorically
- (5) Portion Control - 9 inch plate

RULE (1) AVOID INTOLERANCES

If you have a food or food group that you cannot digest adequately then you should still go ahead and eliminate it. As the weeks pass you may choose to reintroduce that food group at some point, just to test if you can now process it.

Remember the main food intolerances are as follows:

- Fructose
- Dairy
- Starch
- Wheat
- Gluten

You may be able to eat these again at some time in the future. But for now keep your intolerances eliminated.

RULE (2) COUNT CHEMICALS

There are a variety of chemicals in today's food. The great thing about having a healthy digestive system is that you CAN eat processed food. You CAN eat chemicals and your body CAN deal with them.

So now that you're on week 7 of Booty Camp your body should be well detoxed and you should be able to deal with a certain amount of chemicals. However there are certain food ingredients that no matter how healthy you are you should strive to avoid them.

At Booty Camp we call these the "TOXIC TRIO." These are a group of 3 foods that a large majority of people will have trouble with when they're trying to lose weight. If you're still trying to lose weight then you should try to avoid these foods except as infrequent treats.

(1) - AVOID VEGETABLE OILS

Vegetable oils produced with modern technological wizardry techniques are creating a lot of problems with inflammation. This makes the fat on our bodies sick and stuck in the wrong places. It also creates a lot of long term health problems.

Nutritionally men and women work very different. Vegetable oils contain a type of fat called "Omega 6" that tends to get stored in one place - around your hips - A.K.A Muffin Tops!

Vegetable oils are not even from vegetables!! They are extracted from seeds and the oil that's extracted is toxic to our bodies when taken in large amounts.

The most common place to find vegetable oil is in mayonnaise and salad dressings:



This Mayonnaise is
**77% VEGETABLE
OIL!!!**

Here are some of the most common forms of vegetable oil:

- Soybean Oil
- Safflower Oil
- Sunflower Oil
- Corn Oil
- Cottonseed Oil
- Canola Oil (also called Rapeseed Oil)

There are other complications with these oils and therefore it's really best if you can avoid them as much as possible, especially if your goal is to lose weight.

(II) - AVOID SOY (JUST SOY NO!)

Soy was used primarily as a fertilizer (it's great for feeding PLANTS). To make it less toxic it was usually fermented for long periods of time - usually months. It was also combined with other foods that would naturally diminish the toxic effects.

These traditional fermented foods such as tempeh, natto, miso and soy sauce taste good and are good for you. Tofu and soy milk products on the other hand are NOT fermented.

Modern food chemists spend most of their efforts trying to make soy products tastier and cheaper. So most soy products have chemical additives as well as added sweetener.

Soy also causes problems with thyroid gland functioning - the thyroid is our metabolic thermostat. A well-functioning thyroid helps us burn fat more easily. Soy products interfere with this process and contribute to the hormonal problems associated with stubborn weight gain.

We are all in a big soy experiment. It's a very new addition to the menu. We just aren't sure how safe it is yet...so if you would rather be safe than sorry you should probably just "soy no" unless it has been traditionally fermented and is preferably organic.

Here are two good books to read on the subject of soy if you are interested:

The Whole Soy Story, by Kaayla T. Daniel

The Vegetarian Myth, by Lierre Keith

Any time you see the label "CONTAINS SOY" then you should probably avoid that particular food product.

The exception would be "Soy Lecithin." Most dark chocolates will have this added, and it is okay to consume.

(III) - AVOID FRUCTOSE

Fructose is a type of sugar and is present in most packaged and prepared food. It was invented in a laboratory in Japan around 1960 and has been in heavy commercial use for the last 30 years. Our consumption of this cheap palatable additive has exploded along with our waistlines.

The problem with fructose is that it's very toxic. When we consume it our bodies go straight into fat storage mode. That's not what we want!

Anything that has a "low-fat label" such as salad dressings, condiments, bakery goods, cereals and bread contain fructose.

One of the problems with fructose is that it has over 50 different names from agave syrup, to high fructose corn syrup, to even natural sugars such as maple syrup and honey.

Although fructose can be very toxic, usually it is fine if taken in small amounts. So the best strategy that we can have is not to eliminate it completely but to regulate the amount that we take.

That brings us to our 3rd rule which is:

"Count Carbohydrates, Not Calories."

RULE (3) COUNT CARBOHYDRATES, NOT CALORIES

Counting carbohydrates is important if you're going to eat any processed food.

Here are our basic guidelines:

- (i) For weight loss keep below 50 GRAMS of carbohydrates.
- (ii) For weight maintenance keep below 100 GRAMS of carbohydrates

If your goal is to lose weight, then you'll want to keep below 50grams of carbohydrates per day.

Here's an example of how to count carbohydrates:

Nutrition Facts	
Serving Size	4 cookies (30g)
Servings Per Container	4
Amount Per Serving	
Calories 220	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0.5g	
Cholesterol 10mg	2%
Sodium 70mg	4%
Total Carbohydrates 25g	8%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 3g	
Vitamin A 0%	• Vitamin C 8%
Calcium 2%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	• Carbohydrates 4 • Protein 4



LOOK HERE

As you'll see listed here they are:

- Total Carbohydrates - 25 grams
- Dietary Fiber - 1 gram
- Sugars - 20 grams

The reason that food manufactures need to put these labels on their products is that there are 3 types of carbohydrates - fiber, starches, sugars (including sugar alcohols).

It's the SUGARS (including fructose) that do the worst damage. However for our purposes and for simplicity we're just going to look at the label "Total Carbohydrates."

On this food label you'll see that the TOTAL CARBOHYDRATES are 25 grams per serving. Therefore if we're trying to stay within our limits for weight loss we'd only be able to take a maximum of 2 servings.

Some foods have very high levels of carbohydrates so make sure to check the "serving size" just so you know exactly how much sugar is in these foods. For example cereals have very high levels of carbohydrates:

Nutrition Information

○ Typical value for 100g ○ 30g serving with 120ml of skim milk

Calories	366 kcal	145 kcal
Calories From Fat	6 kcal	3 kcal
Total Fat	0.7 g	0.3 g
Saturated Fat	0.1 g	0.0 g
Trans Fat	0.0 g	0.0 g
Cholesterol	0.0 g	0.0 g
Total Carbohydrates	84.5 g	30.9 g
Dietary Fibre	2.5 g	0.8 g
Protein	8.0 g	5.4 g
Sodium	1.0 g	0.4 g
		(%RDA)
Vitamin A	300 µg	90 µg 15%
Vitamin C	67 mg	21 mg 50%
Thiamine (Vit B1)	1.0 mg	0.3 mg 25%
Riboflavin (Vit B2)	1.2 mg	0.4 mg 25%
Niacin (Vit B3)	13.4 mg	4.2 mg 25%
Vitamin B6	1.7 mg	0.5 mg 25%
Vitamin B12	0.3 µg	0.3 µg 25%
Folate	84 µg	25 µg 25%
Iron	23.3 mg	7.2 mg 25%

If cereal is had with whole milk, the energy value will

Carbohydrate per 100g (points to 84.5 g)

Carbohydrate per serving with milk (points to 30.9 g)

In this example you have 30.9g of carbohydrates PER SERVING, with only 0.8 grams being fiber.

SCARY I KNOW!

"Healthy" and "low fat" cereals have enough sugar in just two servings to go above your weight loss quota, despite only having 300 calories! Is it any wonder that we've been having such difficulty with our weight up to now!?!

RULE (4) Avoid Problem Foods - KEEP IN CONTROL

The next rule regarding eating processed foods is to avoid your problem foods. Your problem foods are any foods that increase your appetite.

As we've said the main problem with the processed foods is that there are substances added to them to make us addicted to them. When choosing which processed foods to eat then make sure to avoid those foods that over stimulate your appetite.

The best tip we have for you is to *Think Historically, Not Calorically*.

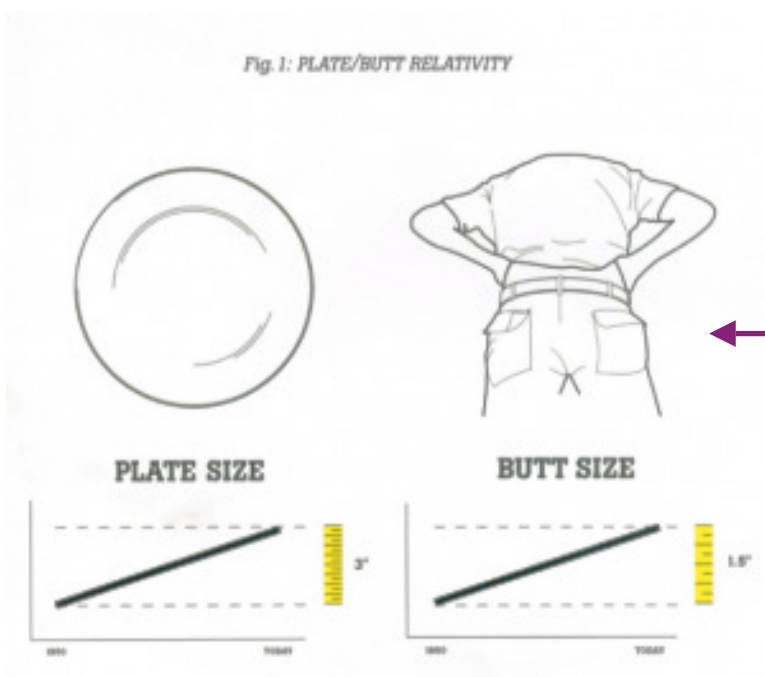
In the past when you've eaten this food have you been able to control yourself or has it made you more hungry and given you more cravings?! Things like artificial sweeteners may stimulate your appetite, as will foods that are MOREISH and have added chemicals.

As best as you can avoid these foods as much as possible.

RULE (5) PORTION CONTROL

Our final rule for you is one of portion control. This is a tip that we've presented in past manuals but it really works well for the times when you're eating processed food. When you need to go off plan and eat other foods then one way you can keep control is by having just ONE MEAL on a 9 inch plate.

Your plate size will often dictate how much you are going to eat, and there's lots of evidence to show that the expansion of our plate sizes has also resulted in the expansion of our booty's!



As plate sizes increase so does our portion sizes. This results in unnecessary weight gain. A simple solution is a reduction in the size of the plate that we eat from.

Source : "The 9 Inch Diet"

A 9 inch plate is a perfect size. It's not too small and you can fit reasonable portion sizes on it. The rule that we have for you is that you can eat as much as you want so long as it is on a 9 inch plate - AND NO SECONDS. So fill your plate up if you wish, but that's all that you can have for your single meal.

Conclusion - Tying it all Together

As we said in the beginning of this manual the idea of Booty Camp is really very simple:

Eat all the foods that are good for you, and avoid the foods that are not.

If only putting it into practice was just as simple!

The reality is that it doesn't matter how much you know about nutrition or health or what's best for you, sometimes life just gets in the way of our best intentions and we need to throw our healthy living lifestyle out the window.

Fortunately, more and more healthy processed foods are coming into our supermarkets. This is making it much easier for us to stick to good nutritional foods that are more convenient.

I hope that this manual will help you choose these better options that are available to you when you do need to eat pre-prepared meals. You now know what to look for when you read food labels.

Instead of doing what doesn't work, we follow these 5 basic rules:

(1) AVOID INTOLERANCES - If the food contains something that you can't digest properly then don't eat it.

(2) COUNT CHEMICALS - Avoid (i) Vegetable Oil, (ii) Soy, (iii) Fructose!

(3) COUNT CARBS - 50 grams maximum for weight loss, 100 grams maximum for maintenance

(4) THINK HISTORICALLY, NOT CALORICALLY - Avoid your problem foods until treat days.

(5) PORTION CONTROL - Eat from a 9 inch plate

Yes this seems to be a lot of work, but just like your RECIPE BOOK you'll soon find options that you can use that are fine for you in the long term. And then all you need to do is to add these food options to your recipe book as EMERGENCY MEALS.

And now you have the skills necessary to make good informed decisions. So all that's left is to continue putting what you know into practice and creating a lifestyle that works best for you.

That's all we've got for this manual. As usual make sure to keep in touch and if there's anything else that you need, just let us know.

See you in Manual 8.

Coach Conor



Exercises | Notes



Exercises | Notes