

BootyCAMP
FITNESS FOR WOMEN

NUTRITION PLAN



Quick Start Guide

PHASE **#5**



Phase 5 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) Fruit and dairy must be eaten at meals.
 - (5) Day 35 (Sunday) is a Treat Day. You can eat whatever you want!
 - (6) You can have carbohydrates for a MAXIMUM of ONE meal per day. **This includes WHEAT/GLUTEN if you are not intolerant.**
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Add the following to your Phase 1, 2,3 and 4 food list.

Barley
Bread
Cereal
Couscous
Granola
Kamut
Pasta
Rye
Spelt
Triticale
Wheat
White flour

*All of these foods contain gluten. You must test first if you have a gluten intolerance.

*If you can eat gluten then still only eat these products occasionally (1-2 times/week) if you're still trying to lose some weight.

TREAT DAY GUIDELINES

This Sunday you can have:

- (1) Fruit : All kinds
- (2) Chocolate : All kinds - 100grams MAX
- (3) Carbohydrates : All kinds
- (4) Dairy - All kinds (yes including ice cream!)
- (5) Wheat/Gluten: All Kinds

IMPORTANT REMINDERS

- (1) Check for intolerances for dairy foods. Do you think you may be intolerant? If so remove suspect foods for the remainder of the program and retest at the end.
- (2) Please contact us if you are having difficulty or have questions.
- (3) Portion sizes do not matter in Phase 5. The only rule is high sugar fruit, hedonic dairy, and carbohydrates (including wheat/gluten) 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.
- (4) You do not need to eat carbohydrates if you don't want to.
- (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. Reread introduction of manual 3 for a reminder.
- (7) Be aware of COMPLACENCY.
- (8) If you find yourself getting more cravings while eating carbohydrates then consider eliminating them completely.
- (9) 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! :)