

BootyCAMP

FITNESS FOR WOMEN

NUTRITION PLAN



Quick Start Guide

PHASE #6



Phase 6 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 42 (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.
 - (7) Alcohol is not recommended throughout our program. If you are going to consume alcohol please refer to our guidelines.
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Alcoholic Drinks Categories

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



PHASE 6 - MASTER FOOD LIST



Phase 1

Almond milk
Almonds
Apples
Apricots
Arrowroot
Artichoke
Arugula
Asparagus
Aubergine (eggplant)
Avocado
Balsamic Vinegar
Bananas
Barley
Bean sprouts
Beans
Beetroot
Bell Peppers
Blackberries
Black Pepper
Blueberries
Bread
Bok Choy
Bone Broth
Brussel Sprouts
Buckwheat
Butter
Butternut Squash
Cabbage
Carrot
Cauliflower
Celeriac
Celery
Cereal
Cheese
Cherries
Chewing Gum
Chicken
Chickpeas
Chili Pepper



Phase 2

Coffee - Black
Chorizo
Coconut Milk
Coconut Oil
Cod
Corn
Courgettes
Couscous
Cranberries
Cream
Crème Fraiche
Cucumber
Curry Paste
Duck
Eggs
Fennel
Figs
Fish
Fish Sauce
Frozen vegetables
Garlic
Gherkins
Ginger
Granola
Grapefruit
Grapes
Hazelnut milk
Honey
Kale
Kamut
Kasha
Kiwi
Lamb
Lemon
Lentils
Lettuce
Lime
Mangetout
Maple Syrup



Phase 3

Marrow fat peas
Milk
Millet
Mince - Organic
Mixed Salad Greens
Mushrooms
Mustard - Gluten Free
Nectarines
Nut Based Oil
Olive Oil
Olives
Onion
Oranges
Organ Meats
Papaya
Parma Ham
Parsnip
Pasta
Peaches
Pears
Peas
Pickled vegetables
Pineapple
Plums
Pomegranates
Pork
Porridge
Potatoes
Powder mixes
Pumpkin
Oat cakes
Quail
Quinoa
Rabbit
Radicchio
Radish
Raspberries
Rocket
Rice - Any kind



Phase 4



Phase 5

Rice Cakes
Rice milk
Rhubarb
Rye
Salmon
Salt
Samphire
Scallion
Shallot
Sorghum
Sour Cream
Soya sauce - Gluten free
Sparkling/Soda Water
Spelt
Spices
Stock
Strawberries
Swede
Sweet Potato
Tapioca
Teas - All Kinds
Tinned Tomatoes
Tomato Paste
Tomatoes
Triticale
Turkey
Turnip
Venison
Vinegar
Water
Water Chestnuts
Wheat
White flour
Wild rice
Wine (for cooking!!)
Yogurt

PHASE 6 - MASTER FOOD LIST

PHASE 1

Vegetables

Artichoke
 Arugula
 Asparagus
 Aubergine (eggplant)
 Bean sprouts
 Beetroot
 Bell Peppers
 Bok Choy
 Brussel Sprouts
 Butternut Squash
 Cabbage
 Carrot
 Cauliflower
 Celeriac
 Celery
 Chili Pepper
 Courgettes
 Cucumber
 Fennel
 Frozen vegetables
 Garlic
 Ginger
 Kale
 Lettuce
 Lime
 Mangetout
 Mixed Salad Greens

Mushrooms
 Onion
 Parsnip
 Peas
 Pickled vegetables*
 Pumpkin
 Quail
 Radicchio
 Radish
 Rocket
 Samphire
 Scallion
 Swede
 Tinned Tomatoes
 Tomatoes
 Turnip
 Water Chestnuts

Protein

Beef*
 Bone Broth
 Chicken
 Chorizo
 Cod
 Duck
 Eggs*
 Fish*
 Lamb*

Mince-Organic
 Organ Meats
 Parma Ham
 Pork
 Quail
 Rabbit
 Salmon*
 Shallot
 Turkey
 Venison

Fats

Almonds
 Avocado
 Coconut Milk
 Coconut Oil
 Fish Sauce
 Nut Based Oil*
 Olives
 Seeds*

Liquids

Coffee-Black
 Tea, Herbal/Green/etc.
 Sparkling/Soda Water
 Water

Condiments

Balsamic Vinegar
 Black Pepper
 Curry Paste**
 Lemon
 Lime
 Mustard**
 Olive Oil
 Powder Mixes**
 Salt
 Soya Sauce**
 Spices*
 Stock**
 Tomato Paste
 Vinegar

Other

Chewing Gum
 Wine (for cooking!)

*All types are acceptable

**Must be gluten free

PHASE 2

Almond milk
 Blackberries
 Blueberries

Cranberries
 Hazelnut milk
 Milk

Raspberries
 Rice milk
 Rhubarb

Strawberries
 Yogurt

PHASE 3

Apples
 Apricots
 Bananas
 Butter
 Cheese
 Cherries

Cream
 Crème Fraiche
 Figs
 Grapefruit
 Grapes
 Kiwi

Nectarines
 Oranges
 Papaya
 Peaches
 Pears
 Pineapple

Plums
 Pomegranates
 Sour Cream

PHASE 4

Beans
 Chickpeas
 Corn
 Honey

Lentils
 Maple Syrup
 Marrow fat peas
 Porridge

Potatoes
 Oat cakes
 Quinoa
 Rice - Any kind

Rice Cakes
 Sweet Potato
 Tapioca
 Wild rice

PHASE 5

Arrowroot
 Barley
 Bread
 Buckwheat
 Cereal

Couscous
 Granola
 Kamut
 Kasha
 Millet

Pasta
 Rye
 Sorghum
 Spelt
 Triticale

Wheat
 White flour

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) 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.