

# Booty CAMP

FITNESS FOR WOMEN



## Phase One Manual

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# INTRODUCTION TO THE BOOTY CAMP NUTRITION PROGRAM

**H**i there!

I'm Coach Conor and welcome to the Booty Camp Nutrition Plan.

I'm delighted that you've taken this all important step towards achieving your health and fitness goals! Over the next 8 weeks we're going to complete our nutrition program together and myself and our other coaches at Booty Camp will be your guide throughout the process.

Since this is our first manual I'd thought it would be a good idea to give you an overview of what we'll be doing in our nutrition plan, and how you can best prepare for it.

Sound good?

I hope so! :)

*So, let's get started...*

First of all let's talk about who this plan is for. If you're anything like most of the ladies who join us here at Booty Camp you'll have 1 or 2 primary goals.

The first goal that many people have is that they'd like to lose some weight.

Perhaps you've just had a baby and are trying to lose some of your pregnancy weight. Perhaps you've got an event such as a wedding or a holiday coming in the near future. Or perhaps you've let yourself go a little over the past few months or years and you'd really like to get back in shape by losing some weight.

Does any of this sound like you?

If so, then you're in the right place!

The second primary goal that we see at Booty Camp is from the ladies who want to get fitter and tone and strengthen their bodies. If you're in this group then you're not as interested in losing as much weight (perhaps 5 - 10 pounds at the most). Losing those few pounds would be nice, but that's not your primary goal.

If you fall into this group then perhaps you're someone who is already lean and you just want to improve your fitness, or perhaps you've been injured for a while and are getting back into fitness, or perhaps you're just someone who just likes to work out (yes, these people do exist!!!).

Then the final group of ladies that come to Booty Camp are those that want to make sure that they are strong and healthy for the rest of their lives. You know the importance of exercise and therefore you've joined our program to ensure you're getting that part of your life sorted out.

If that's you then brilliant; you're also in the right place.

Now, although these goals all seem to be a little different they all have the following in common. That is this:

## Each one of these goals requires good nutrition

Nutrition is the foundation of your health, your weight, your fitness, your energy levels, and even how well you age and your longevity. That's why at Booty Camp we put such a large emphasis on nutrition as well as exercise classes. We've all heard the cliché "You Are What You Eat," and the reason we continue hearing it is because it's absolutely true.

And when I say "nutrition" I mean something different from what you're probably thinking. When most of us hear the word "nutrition," we automatically think "diet." And when most people think of the word "diet" they assume the following - restrictive eating and calorie counting.

Well that's exactly what we're NOT going to do. We won't be counting anything on our program and we're not forbidding any foods. Instead you're going to learn exactly which foods suit YOU best and which foods make you stronger, fitter, and that improve your body composition.

Let's start then by defining these 2 words - "nutrition" and "diet;" just so we're on the same page. The way we use them at Booty Camp is very different then how they're commonly used:

(i) *Nutrition* (noun) from Latin nutritionem "a nourishing," *the act or process of nourishing or of being nourished.*

(ii) *Diet* (noun) from Latin diaeta "prescribed way of life," from Greek diaita, *originally "way of life, regimen."*

Nutrition then is not really about eating to lose weight. Instead it means eating food that nourishes your body to make you strong, fit, and healthy. As we say at Booty Camp...when you give your body what it wants (good nutrition) then you get back what you want -

## A smokin' hot body!!! :)

And "diet" is not something that you do for a few weeks or a few months. Your diet is your "way of life." So if you ever start something that you know you can't do except for a short period of time then you're better off stopping immediately.

That's the problem with traditional "diet" plans. By focusing on calorie counting or forbidding certain foods they actually set you up for failure. Such plans never work in the long run because it's impossible to make that type of regime "a way of life."

And that's what's completely different about our nutrition program. We're going to focus on the original meaning of "nutrition" and "diet" and you're going to learn how to nourish your body (nutrition) by slightly changing your way of living (diet). This process is not only more effective than traditional diet plans...

## ...it's way more fun too!

Instead of restricting yourself and spending each day meticulously measuring, counting, and craving, we'll spend our time together LEARNING about food.

You're going to learn about each of the different food groups. You'll learn why some people gain weight eating "low-fat" foods, and how fruit can stimulate your appetite and make you overeat at certain meals.

You'll learn why "wholegrain" foods make some people gain weight quicker than a diet of Snickers bars, why full-fat dairy can be better than low fat, and why "healthy" foods such as bread and pasta can actually make you gain weight faster than anything else.

We'll talk about alcohol and how to pick the best choices. We'll go through a process of how to find recipes and how to create your own recipe book. We'll talk about eating out and how to make the best choices.

We'll also explore food cravings. We'll teach you a method of how to eat your favorite foods without completely restricting yourself. We'll dispel myths about carbohydrates and calories and show you the quickest and simplest methods of choosing the best foods for you.

We'll teach you about gut and digestive health and how to identify intolerances to certain foods. We'll help you identify those foods which are keeping you overweight by doing a simple intolerance test.

We'll also share with you the very best recipes that have been submitted by our members since the start of Booty Camp, and how you can use these with specific preparation techniques to make cooking simple, easy, and enjoyable.

As you can probably tell, we have a lot to learn! But that's great because if your goal is either weight loss, fitness, or long term health, then this nutrition program is going to get you there.

## HOW OUR MANUALS WORK

Before you get into your Phase 1 Manual here's an overview of how our nutrition plan works. Each week you'll get a manual like this one, and then also a video explaining the manual.

This is an educational guide as well as everything else. I'm going to teach you everything you need to know about food, and more importantly, how food reacts in YOUR body. You're going to learn which foods suit you best, and which foods are holding you back.

Our program is interactive. We'll be getting feedback from you and you'll be modifying it to suit your own body. Any nutrition plan that is a "one size fits all" model never works in the long run.

Each manual will be about 10-20 pages long, which is just 20 minutes reading or so. However, Phase 1 is much longer than the rest because we have a lot to explain. After that each manual gets much shorter.

The majority of the manual will be spent teaching you the principles around a specific food group. We'll also include our "MUST TRY" recipes. These are the recipes that have been most popular at Booty Camp.

In addition to your main manual I'll also give you a separate document which is your "Quick Start Guide." This is much shorter, usually 3 - 10 pages. It contains a summary of your manual, your entire shopping list for that week, your food rules for the week, and a sample meal plan.

It also contains your "Troubleshooting" section. These are tips and things you can eat if everything becomes a bit too difficult.

These are all in an easily downloadable and printable format.

I'd prefer you read through all of the manuals, but if you're in a major rush then just take a look at your Quick Start Guide instead. It will give you the basics that you need to get started.

## SPECIAL GROUPS

Here's some other considerations for special groups:

*(1) BREASTFEEDING:* If you're breastfeeding then please read each manual, but start from the PHASE 4 food list. Mothers who breastfeed don't need to worry as much about weight loss as breastfeeding has been proven to reduce body fat for as long as breastfeeding continues. It is still important to read through the manuals, however!

*(2) VEGETARIAN:* If you're vegetarian then start from the PHASE 4 food list. You won't lose weight quite as quickly as if you started PHASE 1, but at least you'll be able to follow the plan and get all of the other benefits from it.

*(3) DON'T WANT WEIGHT LOSS:* If you don't want to lose any weight then please follow along with our nutrition plan and read each manual. However if you find it too restrictive then go ahead and create your plan from the PHASE 4 food list.

*(4) TOO DIFFICULT:* If you find PHASE 1 too difficult, then please skip to the PHASE 2 food list. There are more options there for you, especially for breakfast. As we go through the plan we'll be eating only foods from our food list. The first week is the toughest but after that we'll add in plenty of extra foods so it becomes much easier.

Here's a quick idea of what we'll be adding each week:

Phase 2 - Low GI fruit. Dairy - milk, yogurt

Phase 3 - All fruit. All dairy (cheese, butter, etc.)

Phase 4 - Carbohydrates - potatoes, rice, quinoa, chickpeas - hummus, etc.

Phase 5 - Wheat/Gluten - bread, pasta, etc.

Phase 6 - Alcohol

Phase 7 - All foods (avoid intolerances)

As you'll see our program starts off with strict guidelines but then every week thereafter we introduce new foods and it becomes a whole lot easier. Phase 1 is the only time at Booty Camp that we really restrict foods. It lasts 6 days and it can be tough going, but it's just something that we need to do in order to detox your body and "reset" your system.

Most people can manage to get past these 6 days, but if you feel as though it's just too difficult then either go to Phase 2 or check out the troubleshooting section at the end of your Quick Start Manual.

And that's pretty much it. If you read the information that's presented in this and future manuals then you'll never look at food the same way again. No more dieting, no more calorie counting and no more confusion about food. Your weight will regulate, you'll get fit and strong and you'll set yourself up to be as healthy as you can, all from following this program.

You're sure to have plenty of questions during the course of our time together and that's why we have our private member groups. These groups contain members only from Booty Camp so please post all of your questions there. I or one of the coaches will respond to you promptly.

I really can't wait to get started so give this manual a read and I'll see you in our members group.

Chat soon,

## Coach Conor





# Booty CAMP

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PHASE #1

# NUTRITION



## So here we go into Phase 1 of Booty Camp!

Over the next few pages I'm going to explain exactly what we're going to do during Phase 1. I'll outline why we do what we do and then I will tell you EXACTLY what you're going to be eating during these 7 days.

In your Quick Start Guide I'll provide you with a list of all the foods that you can eat so you have a quick and easy reference guide to work with. This is super handy, especially if you want to bring it to the supermarket with you and use it for your shopping list.

## THE METHOD

For the next 7 days the foods that we're going to be eating will contain (1) ZERO chemicals and (2) MINIMAL carbohydrates.

When you want to lose weight there are 2 rules that you must keep in mind. They are:

#1 - Calories don't count, carbohydrates do.

#2 - Carbohydrates count, but not nearly as much as chemicals.

Put simply - The MOST important thing you need to do when trying to lose weight is to eliminate chemicals from your diet.

But before I get to that let me first address...

### ...The Calorie Fallacy

Counting calories is BY FAR the most ineffective, inefficient, and ill-advised method for losing weight...

...PERIOD!

Sorry if I'm being a bit blunt there but that's the truth. And I'm sick and tired of all this counting calorie nonsense! There are many reasons why counting calories simply doesn't work but here is the most important...

...anytime you have to count calories you have to think. And anytime you have to think you will always end up failing.

Why?

Because we all have a little something that gets in the way...

...it's called LIFE.

Life is hectic, it's busy, it's stressful, and it can wear you out. If you count calories then you basically have to do it for EVERYTHING you put in your mouth, for EVERY MEAL, for EVERYDAY, for the REST OF YOUR LIFE.

**N**ow I've helped many people lose weight *for life* and not one of them counts calories. Conversely, I've met hundreds of people who have FAILED counting calories. And let's be honest ladies - counting calories is not only ineffective, but it's also just too much of a pain in the BOOTY for anyone to continue doing it (and not a good pain like we get at Booty Camp!!).

Another thing that counting calories does is that it makes you FOOD PREOCCUPIED. I'm sure you know what I mean. When you count calories all you end up doing is thinking about food.

ALL THE TIME.

You'll have thoughts like:

*"How many calories are in that?"  
"How many calories can I eat today?"*

And you always have to keep track:

*"How many calories have I eaten today/yesterday/this week?"*

Eventually your entire life begins to revolve around counting calories! Almost nobody can continue this for any stretch of time, never mind their entire life. And then when you inevitably end with the madness your thoughts might be something like:

*"For \*bleep\* sake... I'm such a fat \*bleep\* because I ate over 6,000 calories today...  
...I hate myself..."*

Now I must apologize for the language there but from my experience working with our ladies at Booty Camp; that's the exact type of pressure that we all put ourselves under when we count calories. It's utter torture if you ask me.

Counting calories is also the number one reason for bingeing - the thought process is usually something like this:

*"I blew my diet so I don't care...I'm going to stuff myself with all the food  
I want and then I'll go back on a diet on Monday..."*

What this comes down to then is when you count calories you never enjoy food, you become a slave to numbers, you restrict yourself desperately, and when you finally break down you overeat and feel ashamed about it...

...what an utter nightmare!

And there's actually a reason why the diet and fitness industry tells you to count calories.

***But that's a story for another day!***

So now that we've had our rant about calories let's get straight into what actually works as a long term solution and what we're going to be doing over the next 7 days.

## RULE 1 - COUNT CHEMICALS, NOT CALORIES

Here's a quick tip that if you follow will make your life so much easier and will actually work. We have an entire nutrition manual devoted to this but for now let's keep it nice and simple.

The tip is called:

### *Count Chemicals, Not Calories.*

Chemicals have a much larger bearing on how much fat we store than calories do. A chemical is something that is not food. Chemicals get added to certain foods to:

- Increase its shelf-life.
- Make it taste "better."
- Improve its consistency.
- Make us addicted to it.
- And so on...

Chemicals like fertilizers and pesticides are also added to certain crops to increase the yield of that particular crop. The bottom line is that we're not supposed to be eating these chemicals because they're not food.

But we do eat them and here's what happens. Anything that enters your digestive system is ordered and categorized into sections.

Your digestive system says:

*(1) "We know what this is...We can use it! Great!"*

OR

*(2) "We know what this is...We can't use this! Get it out!"*

OR

*(3) "We have NO idea what this is! Get it to the liver!"*

Most chemicals are foreign substances that our bodies cannot recognize so they fall into the third category:

*(3) "We have NO idea what this is! Get it to the liver!"*

**T**he chemicals are then sent to the liver for processing. The liver is our savior in many respects. It takes all the dangerous substances that enters our body and turns them into something that won't damage any of our vital organs.

The problem is although our livers are amazing, they can only deal with so much. A few chemicals are okay to deal with... a lot and we get into trouble.

If we don't give our liver and detoxification system a chance to process these chemicals then we develop a toxic environment in our bodies. Our body then puts these chemicals in a "waiting line" to get to the liver...

...but the "waiting room" is not in your digestive system... and it's certainly not in your blood stream. Remember our bodies have no clue what these chemicals are, how dangerous they are, and therefore keeping them near any vital organs or systems could prove disastrous.

Fortunately we all have the perfect "waiting room."

## It's called FAT.

What our body does is it takes chemicals that cannot be processed right now and it sends them to our fat stores so that the chemicals can be "wrapped" in fat and kept away from everything that is vital.

*Our bodies do this because it can't have those chemicals just floating around in our system. And it won't eliminate the chemicals because they could damage our digestive system. So they're sent straight to the fat stores and our fat keeps the chemicals at bay until our body can deal with them.*

You see our bodies ALWAYS put a preference on HEALTH, not WEIGHT. Therefore whenever you eat something that your body considers unhealthy it sends it be stored away until later. The end result is that if you have excess chemicals in your system then you're living in a state called *perpetual fat storage mode*.

I hope that doesn't sound too scary (because we can fix it) but it's so important that I'm going to repeat that again...

## If you have excess chemicals in your system then you are living in a state called perpetual fat storage mode

Fat storage mode means that your body is hoarding and storing fat IRRESPECTIVE of the amount of calories you're eating. It doesn't matter if you eat only 1,000, 800, even 500 calories, your body is going to keep those chemicals locked away in your fat stores until the liver has a chance to deal with them...

...I hope now you are beginning to understand why counting calories is not the best use of your time! :)

And if you want to get really mad then I urge you to look at all of the "low-calorie" products that are being sold to us today. If you have one in your home go check it out now, or next time you're in the supermarket find some and look at the ingredients.

**W**hat you'll find is these things are JAM-PACKED with chemicals. It's impossible to even pronounce some of the things that they are putting in these "foods"...and that we are putting in our bodies...

...and what's worse is that they have convinced us to buy and eat these things because we are trying to lose weight, when in fact these are the very products that make us fat the most!!

So the first thing we need to do is to make sure we're not eating any chemicals over the next 7 days. That will give our bodies a chance to "catch up" on the back-log that we all inevitably have. Think of it almost like a chemical detox. Once we do that our body will switch our hormonal status from "fat storage mode" to "fat releasing mode."

That's exactly where we want to be when we're trying to lose weight.

## RULE 2 - COUNT CARBS, NOT CALORIES

The second instruction is to eat minimal carbohydrates. There's nothing inherently "wrong" with carbohydrates. However when you're trying to lose weight it's very important that you limit your intake in the beginning.

The reason?

*Carbohydrates are the primary food group  
that makes us gain weight.*

To be clear, when I say carbohydrates I am referring to sugar. It's very important that you know what contains sugar, because for the next 7 days you need to eliminate it as much as possible (but don't freak out - some sugar will come back after these first 7 days!!).

Some foods that you may not think of that contain sugar are fruits, starches (like bread, pasta, rice, potatoes), and pretty much all processed food.

For the initial phase we are limiting carbs because fat in your body is essentially stored sugar, and when you completely eliminate sugar from your diet you are forcing your body to "open the sugar (fat) stores."

*This is great news if you want  
to use up lots of reserved fat!!*

Finally, eliminating carbohydrates will actually decrease your appetite initially because there is a limit to the variety of foods that you can eat. Eating sugar is very addictive but eating other food groups is generally not. When you limit your intake of carbohydrates your overall food consumption will decrease naturally throughout the next 7 days.

If anything that I have just pointed out seems a little confusing or is not quite clear, please ask me in class or in our private group/forum and myself or another Booty Camp coach will expand upon these concepts.

We've tried to make this as simple as possible by not having you count anything. We're simply going to give you a list of foods that contains virtually no chemicals and minimal carbohydrates. You can then eat anything that you want on this list.

The beauty of this plan is its simplicity. You should not try to alter it. That will make things complicated. Anything that is complicated (like counting calories) requires too much effort and never works as a long term solution.

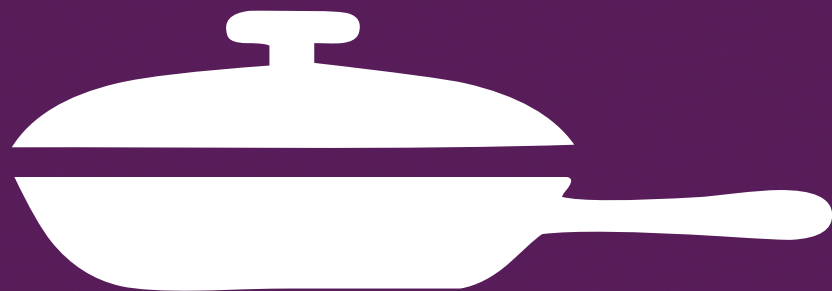
Don't worry if it doesn't make complete sense just yet, we're going to take it one step at a time.

With that said, let's move on to our Food List and Guidelines for our Phase 1 Nutrition Plan...

# Booty CAMP

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## Foods and GUIDELINES





## Guidelines of Phase 1 are as follows:

- (1) Below is a list of all the food groups and foods that we can eat during Phase 1. You can eat anything from this list. For an easy printable and updated food list please refer to your Quick Start Guide.
- (2) You can eat as much as you want from this list as long as you have a maximum of 3 meals and a maximum of 1 emergency meal (explained later).
- (3) Anything that's not on this list is NOT ALLOWED. That includes all caloric beverages as well.
- (4) If something is still not clear then make sure to ask us about it!

## FOOD GROUP 1 - PROTEINS:

You can eat as much meat, fish, poultry, and game as you want, so long as it does NOT contain any additives or does NOT have any "extras" on it such as breadcrumbs, etc. "Smoked" proteins such as smoked salmon is also fine.

For example you can eat:

- **BEEF** - All parts
- **FISH** - All fish is acceptable
- **PORK** - All parts

Exception is \*NO sausages\*

- **POULTRY** - All kinds
- **LAMB**
- **WILD GAME**
- **ORGAN MEATS**

*Important: We must emphasize again that all of the above must have no added ingredients. Things like breading are a no-no!*

NEXT: EGGS

Eggs are your greatest friend during this phase! They are perfect for breakfast, have amazing nutritional value, and can be used as an emergency meal. At Booty Camp we say "EGGS - Eggs Gonna Getya Skinny!"

Here is also a good time to have a word on "organics." There are many good reasons why you should get organic produce if you're trying to lose weight. I'm not going to go into all of them here, but the main thing you need to realize is that non-organic food has some degree of chemicals.

**E**ggs are one of those foods that we should try and get organic, or even better, from a local farmer. However don't worry about it too much in this initial phase. If you can get organic then you should, if you can't then you're still doing great. All the foods we have listed here have minimum chemicals so you're going to do great sticking to them whether they're organic or not.

You can eat:

- **Eggs** - Chicken/Duck/Quail/ETC. (Get organic or from local farmer if possible)

## FOOD GROUP 2 - VEGETABLES AND LEAFY GREENS

All vegetables and leafy greens are on our plan. This includes pickled vegetables. Be wary however of foods that are considered vegetables but are actually starches (carbohydrate). Examples include potatoes, corn, and peas. If you're confused then just ask.

Type of vegetables you can eat:

- **ROOTS** - Carrots, Parsnips, etc.
- **BULBS** - Onions, Garlic, etc.
- **STEM SHOOTS** - Asparagus, etc.
- **"FRUITS"** - Tomatoes, Avocado, Cucumbers, Peppers, Eggplant
- **STEMS OF LEAVES** - Celery, Rhubarb, etc.
- **BUDS** - Brussels Sprouts, etc.
- **LEAVES** - Kale, Spinach, Rocket, etc.
- **FLOWER BUD** - Broccoli, Cauliflower etc.
- **PICKED** - Beets etc.

## FOOD GROUP 3 - HERBS, SPICES, SEASONINGS

You can eat:

- **HERBS** - ALL
- **LEMON/LIME**
- **SALT + PEPPER**
- **CHILIES**
- **VINEGAR** - ALL
- **CHILI PEPPER**
- **BOVRIL**
- **WINE** - for cooking
- **\*SOYA SAUCE**
- **\*FISH SAUCE**
- **\*CURRY PASTE**
- **\*SPICES** - ALL
- **\*POWDER MIXES** (i.e. Chinese 5 Spice, etc.)
- **\*MUSTARD**

\*Check that ingredients are gluten free

## FOOD GROUP 4 - HEALTHY FATS AND OILS

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- **\*NUTS** - ALL
- **SEEDS** - ALL
- **OILS** - Coconut, Olive, Avocado, Nut Based Oils

\*Check that ingredients are gluten free and have no additives

## FOOD GROUP 5 - BEVERAGES

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- **WATER**
- **SPARKLING WATER**
- **COFFEE (BLACK)**
- **TEAS** - ALL kinds including herbal teas, fruit teas

## FOOD GROUP 6 - OTHER ADDITIONS

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An extensive food list in alphabetical order including other additions can be found in the first pages of your Quick Start Guide. This can also be used as a printable shopping list.

# Booty CAMP

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## Finding Recipes and CREATING YOUR MEAL PLAN



**N**ow that you've got your food list (go to your printable food list for an extensive list of foods) it's time to create your meal plan for the week. Creating an entire meal plan can be daunting at the best of times, so what we've done is put together an easy step-by-step guide to help you find easy, simple recipes and create your own meal plan.

Before we do that let's take a look at some sample meal plans for Phase 1:

## SAMPLE MEAL PLAN

### Monday

- B - Egg Muffins
- L - Smoked Salmon Salad
- D - Chicken Stir Fry

### Tuesday

- B - Bacon, Mushroom and Tomatoes
- L - Chicken Salad
- D - Curried Cauliflower and Lamb Chops

### Wednesday

- B - Bacon, Asparagus and Soft Poached Egg
- L - Carrot and Leek Soup
- D - Fish and Butternut Squash Chips

### Thursday

- B - Scrambled Egg with Mushrooms and Tomatoes
- L - Tuna Salad
- D - Steak and Roast Veg

### Friday

- B - Chorizo Omelet
- L - Seafood Salad
- D - Thai Green Curry with Roasted Parsnips

### Saturday

- B - Vegetable Juice Smoothie
- L - Roasted Red Pepper Soup
- D - Bacon and Cabbage

### Sunday

- B - Smoked Salmon with Scrambled/Poached Egg
- L - Pork Chop, Roasted Carrot and Parsnip
- D - Beef and Veg Thai Red Curry with Cauliflower Rice

Looking at the meal plan above you will see that there is a huge variety of meals that you can have, and every week the variety will increase because we add new food groups at each week in Booty Camp (i.e. in Phase 2 we introduce dairy and fruit to our plan).

If you have the time then this way of doing your meal plan is really great. You'll be learning new recipes because you'll be having lots of variety and it will be quite simple to stick to our plan.

If however you're stuck for time and you just don't know what to cook then you can try The Booty Camp Time Saver Menu.

## THE BOOTY CAMP TIME SAVER MENU

If you're like the majority of the ladies who join us at Booty Camp you might find it difficult to find the time necessary to prepare and cook all of your meals for each week at Booty Camp.

To help you be as prepared as you can in as little time possible, each manual has a list of "MUST TRY" recipes. These are the recipes that have been the most popular amongst our members since we started Booty Camp. These recipes are quick and easy to prepare, have affordable ingredients, they're tasty, and they'll last for a few days in the fridge and/or can be frozen and thus easy to use as batch recipes.

It's actually extremely simple to create your meal plan using only the MUST TRY recipes. Yes that does mean that you'll be having the same meals each day which doesn't sound very exciting I know, but let me tell you, it works wonders.

When you know exactly what you're eating it removes yet another aspect of the thought process which makes it much more likely that you're going to follow through.

And as I said our recipes are ones that you can BATCH COOK and freeze for later. That means you can take a few hours and literally prepare all your meals for the week.

## SAMPLE "MUST TRY RECIPES" MEAL PLAN

### Monday

- B - Breakfast Muffins
- L - Soup/Salad
- D - Chicken Stir Fry

### Tuesday

- B - Breakfast Muffins
- L - Soup/Salad
- D - Cauliflower Rice Curry

### Wednesday

- B - Breakfast Muffins
- L - Soup/Salad
- D - BNS Chips + Protein

### Thursday

B - Breakfast Muffins  
L - Soup/Salad  
D - Chicken Stir Fry

### Friday

B - Breakfast Muffins  
L - Soup/Salad  
D - Roasted Vegetables + Protein

### Saturday

B - Breakfast Muffins  
L - Soup/Salad  
D - Cauliflower Rice Stir Fry

### Sunday

B - Breakfast Muffins  
L - Soup/Salad  
D - Chicken Stir Fry

As you can see there's less variety in The Time Saver Menu, but it's a lot simpler and all of your meals can be prepared in advance. It's usually a good idea to have your breakfast and lunches prepared well in advance and then you may choose to have a bit more variety for dinner, as you'll have more time in the evenings.

The above sample meals are exactly that - SAMPLES. In no way do you need to follow these meals, but they are the easiest and best that we've found at Booty Camp.

## FINDING RECIPES FOR YOUR MEAL PLAN

Next let's talk about how to find your recipes. There are 4 quick and easy ways to find recipes with foods that are on our food list. They are as follows:

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

Let's take a look at all of these options in detail.

## (1) Booty Camp "Must Try" Recipes

These are the 8 most popular recipes for Phase 1 at Booty Camp. If you're short on ideas and tight for time then this is where you should start. You can create an entire weekly meal plan from these recipes and you will be satisfied. Here is a short description of why these are MUST TRY recipes, followed by the recipe itself:

**(1) Breakfast Muffins** - These are a life saver in Phase 1. Even if you dislike eggs you will still like breakfast muffins. They are extremely easy to cook and prepare, can be frozen, and most importantly they're extremely versatile.

We've given you one recipe here for the breakfast muffins but you can experiment with many different ingredients and make them all taste completely different. Many of us will be posting our variations in our members group so check there for even more ideas!

**(2) Skinny Omelet** - Omelet's are really fantastic because just like breakfast muffins they are very versatile. You can put lots of different ingredients into an omelet to make them taste different.

Omelet's are also super quick and simple to make, and they can be used for any meal throughout the day.

**(3) Roasted Chicken and Butternut Soup** - Soups are amazing because you can make a batch and it will last you the entire week. Try this recipe or use your own to make lunch very simple this week.

**(4) Easy Chicken Lettuce Wraps** - This is a fantastic lunch or dinner option. Lettuce can be used as a substitute for bread, rolls, and wraps. This recipe can also be modified to many other variations such as beef taco lettuce wraps.

**(5) Cauliflower Rice** - This is such a wonderful carbohydrate substitute. In general cauliflower is not the most appealing of vegetables but when you use this recipe you can turn it into rice without noticing any difference at all. It's great for using with curry dishes.

**(6) Butternut Squash (BNS) Chips** - One of the favorites at Booty Camp! BNS chips are an amazing potato and carb substitute. If you make them as outlined in our recipe you'll be wondering why you've never tried them before!

**(7) Vegetable Stir Fry** - Especially if you're not someone who is very fond of vegetables you can create a stir fry to add extra taste. This is a super quick recipe and it's easy to add some protein if you want

**(8) Roasted Vegetables** - Super easy, super delicious, and very easy to batch cook, store, and even freeze for later. You're sure to enjoy this recipe!



# EGG muffins

Preparation Time

*15 minutes*

Cooking Time

*45 minutes*

Serving Size

6



## Ingredients

- ½ pound of minced beef, rashers or protein of your choice
- 1 cup spinach, chopped cup
- ½ cup red bell pepper, diced
- ½ tablespoon fresh cilantro, chopped (optional)
- ¼ teaspoon red pepper flakes (optional)
- ¼ tablespoon sea salt
- 9 eggs, beaten

## Instructions:

1. Preheat oven to 350 degrees. Grease a 12-cup muffin pan with coconut oil or olive oil. Make sure to grease the pan very well to insure the muffins do not stick to pan. You can also use a silicone muffin pan, I've heard they work great.

2. In a skillet, cook your protein.

3. In a medium bowl, add protein, chopped spinach, bell pepper, cilantro (if using), red pepper flakes and sea salt and stir to combine. Evenly distribute mix into muffin cups. Be generous to each cup but do not over flow.

4. In a small bowl, beat eggs. Carefully pour beaten egg mixture over pork veggie mix in cups. Make sure to fill just slightly below rim of cups. The beaten egg will fill in around veggies so no need to worry.

5. Bake muffins for 30-35 minutes or until eggs have set. To check if the eggs have set, give the pan a little wiggle. No movement then you are good to go.

6. Muffins are best served warm but can be stored in an airtight container in the refrigerator and reheated later. Another suggestion, serve these with a little avocado or guacamole on the side. Sure to win your heart and your tummy!

7. Makes 12 egg muffins

# SKINNY

## pepper, tomato & ham omelette



Preparation Time

*15 minutes*

Cooking Time

*10 minutes*

Serving Size

2

### Ingredients

- 2 whole organic chicken eggs and 3 egg whites
- 1 teaspoon olive oil
- 1 red pepper, deseeded and finely chopped
- 2 spring onions, white and green parts kept separate and finely chopped
- Few slices wafer-thin extra-lean Parma ham, shredded

### Instructions:

1. Mix the eggs and egg whites with some seasoning and set aside.
2. Heat the oil in a medium non-stick frying pan and cook the pepper for 3 to 4 minutes.
3. Throw in the white parts of the spring onions and cook for 1 minute more.
4. Pour in the eggs and cook over a medium heat until almost completely set.
5. Sprinkle on the ham and continue cooking until just set in the centre, or flash it under a hot grill if you like it more well done.
6. Serve straight from the pan with the green part of the spring onion sprinkled on top.

# ROASTED chicken & butternut soup



Preparation Time

*15 minutes*

Cooking Time

*40 minutes*

Serving Size

4

## Ingredients

- 4 bone-in, skin-on chicken thighs
- 1 medium butternut squash (about 2.lb), peeled, seeded, and diced medium
- 1 small yellow onion, diced medium
- 2 tablespoons extra-virgin olive oil
- Coarse salt and ground pepper
- 4 cups low-sodium chicken broth or water
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1-2 tablespoons fresh lemon juice
- Fresh cilantro, optional

## Instructions:

1. Preheat oven to 430°F/220°C/Gas mark 7. In a roasting pan or rimmed baking sheet, toss together chicken, squash, onion, and oil; season with salt and pepper. Arrange in a single layer and roast until squash and chicken are cooked through; about 30 minutes.

2. Transfer chicken to a plate and let cool. Transfer squash and onions to a medium pot and add broth, cumin, and coriander. Bring to a simmer over medium-high.

3. With a potato masher or back of a wooden spoon, mash some vegetables until soup is thick and chunky. Discard skin and bones from chicken; cut meat into small pieces and add to soup.

4. Stir in lemon juice; season to taste with salt and pepper. To serve, top with fresh cilantro, if desired.

# EASY

## chicken lettuce wraps



Preparation Time

15 minutes

Cooking Time

8-10 minutes

Serving Size

4 - 6

### Ingredients

- 1 cup water
- ½ cup red or yellow onion, diced
- 1lb ground chicken
- 3 tablespoons fresh cilantro, chopped
- 3 tablespoons fresh lime juice
- 1 ½ tablespoons fish sauce
- Head of Bibb lettuce, separated into cups

### Instructions:

1. Wash and dry lettuce cups.
2. Cook chicken with water and onion over medium heat until chicken is no longer pink, breaking it up into crumbles with a wooden spoon.
3. Drain off any excess water and stir in cilantro, lime juice, fish sauce.
4. To serve, spoon chicken into each lettuce leaf. Serve with soy sauce on the side if desired.

*"This recipe is all about clever substitution. When you remove the bread wrap and replace it with a lettuce wrap then this recipe goes from very unhealthy to very healthy! That's the key to creating your own recipe book. Most of the time we can continue to eat the foods we really enjoy so long as we substitute in healthier options."*

# CAULIFLOWER rice



Preparation Time

*5-15 minutes*

Cooking Time

*5-10 minutes*

Serving Size

2

## Ingredients

- ½ head small cauliflower (about 130g) cut into florets

## Instructions:

1. Grate or finely chop the cauliflower florets until they resemble rice grains. (The fastest way to do this is using the chopping blade or grater in a food processor, but it will result in a finer texture that's a little more like couscous. Pulse to make sure it's not over-processed.)

2. Cook on full power in the microwave for 2 minutes in a lightly covered microwavable dish (reduce to 60 seconds if using one portion's worth). Don't add water: there's already enough water in the cauliflower to stop it drying out.

3. If you don't have a microwave, steam the cauliflower pieces in a steamer (with fine holes, so the grains won't fall through) or in a sieve set over a pan of simmering water (cover the sieve tightly with foil to allow the cauliflower to steam) for 2 minutes.

Or stir-fry in a hot pan – with a splash of water to prevent it from sticking – for 2-3 minutes, until softened

# BUTERNUT squash chips



Preparation Time

10 minutes

Cooking Time

20 minutes

Serving Size

2

## Ingredients

- 1 butternut squash
- Salt
- Chilli powder

## Instructions:

1. Preheat oven to 450°F. Coat a baking sheet with olive oil cooking spray.
2. Arrange squash fries on prepared baking sheet and sprinkle with salt and chili powder.
3. Roast, turning once, until desired crispness, about 14 to 18 minutes
4. Liberally coat with olive oil cooking spray.

*"Butternut squash chips are a lifesaver! I've been addicted to potatoes my entire life and I always feel like I need something "carby" with my dinner. So this was the perfect substitute for me. It keeps me satisfied, but at the same time I'm happy to know this food also is good for my waistline. Win-win situation!!!!" - Jenny C.  
Booty Camp Online Member*

# VEGETABLE stir fry



Preparation Time

15 minutes

Cooking Time

15 minutes

Serving Size

2

## Ingredients

- 1 lb of Cubed Butternut Squash
- 1 lb of Green Beans
- 3 Baby Bok Choy
- 1. Lb of Eggplants
- 3 Garlic Cloves
- 1 small Yellow Onion
- 1/3 cup of Coconut Aminos or Soy Sauce
- 1/2 teaspoon of Salt
- 1/2 teaspoon of Black Pepper
- 1-2 Tablespoons of Cooking Fat (lard, coconut oil, or ghee)
- (Optional) 2 teaspoons of Chili Paste

## Instructions:

1. Peel, core, and cut the butternut squash into 1" cubes.
2. Snap the ends off the green beans and slice at an angle into 1.5" long pieces.
3. Chop the bok choy leaves from the stems. Slice the stems into 1" thick pieces. Cut the leaves in half.
4. Slice the eggplants into 1" thick discs, then quarter the disc into wedges. Slice in half if the eggplant is skinny.
5. Mince the garlic cloves and slice the onions.
6. Heat a wok and add the cooking oil.
7. Add the onions and cook until translucent. About 2 minutes.
8. Add the garlic and cook for another minute.
9. Add the squash, beans (see note), salt, pepper, and coconut amino/soy sauce and cook uncovered for about 15 minutes, occasionally mixing, until squash can be poked easily.
10. Add the eggplant and bok choy stalks and cook uncovered for another 7-10 minutes.
11. Add the bok choy leaves and cook for another few minutes, covered.
12. Add the chili paste if so desired.
13. Adjust seasoning to taste and enjoy!

# EASY

## roasted root vegetables



Preparation Time

*20 minutes*

Cooking Time

*30 minutes*

Serving Size

4

### Ingredients

- 2 (about 300g) parsnips, peeled, quartered lengthways
- 3 (about 450g) carrots, peeled, cut into 3cm lengths
- 1 (about 300g) turnip, peeled, cut into 8 wedges
- 1 (about 550g) celeriac, peeled, cut into 3cm chunks
- 1 or 2 baby (about 400g) fennel
- bulbs, rimmed, cut lengthways into 1cm-thick slices
- 12 garlic cloves, peeled
- 60ml (¼ cup) extra virgin olive oil
- ¾ teaspoon salt
- Freshly ground black pepper
- 16 sprigs fresh thyme

### Instructions:

1. Chop whatever Organic root veggies you have, and place into big bowl. Beets, parsnips, carrots, onions and celery. Drizzle 2 TBS olive oil.
2. Throw down some spice! You can use rosemary, basil, parsley, garlic powder, salt, pepper, paprika, or whatever you like. Toss well.
3. Spread out evenly on baking sheet.
4. Bake at 375 for 15 minutes, turn the veggies, and bake 15 minutes more. Serve as side, or even a main dish, as they are that delish!



## (2) Booty Camp Facebook Recipes

Since the beginning of Booty Camp we've had over 10,000 member recipes submitted to our private member groups. Over that time we've taken the most popular recipes and posted them to our Facebook Photo album for you to have access to. Each Phase of Booty Camp has it's own specific album.

Phase 1 currently has over 100 popular recipes that have been submitted by our members. Accessing these recipes is simple.

### Step 1:

Go straight to this link and all of our member meals will be there:

<https://www.facebook.com/media/set/?set=a.494916547283549>

### Step 2:

If this link doesn't work for you then try the following:

(i) Go to our main Facebook page - <https://www.facebook.com/bootycamp.ie>

(ii) Click the "Albums" button.

(iii) Click on "Phase 1" for Phase 1 recipes.

There you will find all the Phase 1 recipes from our members.

### (3) Google Recipes:

Another AMAZING resource is google recipes.

There are literally thousands of websites that you can use to get delicious meal ideas. However, perhaps the best resource of all is GOOGLE RECIPES.

Google Recipes is a search engine for recipes only. The amazing thing about it is that not only can you search for recipes for your favorite dishes but you can also simply type in any ingredients into the search bar and it will give you recipes based on those ingredients.

**Step 1:** To access Google Recipes go to the following web address or type in "Google Recipes" into your search bar:  
<http://www.google.com/insidesearch/features/recipes/>

**Step 2:** Click on "Try Google with Recipe View now"

Step 3: In the search bar just enter whichever ingredients that you want to cook with. Let's say you have lamb and cauliflower and you want to know what to do with it for dinner. Put those ingredients into your search bar, and you'll get a huge list of recipes like this:

The screenshot shows a Google search results page for 'lamb and cauliflower'. On the left side, there are filter sections:

- Ingredients:** cumin, curry powder, turmeric, coriander, paprika, cayenne pepper. Each has 'Yes' and 'No' checkboxes.
- Any cook time:** Less than 15 min, Less than 30 min, Less than 60 min.
- Any calories:** Less than 100 cal, Less than 300 cal, Less than 500 cal.

The main results area shows four recipe cards:

- Moroccan Tagine of Lamb and Cauliflower - Recipe for Cauliflower ...**  
 moroccanfood.about.com/od/.../tag\_cauliflower.ht...  
 1 hr 15 mins  
 Cauliflower is delicious in tagines. Try this easy recipe which pairs cauliflower with lamb.  
 Ingredients: lamb, onion, garlic, ginger, pepper, paprika, cumin, turmeric ...
- Lamb, Cauliflower and Coconut Curry - Coles Recipes & Cooking**  
 recipes.coles.com.au/recipes/ 1663/lamb-cauliflower-and-coconut-curry/  
 21 Feb 2012  
 An easy and tasty lamb curry recipe with cauliflower and coconut from Curtis Stone. Serve with warm Naan ...
- Roast Leg of Lamb, Cauliflower & Shallots**  
 www.eatingwell.com/.../lamb\_cauliflower\_shallot.ht...  
 311 cal  
 Even though lamb is available year-round, it's traditionally associated with spring. Here we slather this vernal meat with a tarragon-and-parsley ru.
- Lamb rump with cauliflower purée**  
 uktv.co.uk > Good Food Channel > Recipes  
 1 review - 1 hr 5 mins  
 Simon Rimmer's creative recipe adds fragrant spices to lamb and cauliflower to create a tasty meal.  
 Ingredients: pepper, coriander, cinnamon, cauliflower, chicken, onion, butter ...
- Lamb, cauliflower and tahini triangles**  
 www.taste.com.au/recipes/.../lamb+cauliflower+and+tahini+triangles  
 1 hr 40 mins  
 Lamb, cauliflower and tahini triangles recipe - Heat 1 tbs of the oil in a large frying pan over medium-high heat. Add the onion and cook, stirring often, for 3 ...

This is such an amazing tool and you will never run out of ideas!

### (3) Booty Camp Private Members Group

The final place to quickly find recipes at Booty Camp is through our private members group. Throughout our course together we'd like you to post your meals to our group.



**Julie Connellan**

Breakfast: scrambled egg, bacon & mushrooms

Lunch: BNS & chilli soup

Dinner: salmon with garlic & paprika with spinach & mushroom muffins.



Unlike · Comment · January 7 at 8:20pm near Firhouse

You and 3 others like this.

A quick picture or a quick post is fine:



**Samantha Ní Srutháin**

Bacon & Cabbage – Booty Camp Style!



Unlike · Comment · August 11, 2013 at 7:36pm near Dublin

You and 5 others like this.

Seen by 165



Write a comment...





This is important for a few reasons. First of all the coaches at Booty Camp will be able to see what you're eating and this is important as we'll be able to tell you if there's anything you're not quite doing correctly.

Secondly by sharing recipes together we'll be able to get new recipes much easier. We're all in this together and the more we help each other the better the results will be for everyone!

Finally, it's great for accountability! When you need to post what you're eating you're a lot more likely to eat the right things. But if you do go off track a bit then you need to post that too! :)

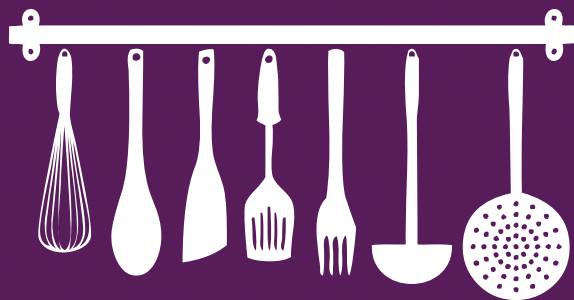
So once you've got your meal plan together it's time to hit the shops and get all your ingredients.

*Just make sure you eat something before you go otherwise some unwanted surprises may end up in your shopping cart!*

# Booty CAMP

FITNESS FOR WOMEN

## Creating Your Own **RECIPE BOOK**



If creating an entire weekly meal plan is too daunting for you at the moment then please don't worry. Just do your best to be as prepared as you can. The reality is that in these first few weeks most of us will be scrambling from meal to meal. If that means more trips to the supermarket and not knowing what you're going to be eating for the next meal, then so be it.

The important part is not that you do everything perfect in the beginning. Instead, the important part is that you learn.

That's really what we're going to be doing over the next 8 weeks together. We're going to be learning about different foods and how those foods suit YOUR body. And once you know which foods you should be eating, you've done half the work.

The second half is really the BIG SECRET to weight loss and healthy eating.

Here's what I mean.

The next time you're in a bookstore I want you to try the following.

Go to the section that has all the weight loss and diet books. Pick any 5 of them and take a quick scan of the table of contents. What you'll see is EVERY single one of these books are written in the same way.

The first half of the book will be describing the particular "diet" and then the next half of the book will be RECIPES. The reason this is the case is that the author - who was perhaps overweight at some point (but not always), tried lots and lots of different diets - from vegan to calorie counting to Atkins to South Beach and so on...

...and through that process the author discovered which foods work for them (the first half) and then which recipes they've found to be best for them (the second half).

Then they wrote a book about it!

Now we're not going to be writing diet books, but what we are going to be doing is collecting recipes for our own PERSONAL RECIPE BOOK. That's the BIG secret to weight loss and healthy eating.

Because it's not enough to know the foods that are best for you, you also need to know how to enjoy eating them by having some tasty recipes. So our goal for you at the end of our program is that you'll have created the basis for your very own recipe book. The least amount of recipes that you need to succeed is 9 recipes consisting of:

3 breakfast

3 lunch

3 dinner

These will form the basis of your very own personal nutrition plan and you can add to your recipe book over time.

Now don't be daunted by the word "recipe." It could be something as simple as berries and yogurt for breakfast. You're just looking for meals you can eat that are quick, simple, easy to prepare, and tasty.

To keep on track we need you to put at least one recipe in your recipe book for the duration of our program. It can be one you've learned or one you already know. Either way by the time we're finished you'll have those 9 recipes, and that's going to make your life SO much easier as you aim to maintain your results after Booty Camp.

### *Here are some basic tips for creating your own recipe book:*

- Start with the "MUST TRY" recipes from this manual.
- Next look at the Booty Camp Member Recipes on Facebook and also Google Recipes.
- Keep in touch with our members group and see what the rest of us are doing.
- If you see a recipe you like in our Facebook group or online then take a picture of it and save it.
- Get a basic paper folder that you can keep at home and put any paper recipes (from magazines, etc.) in that. This can be your "Must Try" folder.
- At the end of every week spend a few minutes organizing the recipes that you found during the week.
- At the weekend or whenever you have time try some of the new recipes that you've gathered.
- Share your recipes in our group and we'll do the same so we can all help each other.

When you find a recipe you really like put it in a special folder - "My Recipe Book" or whichever name you prefer.

Creating your own recipe book does take time in the beginning but once you create your own book you'll have it FOR LIFE. And these are the meals that you not only enjoy but can cook and prepare easily.

If you can average 1 new recipe per week then you'll reach 9 by the end of our 8 weeks together. If you can't manage that much just now then let's at least get the ball rolling. Remember this is something that you'll have for the rest of your life so if it takes a little longer to create then that's absolutely fine.

*And my final tip is if you have a few different recipes to try then give some of them a go on Sunday.*

*That's when we have our Booty Camp Treat Day!!*

# Booty CAMP

FITNESS FOR WOMEN

## THE TREAT DAY





You've probably been reading this first manual and are thinking something like:

*"I'm going to have one last binge this weekend because I can never eat my favorite foods again!"*

Or something to that effect!

This is actually a really common thought because it's the exact type of "dieting" and "forbidden foods" mindset that we're trying to move away from.

So if you're thinking to yourself:

*"Oh god! I love ice-cream and I can never eat it again so I'm going to buy 2 large tubs this weekend and really go for it!!!"*

Then I need you to STOP thinking that way.

Because the reality is that those type of restrictions rarely work in the long run. And at Booty Camp you CAN have your favorite treats and still get all the results that you want. In the beginning we just need to have a few rules so we don't go overboard.

The rule that we have is from Monday - Saturday we stick to food guidelines and then on Sunday we have a Treat Day! The Booty Camp "Treat Day" is simple and it works like this. Instead of having our food list and guidelines we throw that out the window and we can eat whatever we want!

Of course in the beginning of our program we're going to be testing for food intolerances so we do need to have a few rules. But all in all you'll have plenty of options to choose from.

*Here's a look at what you can have on your treat days over the following weeks:*

Day 7: ALL Fruit, Dark Chocolate, red/white wine (1 glass!!), some carbohydrates

Day 14: All of above including dairy (yes even ice cream!)

Day 21: All of above

Day 28: All of above

Day 35: All of above including wheat based products (if not intolerant)

Day 42: All of above including some chemical foods

Day 49+: No rules - eat what you want

Over the first few treat days you can see that we have some limitations. This is for the intolerance testing and because of that we need to eliminate certain food groups and reintroduce them at other times. Also we'll need to do a little bit of portion control as well.

I'll explain it all as we go through, but let's just take a look at what you can have on day 7 and then we'll talk about our treat days in other manuals:

**(1) Fruit:** Fruit is back in our nutrition plan in Phase 2, but if you like you can go ahead and have some fruit on Day 7. I know it doesn't sound like much but you'll be really happy to have fruit back in at this stage!

I do recommend to have some fruit if possible on Sunday because some people will have an intolerance to the sugars that are in fruit. It's not that common but it's not uncommon either so it's worth having some fruit to find out.

Noticing an intolerance is simple. You'll have symptoms that day or the next morning such as:

- Bloating (from fermentation in the small and large intestine)
- Diarrhea and/or constipation
- Reflux
- Stomach Pain (as a result of muscle spasms)
- Nausea

If you have any of these symptoms then we recommend eliminating fruit for the duration of our program **until your gut has healed**. Then eat some fruit again and notice if your symptoms are still present.

(Note: we'll discuss how your gut heals in future manuals)

**(2) Dark Chocolate (100 grams maximum):** Try to get 85% dark chocolate. Even if you're not a dark chocolate fan give it a try as it contains magnesium which is a very important mineral. You need to get a minimum amount of 70% cocoa solids in your dark chocolate. And let's go for the plain versions to begin with. The other flavored kinds have a few too many chemicals that we need to avoid those at this point.

Here's a nice little idea that you might want to try on Sunday - Banana pancakes with dark chocolate sauce and strawberries. The recipe for the banana pancakes is in your Phase 2 "Must Try" recipes:



(3) Carbohydrates (portion control unnecessary): We'll learn all about carbohydrates in week 4 at Booty Camp. For now we can have the following on our treat day:

- Potatoes (all kinds)
- Rice

You can have as many treat meals as you want on Treat Day. If however you are concerned that this will stilt your progress then just have one treat meal instead. It depends on how quick you want your results, but treat days are for treats so you can have what you want.

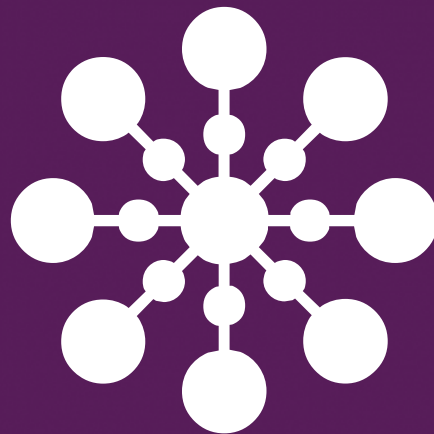
Another important tip is DO NOT WEIGH YOURSELF AFTER A TREAT DAY. Always do it before, even if that means that you need to weigh yourself a day early.

And finally regarding "portion control." There is no portion control in Phase 1 of Booty Camp. You can eat as much as you want so long as you stick to your 3 meals/day or less.

# Booty CAMP

FITNESS FOR WOMEN

IMPORTANT TIPS & STRATEGIES  
+  
BOOTY CAMP SUCCESS PRINCIPLES



So there you have it!

That's our plan for the next 7 days. I've included everything else that you'll need including an extensive shopping list with all your foods in a separate document called - "Quick Start Guide."

Before we finish I want to share with you some really important tips and strategies and our Booty Camp Success Principles.

Following this nutrition plan for the next 7 days can be quite difficult if you're trying to use your willpower alone. It's very hard to use willpower to be successful at anything. What you need are strategies.

Below I have outlined 9 strategies that will make your life much easier. If you can implement just some of these then the next 8 weeks will be no problem to you.

## (1) Get The Good Food In...

In the Quick Start Guide I've listed out all the foods that you can eat over the next 7 days. I've done that for you so you can print out that list and use it as your shopping list. What I suggest is that you take that list, **highlight the foods that you like** and then go food shopping for those foods.

Once you buy your food, experiment with some recipes and ingredients. Use some that I have suggested or just mix and match. Find out what you like and create some meals. Once you have something that you like then write it down and add it to your recipe book! You may be eating that a lot over the next few days/weeks!

## (2) Get The Bad Food Out...

No food is necessarily "bad." What I mean is you should try to get all the food that you're not eating over the next 7 days out of your house. Sometimes this is difficult because the people we live with are not too happy about it!

However...

...think about it for your own sake. If every time you open your fridge door you are presented with food that is not on your list then you're always going to have to say "NO!"

Now, can you say "NO"?

Of course you can!

You can probably even say "NO" 5, 10, or 20 times. But can you say "NO" ...

...30...

...40...

...50...

...even 100 times?

I know that anybody I've worked with can't.

And I'm guessing you can't either, because it's literally IMPOSSIBLE.

Here's something that you may not know. Those who are able to stay thin are not good at resisting temptation as many would think. The reality is that the people who are able to remain thin *are not tempted in the first place*.

If you've been trying to use willpower to resist temptation then you're making life very very hard for yourself. Using willpower for weight loss is a myth. There's no such thing.

At least not in the long run.

So, as best as you can, remove as many temptations as possible. If you manage to get the "bad" food out of your house that will be plenty good enough for now. If you have difficulties convincing your housemates to do that then why not ask them to try this nutrition plan with you? It could be very interesting! :)

### (3) Emergency Meal

This is very important. There are going to be times when you are really busy, extremely stressed, and stuck for time. During these periods you're just going to have to grab something quick as the last thing you're going to want to do is to make yourself a meal.

Cooking can be a real pain if it's not something you really enjoy. We all understand that. It requires effort, which means it requires willpower, which means it's not something that you're going to continue to do!

At least not all the time.

So we need to plan for those times!!! Emergency meals are the things you can eat to get you through those tough periods when you just want to eat something quick and don't have the energy to make good food choices.

Such cases are "emergencies" because when we get hungry and tired we'll usually eat anything. Again it's just too difficult to use your willpower and make good food choices when you are hungry and stressed for time!

Here are some examples that I've used already:

- (i) Get some packaged nuts - any on the list are good. They will keep you satisfied until you have time to get yourself a proper meal.
- (ii) Get some packaged salmon or mackerel. Great option if you're stuck. If you don't like fish try and get some ham or chicken/turkey breast.
- (iii) Hard boiled eggs. Not very glamorous, but a few eggs will keep you going!

*Make sure you have an emergency meal close by at all times. It will help you stay on track.*

## (4) Eat 3 Meals - Maximum

You should be eating 3 meals a day or less.

When it comes to fat, our bodies have 2 primary hormonal states. The first state is called fat storage mode. In this state we hoard and store fat. The second state is called fat releasing mode. In this state we release and use (burn) fat.

Whenever you eat then you're in fat storage mode. If you eat 6 "small meals" a day then guess what...you're in fat storage mode all day. Even if those 6 meals add up to 800 calories you're still in fat storage mode (didn't I already tell you that counting calories was a complete waste of time!! :))

If you want to lose weight then you need to get your body into fat releasing mode. We can do that easily by having *food free intervals*. Food free intervals are simply periods of time when you're not eating.

### A simple schedule could look like this:

7. A.M: Breakfast

1. P.M: Lunch

6. P.M: Dinner

(Note - You do not have to eat at this schedule, it is for example purposes only. Please ask one of the Booty Camp coaches if you need advice regarding your own individual schedule).

Try and set up your schedule so you're eating at the same time each day. If you have your meals prepared this is easy. If not, it's difficult. By eating at the same time you also regulate your hunger hormones so you have fewer cravings throughout the day. If you want me to explain further then let me know and I'll do so.

## (5) Emergency Snacking

There's no such thing as a "healthy snack." We're not supposed to "snack," we're supposed to eat a meal, stop eating, and then eat another meal. Anything that you eat in between is just "grazing" and that's not going to help us with our waistline!

However if there are times when you need to eat outside of mealtime then please eat something on your list. Refer back to the emergency meals; they are usually good for an emergency snack as well.

## (6) Eat Breakfast

The easiest way to gain weight is to overeat at nighttime. The reason we overeat at nighttime is because we don't eat enough in the morning. There are many reasons for this but the primary reason is hormonal.

Two hormones that regulate your hunger and fat stores are called leptin and ghrelin. I won't bore you with the details (but ask me if you want them!)

...basically when you eat well in the morning then these hormones are kept at bay...

...but if you don't eat well in the morning then you'll become RAVENOUS at nighttime. It's got nothing to do with your "willpower" either, it's all based on your hormones. If you want torture then don't eat in the morning and TRY not eating in the nighttime...

...it's not very fun! :(

## (7) Come To Class!

The classes that we do are fantastic for weight loss and fitness but there's another side effect that they give you. When you're pumping sweat and working your booty off you begin to develop a mindset that helps you progress further.

You'll begin to see results and that will give you the momentum to keep going. Plus, you'll be working so hard that you might not want to undo all that work. So come to class! And if you miss a few classes don't worry about it, you're still going to do amazingly well.

## (8) Plan In Advance

As best as you can, you need to plan your meals for the next day. I've gone through various ways of how you can do that but it's so important that I've put it in again here. Planning makes everything much easier. It's as simple as that!

## (9) When Things Go Wrong

If something happens and you eat something outside of this list then DON'T WORRY ABOUT IT.

One mistake is ok. Two we can deal with. Three and we'll have to work your booty a bit harder in class :)...

...but please don't just say "to hell with this!" as you drive to the nearest Mickey D's, order everything on the menu, and go completely insane! Chill out, get back on track, give someone a call, do something! Just don't go nuts! *AND FINALLY...*

*...Make sure you keep in touch with us. We want you to succeed.  
Post your questions to Facebook. Send us a private message if you  
need to. Enjoy it as much as you can! :)*



## BOOTY CAMP SUCCESS PRINCIPLES

Over the past 2 years at Booty Camp we've had some amazing transformations and success stories. Just a few of these success stories can be seen on our website - <http://bootycamp.ie/index.php/success-stories/>.

However in the earlier days of Booty Camp not everyone who attended was a complete success story. Some ladies who lost weight ended up gaining some back, some ladies would drop out of the program early, and some ladies didn't get any results at all! This obviously bothered the coaches at Booty Camp so we began to ask...

### Why isn't everyone a huge success story?

We sent a survey to all of our previous members; both the successful members and those who were not so successful. After going through just a few responses we began to notice patterns of our successful campers.

We probed deeper and sat down and spoke with over 50 of our most successful members. It wasn't long before we discovered about 20 principles that the most successful Booty Campers did that our less successful Booty Campers did not do. Eventually we were finally able to narrow these down to the TOP FIVE Booty Camp Success Principles.

What we've learned is that although we GUARANTEE fantastic results (we will work our booties off to make you a success); all you really need is to follow these 5 principles and you'll have the greatest chance of success by FAR.

These principles really are that IMPORTANT. All we ask is that you follow them as best as you can.

Here they are:

### (1) SUPPORT AND ACCOUNTABILITY

One thing that has emerged from our members is that in order to be successful we need to support and keep each other accountable.

Here's how we do that:

(i) For every meal that you eat throughout our program we want you to post a picture of the meal to our private members page. That means EVERYTHING... the good... and the bad!! This literally takes 30 seconds. Take a quick snap with your smart phone and then upload it immediately. Doing this will help us keep you on track throughout the program.

(ii) Post after every workout. Whether you are doing the online or live Booty Camp classes we want you to post a message when you are finished with your workout!

## (2) WEEKLY PROGRESS CHECKS

At this point you're probably not too keen about taking pictures and measurements but this is a CRUCIAL part. Tracking your weight is important but so is how you look!

Each person that's been through Booty Camp always says the same thing at the end... "I wish I had taken photos!"

Make sure that you post your current measurements and goals on our page so we can help you along. What are you trying to achieve? Lose some weight and tone up? Drop a dress size? Get fitter for some event that you are participating in? Looking to improve your energy and health?

Almost everyone takes their weight before Booty Camp but not everyone takes their measurements. Those that do both are always more successful. The reason is that at Booty Camp you'll lose weight most weeks, but some weeks you won't lose any.

This occurs because as well as our nutrition plan we're also toning and building some muscle. Our bodies are therefore changing rapidly and there will be times when this is not reflected on the scales, but it will be reflected in your measurements. So for those weeks when your weight is not moving you'll still keep yourself very motivated when your measurements are improving.

Once you've taken all your measurements, pictures, and weight, we expect to hear about your progress every SUNDAY. Re-do all your measurements on that day and then you need to check in with us.

Here are the basic measurements that you should take:

**DAY \_\_\_\_\_**

**BEFORE**

Chest  
Upper Arm  
Waist  
Hips  
Thigh  
Start Weight

**DAY \_\_\_\_\_**

**AFTER**

Chest  
Upper Arm  
Waist  
Hips  
Thigh  
End Weight

**RECORD THE DIFFERENCE BETWEEN YOUR START DATE AND END DATE**

Chest

Right arm\*

Left arm\*

Waist

Hips

Right Thigh\*\*

Left Thigh\*\*

Weight

\* Flexed, measured at peak of biceps  
\*\* Measured at widest point

## (3) LEARN ONE NEW RECIPE EACH WEEK

As stated at the end of Booty Camp we want you to have 9 new recipes that you can work with. To achieve this we need you to learn 1 new recipe per week, with an additional recipe somewhere else when you have time.

No matter what happens at Booty Camp if you manage to do this one activity you'll have been very very successful.

## (4) ENCOURAGE AND GET INVOLVED!

I know it can be daunting coming into a new group, but remember that we're all here for the same reason and we need to help and support each other.

Don't be the person sitting on the sidelines looking at everyone else. Get involved! The more you interact with the rest of the ladies in our members group and during class the better results you'll end up with at the end.

If you're doing the online classes then the private member's group is vital for your success. Since you'll be doing everything yourself at home we won't be able to help you if you don't let us know how you're doing! Please check in whenever you can. We need to hear from you! :)

## (5) DON'T GIVE UP

Booty Camp will get you the results that you want but it might not happen immediately! There are times when life simply gets in the way. Something stressful at work or in your personal life might mean that you drop away from the program for a few days or even a week or two.

If this happens then all you need to do is come back to the program and get going again! We're here to get you back on track and the only failure is when you stop trying.

There are some ladies who've tried our program but were only successful after the 3rd or 4th months, even longer!

The main thing is that you stick with us and when you get into trouble just post to our group and we'll help you along.

YOU CAN DO THIS!

So there you have it...our 5 key Success Principles at Booty Camp. Stick to these success principles and trust me you're going to get unbelievable results. They're so important that I've repeated them in your Quick Start Guide in a nice a simple format, just so you don't forget! Feel free to print this out and stick it on your wall. :)

A summary of this manual including your food list, Phase 1 rules, troubleshooting, etc., can be found in your Quick Start Guide.

Good luck and remember we are all here to help so please keep in touch with us.

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Now let's get to work!

Chat soon,

Coach Connor



Booty **CAMP**  
FITNESS FOR WOMEN



# Exercises | Notes



# Exercises | Notes