

Booty CAMP

FITNESS FOR WOMEN



Phase Six Manual

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TABLE OF CONTENTS

Introduction to Phase 6 of Booty Camp	1
Phase 6 Nutrition	2
Alcohol and Best Drinking Practices	3
Creating Your Own Recipe Book	9
Tips for Creating Your Recipe Book	19
Breakfast Ideas	16
Lunch Ideas	17
Dinner Ideas	19

INTRODUCTION TO PHASE 6 OF BOOTY CAMP

Well ladies we're finally on Phase 6 of Booty Camp and that means this week we're going to go ahead and talk about alcohol!

WOHHOOOOOO! :)

So, in this manual we're going to give you our best choice of drinks for continued wellness and weight loss. We do believe that alcohol can fit into an effective nutrition plan and healthy lifestyle, but as usual we just have to be careful in the beginning.

Before we get to that, however; let's talk a little bit about the main part of this manual, which is all about creating your own recipe book.

If you look at any diet book on the market today what you'll find is that they all have one thing in common. That one thing is that they all try to teach you to eat real food by giving you recipes.

It doesn't matter if it's Weight Watchers, Slimming World, Atkins Diet, South Beach Diet, Dukan Diet, or whatever else that's the current fad. Every single diet is based upon the principle of getting you to learn certain recipes.

The reason they do this is that it's really difficult to stick to any nutritional change unless you have some recipes that you like. Food needs to taste good if you're going to continue to eat it. That's why you need recipes.

But at Booty Camp we do things a little differently. We don't give you a set recipe book because as you've been learning throughout our program, everyone has different food needs.

Whereas one person might be intolerant to gluten, another might feel great after eating it.

The same can be said for dairy, starches, fruit, wheat, and so on.

So, what you need to do (with our help of course!) is to create your own recipe book using the foods that are best for your body. Fortunately, we've already been doing this to some extent throughout our program. However, now we're going to be more structured in our approach.

At first this may seem very daunting; a whole recipe book!

But it's very enjoyable if you do it one meal at a time and here's the best part...

...your Recipe Book need only contain **9 RECIPES**.

That's really all you need!

These 9 recipes will form the basis of your own personal nutrition plan. It's actually really simple to do and all will be explained in this week's manual!

Now, let's get to the section that you've all been waiting for - BOOZE! ;)

Chat soon!

Coach Connor

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PHASE #6

NUTRITION



ALCOHOL AND BEST DRINKING PRACTICES

In general alcohol has a bad reputation in the health and fitness world. The most common advice that you're likely to hear is "don't drink." Although that advice might be sufficient for some, the reality is that most people drink alcohol. Therefore better advice should be presented by looking at the best choices rather than complete avoidance.

The reason that we eliminated alcohol to this point is mainly due to the effect it has on your gut. If you find yourself having trouble with a lot of different foods and if you think that your digestive system still needs some healing, then you'd be better off avoiding alcohol until everything is better.

You'll know your digestive system is getting better when you feel better, look better, have more energy, and are able to digest food better. It usually takes a minimum of 8 weeks to heal your digestive system, so perhaps you should wait until you've completed our program before having a drink of alcohol.

Another thing to consider is that drinking alcohol affects your sleep. There are numerous studies that correlate a lack of sleep with weight gain. For whatever reason, it seems as though the less sleep you get, the easier it is to gain weight.

So in general we've found that drinking alcohol will make it more difficult for you to lose weight. However, as with all food groups you need to test and make a decision for yourself.

Just to be clear, this doesn't mean that we advocate drinking alcohol or that it's okay to drink during the program. What we're doing is providing you with a guide and it's totally up to you to decide what you want to do.

And is drinking really that bad?

During this program the answer is YES.

If you're trying to eliminate chemicals from your system then that requires your detoxification system to work optimally. It's really not a good idea to put additional strain on these organs during this period, and that's why alcohol is really not optimal.

The great news however is that as you go through the Booty Camp program you'll be cleaning your system of toxins and chemicals so when you eventually do begin to drink alcohol again it won't affect you as much simply because your detoxification system will be in much better shape.

With that being said, here's the list of alcoholic drinks from best choices all the way down to the drinks we really think you to avoid.

CATEGORY 1 - BEST CHOICES

(1) RED WINE

The safest alcohol option is red wine. It contains the fewest amounts of chemicals and also the fewest carbohydrates. One thing that we need to understand is that the better quality alcohol drinks will have the least amount of chemicals.

(2) RED WINE SPRITZER

I'm going to sneak this one in here because it's such a great strategy for drinking less. A red wine spritzer is basically red wine with sparkling water added to it and then garnished with a lemon or lime twist.

Because you're adding sparkling wine you're cutting down on the carb and chemical content of the drink. This is a very helpful strategy if one of your goals is to drink less alcohol without really noticing it.

CATEGORY 2 - NEXT BEST

(3) WOOD AGED SPIRITS (WHISKEY, BRANDY, SCOTCH, AND COGNAC, etc.)

Unflavored distilled spirits have next to no carbohydrates and are quite low in chemicals as well, depending on the quality.

(4) BERRY DAIQUIRI

This drink is berries mixed with alcohol. There are many different varieties of this drink, the most basic is to add crushed ice to your pureed berries and then add to your alcohol with the addition of lemon/lime juice.

(5) WHITE/ROSE WINE

There is nothing inherently wrong with white/rose wine but it seems to increase appetite more than red, especially with women. Red wine is therefore the better choice for most people, but experiment and see what works best for you.

CATEGORY 3 - IF YOU HAVE TO

(6) OTHER SPIRITS (VODKA, GIN, RUM)

Sometimes these drinks contain gluten so be careful. Take note of how you feel the next day after drinking these spirits.

(7) CIDER

Cider has lots of carbs and it's very easy to drink, so you could find yourself loading up on sugar very quickly if you choose this option. However if you can contain your volume then it's not a bad choice at all.

CATEGORY 4 - ONLY IN EMERGENCIES

If you are a beer lover and the above options simply won't cut it for you, there are better choices than others. Here are two options that you can try:

(8) CREAMY/DARK/STOUT OR RICH MICROBREW BEER

Most regular beers have things like corn, high fructose corn syrup and rice added to them in order to produce a lot of product for little cost. Meanwhile, craft/microbrews focus on QUALITY of ingredients.

If you're going to have a beer these would be a better choice although they will still contain plenty of carbs and some chemicals, so go easy if you can! :)

(9) LIGHT BEERS

Light beers contain less carbs and perhaps fewer chemicals than regular beers. And be aware that ALL beers contain gluten, even if people try to tell you otherwise.

CATEGORY 5 - PLEASE AVOID!

(10) REGULAR BEER

Contains gluten and is also very carb heavy.

(11) HIGH SUGAR DRINKS

Sweetened hard liquor drinks like Smirnoff Ice, Fuzzy Navels, etc., pack a big punch in terms of carbs and chemicals. Liqueurs such as Amaretto, Grand Marnier, Kahlua, Frangelico, all contain vast amounts of sugar.

There are many other varieties of sweetened alcoholic drinks. They are fine to drink on special occasions, but if you're trying to lose weight then you best stay away from these as much as possible.

(12) MIXERS

Avoid or use sparingly!!

Categories are as follows:

BEST CHOICES

- (1) Red wine
- (2) Red wine spritzer

NEXT BEST

- (3) Wood Aged Spirits
- (4) Berry Daiquiri
- (5) White Rose/Rose Wine

IF YOU HAVE TO

- (6) Other Spirits
- (7) Cider

ONLY IN EMERGENCIES

- (8) Stout or Microbrew
- (9) Light beer

PLEASE AVOID

- (10) Regular beer
- (11) Sugar
- (12) Mixers



Step 1 - How To Pick Your Drink

Here are some other considerations that you can take into account when choosing your drink of choice:

(1) VOLUME. Red wine may be a good choice, but it becomes less optimal if you tend to down two bottles in one night! :) A good strategy is to stick to a drink that you tend to drink less of.

(2) APPETITE: There are some drinks that may stimulate your appetite and make you hungry, while others may do the opposite. Try to avoid the drinks that make you ravenous.

(3) SLEEP: Certain drinks will make you feel worse than others and also disrupt your sleep more than others. If you can find a drink that does not disrupt your sleep cycle then that could be a very good choice. When you sleep better you will lose more weight so this should be high priority.

Step 2 - Good Drinking Practice

Here are some helpful strategies that you can use before, during, and after you drink.

BEFORE:

(1) Make sure you know what you're going to be drinking before you go. This way it will be a lot easier to stick to your plans, instead of trying to work it out at the bar and ending up with a beer in your hand.

(2) Have something to eat before you go out. Healthy fats and protein are always a good choice.

(3) If you're eating and drinking try to choose what you are going to eat before you go out rather than when the drinks start rolling!

(4) Have food prepared for when you get home!

DURING:

(1) Always have a drink, just not an alcoholic one. If you have one alcoholic drink then have a mineral water or something non-alcoholic in-between drinks.

(2) If you do decide to drink with a meal then wait until you start eating before you start to drink. For example order a mineral water to start and then have a wine or cocktail with your entrée. If you begin drinking before you eat then you could end up eating a lot more food than you had first intended!

(3) Become aware of the drinks that make you want to overeat. White wine tends to make women overeat and beer tends to make men overeat. If you can find a drink that satisfies you and leaves you with no cravings for food, then you have a winner!

AFTER:

(1) Drink two large glasses of water immediately before bed. Add sea salt. This will help with hydrating your body. Even if you've overdone it with the drinks, drinking plenty of fluids before bed can mitigate the worst of what's to come.

(2) If you're going to eat try something that is high in natural fat content and avoid processed carbohydrates.

And there you have our Booty Camp guidelines for alcohol! As usual it's all about figuring out what works best for you and now that you understand food a lot better you'll also be able to choose a drink which is best for you.

If you feel as though you need some help making a correct choice then just let us know and we'll help you as best as we can!

So good luck and have fun! :)

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CREATING YOUR OWN RECIPE BOOK



At Booty Camp we've learned that there are 4 main steps that you need in order to maintain a nutrition plan as a new lifestyle.

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

STEP 2 - Develop your own recipe book using the foods that are best for you.

STEP 3 - Learn how to read labels and choose the right processed foods when you need them.

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."

Phases 1 - 5 of Booty Camp were devoted to having you understand **all** of the different food groups and then testing them to see which were best for you. Once you've done that, it's then time to develop your own recipe book using those foods.

This is so important as you can't create a recipe book until you know the foods that you should be eating! Again this reiterates why the old method of counting calories and points is really ineffective. You never know what's best for you until you focus on what is important - **FOOD, NOT CALORIES**.

So here's the part where **all** of your learning about food over the past few weeks really starts to come together. Over the past few weeks at Booty Camp you've learned a tremendous amount about food, and most importantly, how food reacts in your body.

Let's recap on all of the foods that we've introduced thus far:

Phase 1: Proteins, Vegetables, Nuts, and Healthy Oils

Phase 2: Low Sugar Fruit and Dairy

Phase 3: High Sugar Fruit and Hedonic Dairy

Phase 4: Carbohydrates

Phase 5: Wheat and Gluten

Phase 6: Alcohol

Now that you understand your body and food the challenge becomes trying to maintain this way of eating as a long term solution. Of course there are going to be times when you need to go off plan somewhat and eat processed and pre-prepared food. Luckily we've created an entire manual to give you guidelines for that (Phase 7).

However the majority of your food intake should come from the foods listed in Phases 1 - 5. What we need then is a system for keeping ourselves on track the majority of the time.

At Booty Camp we call that system "The 3x3 Recipe Book". This is basically 9 recipes that include the foods from Phase 1 - 5, excluding any current intolerances that you may have.

Our goal is to stick to these meals for 6 days throughout the week (with a little wiggle room), and have our 1 treat day per week. As usual that's when we can go ahead and break **all** the rules!

The breakdown of these recipes is as follows:

3 Breakfast Recipes

3 Lunch Recipes

3 Dinner Recipes

You have 3 recipes for each meal for a total of 9 recipes. But before we go any further let me address perhaps an obvious objection which might be something like:

"Are you telling me that I must eat the same 9 meals for the rest of my life!!??"!

Answer:

Of course not!

We've found that this is the MINIMUM that you need. That's just the goal for now. After you've created your recipe book with 9 delicious, quick, and affordable meals then there's nothing stopping you from going and adding more and more meals to your repertoire!

Your recipe book is also really important as you can use these as your "Bounce Back Meals". For example, we all have times when we are overcome with a lot of stress and eating healthy is simply not an option...

...no big deal... THAT'S LIFE.

The problem occurs when that turns into a month or months of junk eating. And as you continue this momentum of junk eating it becomes more and more difficult to get yourself back on track.

However what you can do is to break the "junk eating" momentum by going to your recipe book and eating a great meal from your repertoire. This way you break the cycle and get ONE good meal back in...

...and as you get one good meal you can "Bounce Back" and get yourself going back in the right direction.

That's the power of having your own recipe book!

The great thing about this strategy is that you've already been doing it throughout the Booty Camp program. During our program you've been gathering recipes and testing them in the kitchen. All we're going to do now is become a little more structured and make sure to get 9 recipes.

At this point you should know how your body reacts to fruit, dairy, carbohydrates, and wheat/gluten. The most common intolerances are those to dairy and gluten. If you have such an intolerance then do not include any of those foods in your recipes.

Also when we say recipes please understand what that means, you don't need to be a master chef!

A recipe could be as simple as scrambled eggs or a simple soup. In fact in some cases you won't even need to cook! All that's required is that you can prepare 9 quick and simple meals that contain the foods on your food list.

TIPS FOR CREATING YOUR RECIPE BOOK

In manual 1 we covered some easy and simple tips for getting your recipes together. They included:

- (1) Booty Camp "Must Try" Recipes
- (2) Our Facebook Recipes
- (3) Google Recipes
- (4) Private Facebook Group

You should continue to use all of these resources and hopefully you'll soon be able to get your 9 recipes.

What I'd also like to show you are some ideas to make some super quick meals. These methods involve minimal ingredients and minimal cooking (and sometimes no cooking whatsoever)

This can be very important because although it would be ideal to be able to cook all of your meals all the time the reality is that it's very unlikely that you're going to be able to do that.

So these ideas below are going to help you be as prepared as possible.

TIP 1 - NO "PREP" Recipes

NO PREP recipes are really great because there's minimal cooking involved and that can really help you get your meals created quickly and simply.

Here's an example:

RECIPE - MINCE BOLOGNESE WITH VEGETABLES

Ingredients:

- Mince
- Frozen Vegetables
- Tomato Based Sauce
- Passata

STEP 1 - Get your ingredients:



STEP 2 - Cook the Mince:



STEP 3 - Add frozen vegetables:



STEP 4 - Add meat sauce and passata:



STEP 5 - Add to dinner containers and store:



Recipes like this are really great. Not only do they require minimal cooking, but you can also use them to batch cook. In this example above it takes about 25 minutes of cooking time and then about 5 minutes of placing into containers.

You can use these as your dinner for the entire week or freeze them and use them as you like.

That brings us to our next tip - Batch Cooking and Freezing.

TIP 2 - Batch Cooking and Freezing

Batching and freezing is really the easiest way to stick to any nutritional plan. You can cook your entire week's meals in just a few hours. It's even simpler when you have your recipe book with you as you can choose just a few recipes from there. So make sure to get your 9 delicious recipes as soon as you can!

One other important point is that you should ALWAYS have at least 3 days of meals in your freezer as a back-up. We all know that our lives get hectic and the reality is that we won't be able to even think about getting good food on busy days, never mind actually cooking it.

Another crucial point is that your 3 days of frozen meals can be used as your bounce-back meals. We all know how hard it is to get back on track when we fall off. When you start to eat junk food it can be a quick downwards spiral until something knocks you back in the right direction.

One great strategy is to have 3 days of frozen pre-prepared meals. If you find yourself getting off track then you have those meals ready to go and you can take them out and eat them. It usually only takes 1 or 2 good meals to get you back in the right direction. So if you've got 3 days' worth you're really doing well.

So here's another example of a no prep meal, in addition to batching and freezing.

RECIPE - CHICKEN FAJITA MUFFINS

Ingredients:

- Frozen Chicken Fajita Mix
- Whole Egg Liquid (or eggs beaten yourself)

STEP 1 - Get your ingredients:



STEP 2 - Place ingredients in muffin tray and place in oven:

(Recipe from Phase 1 Manual)



STEP 3- Remove from the oven:



STEP 4 - Place in containers:



And that's pretty much it!

In the beginning learning how to pre-prepare and batch cook will take more time as you'll still be learning which recipes are best and easiest to make. However once you get your 9 recipes you can batch cook an entire week of meals in 2 - 3 hours.

If that's too much for you then just make sure to have your 3 days of meals stored away in your freezer. They will become invaluable to you when you get stuck and don't have any time for cooking.

Tip 3 - Pre-Packed Foods and No Prep, No Cook Meals

The next thing that you can try if you feel as though you don't have the time is No Prep, No Cook Meals. This is basically buying pre-prepared meals. As we've said your recipe repertoire need not contain fancy recipes. As long as it's something that's quick, simple, tasty, convenient, and satisfying (and on your food list!), then you're good to go.

Here are some examples to get you started. All of these are no cook or just things that you can zap in the microwave.

BREAKFAST IDEAS

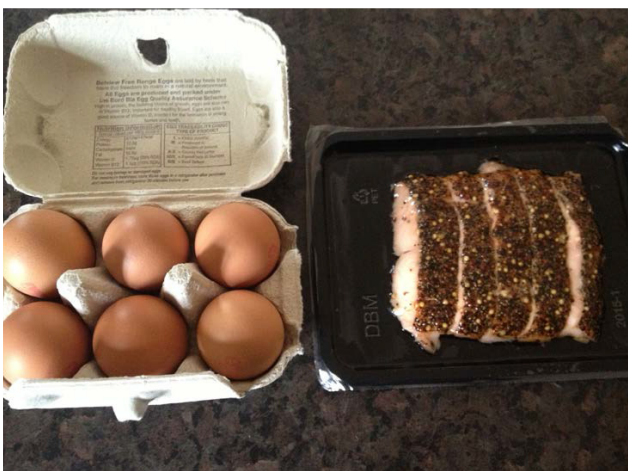
Yogurt, Fruit, Nuts



Cheese and Crackers



Cooked and seasoned salmon in scrambled eggs (can be done in microwave!):



Quick oats with seeds and fruit



LUNCH IDEAS

Washed and ready to eat salad with cooked proteins (i.e. ham, chicken, salmon, canned fish, etc.)

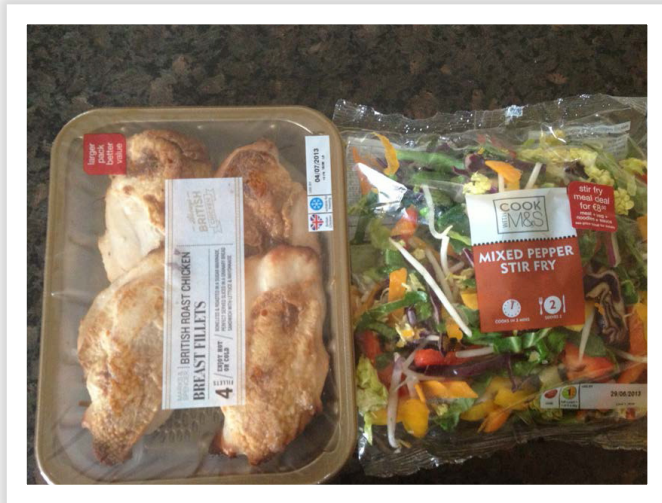


Prepackaged Soups:

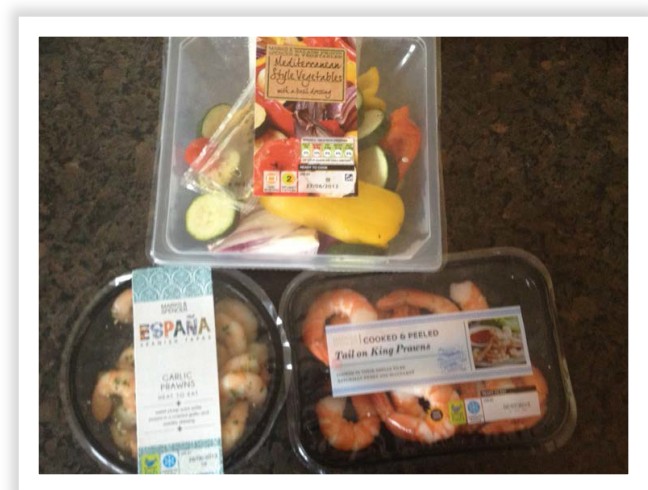
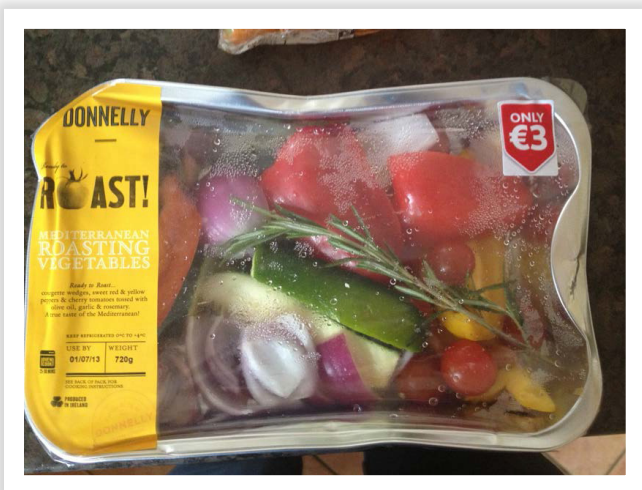


DINNER IDEAS

Cooked Chicken and ready to go Stir-fry mix:

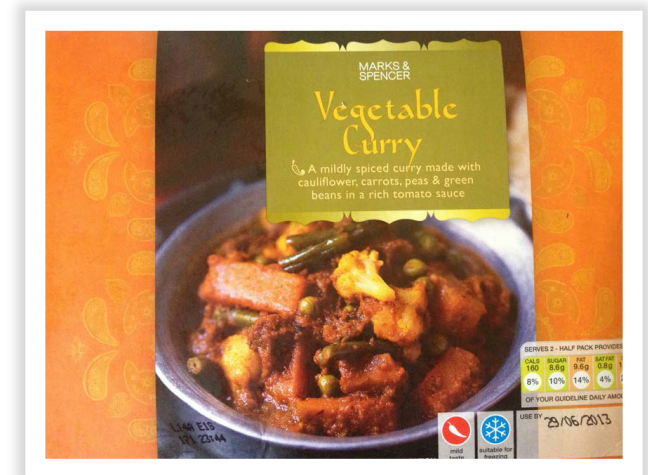


Pop in the oven roasted vegetables:



*Peeled, washed, and cut vegetables
- ready to cook:*

Entire pre-prepared meals:



This option above of eating entire pre-prepared meals is something that we're going to talk about in our next manual. For now let's stick to the basic ingredients that we have in our food list up to this point. And remember you still need to avoid intolerances if you think that something is damaging your digestive system.

This idea of creating your own recipe book is really what the Booty Camp nutrition program is all about. We really can't emphasize enough how important this is. If you can just get yourself started on these 9 recipes then you'll have something really beneficial that you can use for the rest of your life.

Fortunately we are all going through this same process together so we can all help each other. Keep posting your meals to our private group and we'll continue to do the same. As we share meals it won't be long before we get those 9 crucial recipes.

There was a lot that we discussed in this manual, so here's a brief recap:

- (1) Once you know the foods that you need to stick to it's time to start creating your recipe book. Get a folder, or something that you can save your recipes in. Even taking a picture with your smart phone should be enough.
- (2) Have sections in your folder that contains breakfast, lunch, dinner, and "must try."
- (3) Every time you see a new recipe write it down, print it out, or take a picture. Add it to your "must try" list.
- (4) When you get a chance try these new recipes. If you like one and find it easy to cook then add it do your recipe book.
- (5) Continue to post your new recipes to our private group. Please let us know what you found successful and what you didn't.
- (6) Work your way up to at least 9 recipes. 3 breakfast, lunch, and dinner.
- (7) Keep adding more if you want to, but 9 is the minimum that you need!
- (8) If you need anything else then let us know and we'll help you.

And that's it for this manual.

We've now covered all the basic foods that you can eat throughout our Booty Camp program. In our next manual we're going to go through the specific guidelines we have if you'd like to bring more foods into you food list.

So take care and we'll talk again soon.

Coach Connor



Exercises | Notes



Exercises | Notes