

# Booty CAMP

FITNESS FOR WOMEN

## FOOD LIST



# Booty CAMP

FITNESS FOR WOMEN



## 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  
Sampshire  
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

# Booty CAMP FOOD LIST

FITNESS FOR WOMEN

## 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