

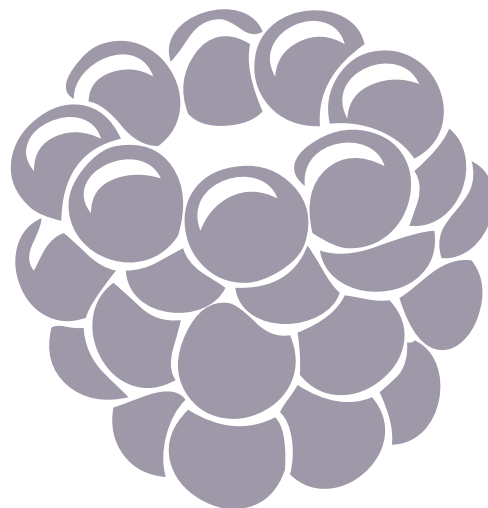
Booty **CAMP**
FITNESS FOR WOMEN

NUTRITION PLAN



Quick Start Guide

PHASE **#2**



Phase 2 GUIDELINES

- (1) You can eat anything from the list that I provide you below.
 - (2) 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.
 - (3) Anything that's not on this list is NOT ALLOWED. That includes all calorie beverages as well.
 - (4) If something is still not clear then make sure to ask us about it!
 - (5) Fruit and dairy must be eaten at meals.
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Add the following to your Phase 1 food list.

Almond Milk

Banana

Blueberries

Blackberries

Cranberries

Graprefruit

Hazelnut milk

Milk

Raspberries

Rhubarb

Rice Milk

Strawberries

Watermelon

Yogurt (Plain)

Phase 2 **SAMPLE MEAL PLAN**

Monday

- B - Banana Pancakes
- L - Waldorf Salad
- D - Meat balls and Veggies

Tuesday

- B - Happy Paleo Granola
- L - Soup
- D - Chicken Curry

Wednesday

- B - Fruit and Yogurt Parfait
- L - Spinach simmered in Yogurt
- D - Steak and Butternut Squash Chips

Thursday

- B - Breakfast Muffins
- L - Chicken Salad
- D - Lamb and Roast Veg

Friday

- B - Omelet
- L - Soup
- D - Beef and Veg Thai Red Curry with Parsnip Chips

Saturday

- B - Nut Granola with Almond Milk
- L - Seafood Salad
- D - Fish and Butternut Squash Chips

Sunday

TREAT DAY

NOTE: PLEASE LOOK AT PHASE 2 MANUAL for extended **MUST TRY** recipes.

TREAT DAY GUIDELINES

This Sunday you can have:

- (1) Fruit : All kinds
- (2) Chocolate : All kinds - 100grams MAX
- (3) Carbohydrates : Potatoes, rice
- (4) Dairy - All kinds (yes including ice cream!)

IMPORTANT REMINDERS

- (1) Check for intolerances for dairy foods. If you suspect an intolerance then eliminate and retest next SUNDAY.
- (2) Please contact us if you are having difficulty or have questions.
- (3) Portion sizes do not matter in Phase 2. If you are concerned about portions refer to our guidelines at the end of the Phase 2 manual.
- (4) Please try to make it to as much of the classes as possible. Whether you're doing the online exercise or the actual class it's important for your results to turn up!

Booty CAMP SUCCESS PRINCIPLES

(1) SUPPORT AND ACCOUNTABILITY

Take a picture of every meal you eat and post it to our group. It takes 30 seconds but the benefits are huge!

(2) WEEKLY PROGRESS CHECKS

Every Sunday we need weight, measurements, and pictures.

(3) LEARN ONE NEW RECIPE EACH WEEK

Simple! Post when you have it.

(4) ENCOURAGE AND GET INVOLVED!

The more that you talk to us and the rest of the ladies in our group the more successful you'll be. We are here to help but first we need to hear from you!

(5) DON'T GIVE UP

The only failure is when you decide to give up. Stick with us throughout!