

Booty CAMP

FITNESS FOR WOMEN



Phase Three Manual

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INTRODUCTION TO PHASE 3 OF BOOTY CAMP

Hi Ladies!

Well done for completing Phase 2 of our Booty Camp nutrition plan! At this stage you're probably getting into the swing of things and you'll have noticed big changes in your body, how you feel, and hopefully how you look.

Now before we get into our manual for this week I'd like to speak with you about perhaps the MOST IMPORTANT concept in our entire program. It involves an understanding of how our bodies lose weight and it's the cause of so much yo-yo dieting and frustration when it comes to nutrition.

So I want you to think back to when you first joined up with Booty Camp. I imagine that you were hoping to lose all your extra weight as fast as possible and then be thin forever!

Of course you want that, who wouldn't?

However as you probably already know that's not how our bodies work.

Weight loss and health is not a linear process as we would all like it to be. As you continue through Booty Camp and lose weight there's going to come a time when your body is going to "lock down" and prevent you from burning fat for a while....

...you may even end up gaining a little weight.

This can happen at ANY time.

And it can even happen if you stick to our program PERFECTLY.

But don't freak out!

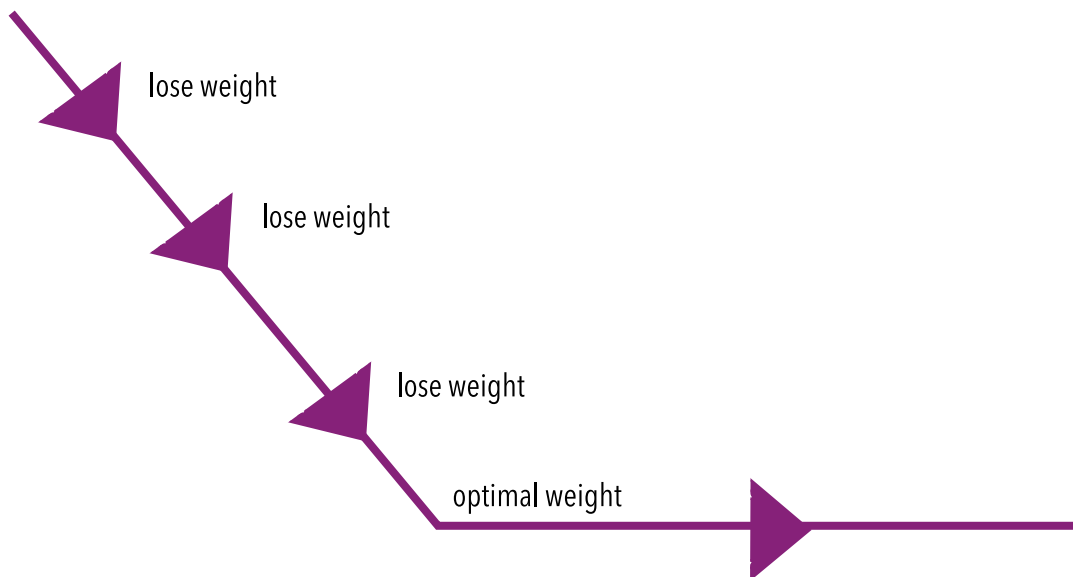
What's going on is our bodies have a protective mechanism that prevents us from losing too much weight too quickly.

Despite our best intentions, our bodies actually prefer having a little extra fat around. This is one reason why it can be so difficult to lose weight. We're doing our best to get rid of it, and our body is doing it's best to hold on!!!

Now this doesn't mean that you won't be able to lose all the weight you want. What it does mean however is the process to get you there may not be exactly what you were hoping for.

For example most people want something that looks like this...

Everybody wants to lose weight like this...



In this chart you can see that you lose weight, lose weight, lose weight, until finally you get to your optimal weight and stay that way forever. It's exactly what we want BUT...

...this is simply not how our bodies operate.

Instead what happens (if it's not happened already) is your progress might stall for a short period, you may even gain a little weight back because we've added more food groups - fruit and dairy this week, carbs next week, then wheat/gluten, and so on.

We're also testing for intolerances which can make your weight fluctuate. Unfortunately when this happens most people are unaware what to expect, and then we lose all motivation when we see the scales refusing to budge or even going the wrong way.

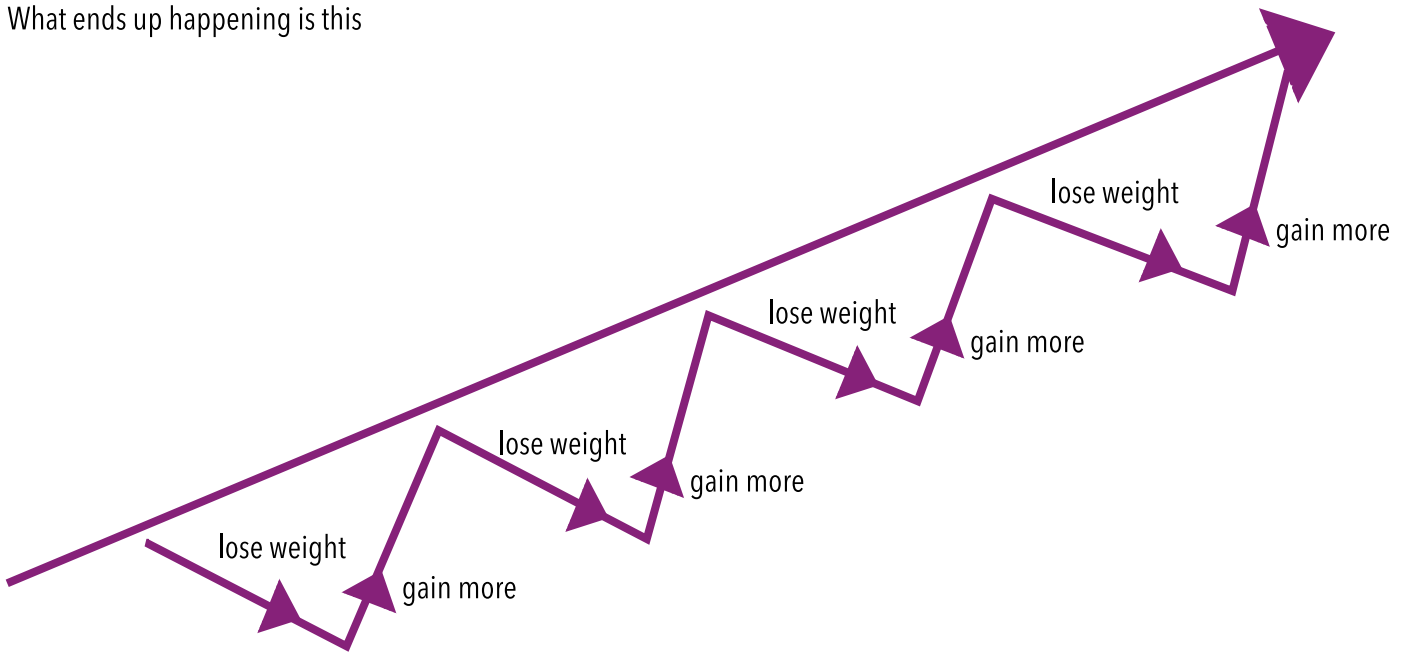
It's perfectly understandable. When you're working hard and for some reason you gain a little weight then that can be very demoralizing.

It's at this point that most of us stop our nutrition plan and go back to our old habits. If you've ever tried a weight loss plan in the past then I'm sure you've experienced this.

You lost some weight in the beginning but eventually when the scales stopped budging you went back to your old habits and gained some weight back. You may have even ended up a little heavier than when you began.

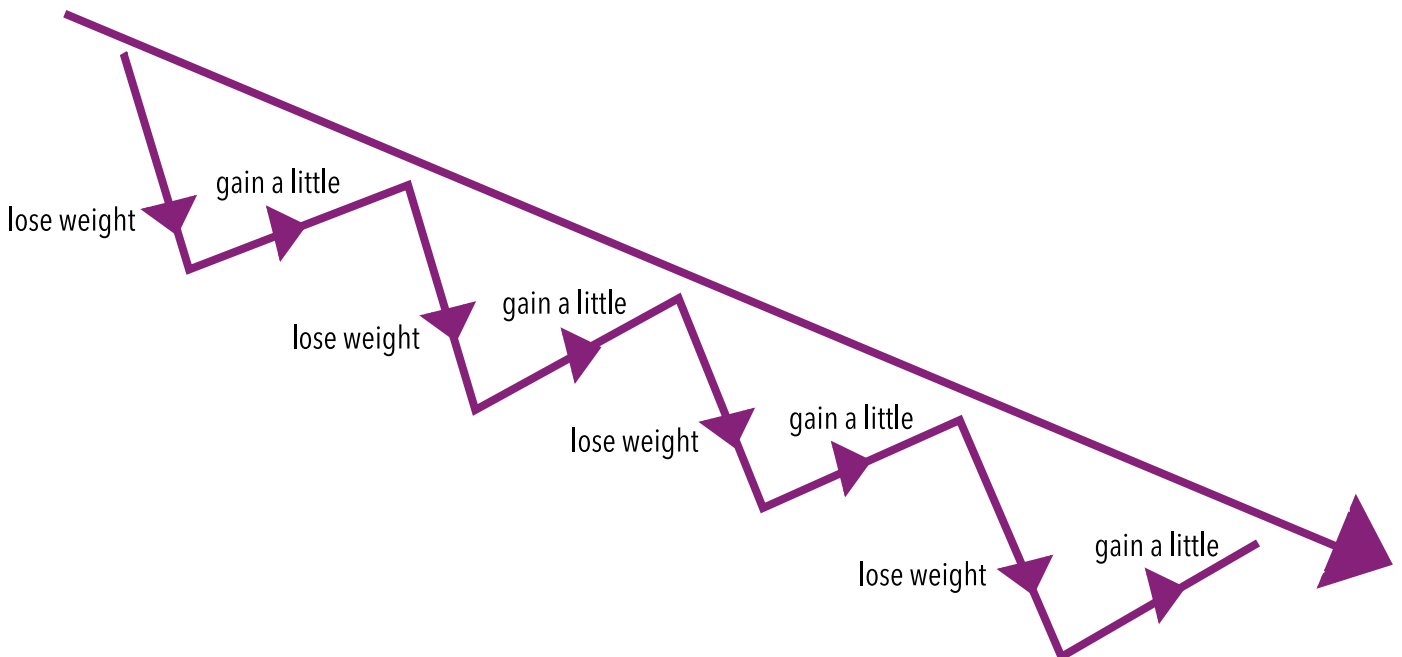
That's not a good position to be in but it happens to us all. And then, a few months down the line we try again but the same thing happens again. We lose weight but when our body hits "breaking point" and gains a little back we lose all hope and the cycle continues. It looks like this:

What ends up happening is this



You lose weight, you gain a little more, you lose weight, and you gain a little more. This is called the "lose weight, gain weight" cycle and as you can see it has you on an upward gaining weight trajectory that you cannot stop.

At Booty Camp we have to try our best to not let this happen. If you stick with us and get through the difficult times when you're not seeing immediate results then your progress will look something like this:



You can see that there will be times when you're going to stop losing or even "gain a little". As I said this is totally normal. The reasons for this happening are numerous. It could be because your body is locking down as I have explained above, or perhaps you're having a really stressful week and can't follow your nutrition plan.

Whatever the reason realize that this is going to happen and therefore don't freak when it does! Yes this probably means you're not going to lose everything as quickly as you wanted. But that's just how our bodies work and unfortunately getting to your optimal size and weight might take a little longer than you expected.

HOWEVER..

...if you stick through the rough patches when your weight is not going the way you want, and if you keep coming to classes and following the nutrition manuals, then you're going to blast through those patches and get to where you want to be.

Right now it's just important to become aware that this is probably going to happen. It could be next week, in 3 weeks, or perhaps it might not happen at all. But if you do hit that "plateau" you're now prepared to push through it even though you're results might stagnate for a few weeks.

So stay cool, keep up the hard work, and you will reap the benefits at the end.

And If It All Goes Wrong...

And if you gain your weight back then don't be too disheartened. This is more common than you think. For whatever reason (usually it's just life getting in the way) some people will do great in the first few weeks but a few months later will be back to square 1 and perhaps even heavier.

If this happens then JUST TRY AGAIN. It could take you many many tries before you finally get to the point where you lose weight and ultimately REMAIN at your desired weight. Not everyone is successful in one try.

Just keep going and you'll eventually get there. The only way you can truly fail is if you stop trying!

This is an extremely important concept so make sure to come back and read this if you feel disheartened because your progress has stalled. It's going to happen so be prepared!

So that's it for today. The Phase 3 material is light reading and should only take you a few minutes, although I do explain basic intolerance testing which is really important. Give it a read and if you have any trouble then just let me know.

Chat soon,

Coach Conor

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PHASE #3

NUTRITION



Okay ladies let's get straight into Phase 3 of Booty Camp!

This week we're going to go ahead and add the rest of our fruit and dairy into our plan.

Of course I will still remind you that you don't need to introduce these foods into your plan if you don't want to. It's totally up to you.

Secondly from now on we're going to need to have a few rules regarding the foods that we are introducing. Up to now the rules that we've been having were extremely simple:

Eat 3 meals per day without limits of the foods on your food list.

It's the simplicity of this that makes our program so effective. There's really not much to think about and there's no way that you can fool yourself. It's straightforward and easy to follow.

However if you're going to add in some of these other foods then we're going to need some basic rules. This just ensures that we keep everything in check. So without further ado let's go ahead and take a look at all of the foods that we're going to be introducing this week.

HIGH SUGAR FRUIT

In Phase 2 we introduced the fruits that were lowest in sugar and highest in vitamins and antioxidants. Ideally you'll want to stick to those fruits for the most part. If you want to eat more fruits then we'll need to have some rules because all the other fruits contain high amounts of sugar, and if we eat too much of them then we'll definitely gain weight (yes I know it sounds crazy but eating fruit can make you gain weight!).

So let's go back and check out our list of fruits that are highest in sugars:

Fruits Lowest in Sugar:

Lemon and Lime
Rhubarb
Raspberries
Blackberries
Cranberries

Fruits Medium to High in Sugar:

Plums
Oranges
Kiwi
Pears
Pineapple

Fruits Low to Medium in Sugar:

Strawberries
Melon
Papaya
Watermelon
Peaches
Nectarines
Blueberries
Cantaloupes
Apples
Apricots (fresh, not dried)
Grapefruit

Fruits Highest in Sugar:

Cherries
Grapes
Pomegranates
Mangoes
Figs
Bananas

Now in Phase 2 we introduced the following fruits:

- Blackberries
- Raspberries
- Cranberries
- Strawberries
- Blueberries
- Watermelon
- Grapefruit
- Bananas

We are allowed to eat all of these foods in unlimited amounts with our 3 meals, with the exception of the banana where we can have 1 banana every other day.

Regarding all the other fruits on the list, and all other WHOLE UNPROCESSED fruits, we can now add them to our food plan with the following rule in mind:

*High sugar fruits can only be eaten for 1 meal per day -
MAXIMUM*

What that means is that your allowance of high sugar fruits is for just one meal. For example if you have a banana for breakfast, then you can't have high sugar fruits for the rest of the day.

You can mix and match the high sugar fruits if you want. For example you could have a fruit salad of:

Apple
Banana
Grapes
Peaches

And so long as it's for one meal then that's fine.

You can experiment with your different fruit options but please realize that these are high in sugar, and if you're worried about consuming too much sugar for either your health or weight loss goals then just eat the fruit from your Phase 2 list. You can even give fruit a miss on some days if you want (and that's usually a good idea).

Another point about high sugar fruit is that they can actually make you crave more sugar. As we'll learn in our Phase 4 manual, many carbohydrates have the effect of stimulating our appetite.

So if you find yourself becoming MORE hungry after you eat high sugar fruit then make sure to give it a miss as it might not be the best option for you.

The final point that we need to address are fruit juices, dried fruit, and tinned fruit. These are all processed fruits, and they contain even more sugar than the fruits that are contained on our list.

So we're going to reserve these types of fruit for our TREAT DAYS only. Here's a little more info on these foods just in case you find it a little confusing as to why we need to avoid them.

FRUIT JUICE

Fruit juice such as orange juice or apple juice contains only the juice of the fruit and none of the fiber. Because of this it becomes extremely concentrated. A single glass of orange juice could contain the juice of 8 oranges. The problem is that the juice contains all the sugar.

What's worse is that all fruit juices are pasteurized which means all the vitamins have been destroyed. The result is just pure sugar water and that's certainly not something we need to be drinking at this point.

DRIED FRUIT

Dried fruit is usually much sweeter than fresh whole fruit and it's a lot easier to overeat. For these reasons it is not on our nutrition plan during this Phase.

TINNED FRUIT

Tinned fruit contains syrup and added sugar. It's best not to have it at this point but for your treat day it's fine.
In summary:

High sugar fruits can only be eaten for 1 meal per day All processed fruits are for treat days only

DAIRY

Next up on the list for today is dairy. Last week we introduced dairy into our nutrition plan, and specifically milk and yogurt. Our rule was that we were able to eat unlimited amounts so long as we stuck to these foods for our 3 meals per day.

This week we're going to be introducing the rest of the dairy products but just like we did with our fruit we're going to need to add some rules. The reason that we need rules is that dairy products, are very "hedonic", or as one of our Booty Camp members likes to say "MOREISH"!

Basically that just means that when you eat these dairy products then you end up wanting to eat MORE and MORE of them. Like when you add cheese and butter to food you'll end up eating much more because it's so delicious! :)

With that in mind we're going to stick to the following rule:

"MOREISH" dairy can only be eaten for 1 meal per day

This rule applies to all other dairy such as:

- Butter
- Cheese
- Cream
- Sour Creme
- Creme Fraiche
- Cottage Cheese

Processed dairy products that are not acceptable at this point are:

- Creme Cheese
- Condensed milk
- Ice Cream (obvious reasons!?!?) :)

Although you may have these 3 dairy products on your Treat Day only.

Here's yet another special consideration:

Regarding butter stick to KerryGold or some other type of full fat butter. (Note - Don't be worried about eating cream and butter in this stage. You will still lose weight and I will explain why in the next nutrition manual!).

You can add butter to pretty much anything and make it taste better. Butter contains absolutely no carbohydrates so you're free to use as much as you want during this phase, so long as it's just for 1 meal per day MAXIMUM.

HOWEVER...

...under no circumstances should you use "low fat" or "butter substitutes." They contain some of the chemicals that we are trying to get out of our system. If you're going to use butter then make sure to get natural full-fat butter.

When you look at the ingredient list for butter it should contain:

**MILK/CREAM
SALT**



That's it.

If there's anything else on the ingredients list then don't get it.

Also here's another great fact about butter. According to recent scientific studies, the vitamins we are most deficient in are vitamins A, D, E – all of which are fat-soluble. This means that by adding butter to your vegetables you'll be better able to absorb the nutrients in your food and avoid vitamin deficiencies.

And yes I do realize how crazy it may seem to be eating butter if you're trying to lose weight, but as we said this is all about nutrition. So go ahead and add some butter if you want to, just don't do it at every meal! :)

In summary:

Moreish dairy can only be eaten for 1 meal per day

All processed dairy are for treat days only

Now that we've covered all the foods that we'll be adding this week let's finish with a look at one of the most important principles of nutrition which is food intolerances and gut health.

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FITNESS FOR WOMEN

Food Intolerances AND GUT HEALTH



Do you ever wonder why some people can just eat what they want, time and time again, and still stay skinny? Isn't that so annoying?? (and don't you almost want to kill them!!!) :)

Well there's actually a very good reason for this.

People who are able to eat what they want and still stay healthy and skinny have superior gut bacteria and very healthy digestive systems. When they digest food their bodies are able to assimilate the food in a way that gets rid of all the toxins and absorb any nutrients.

There are some people out there that can literally eat 4 MARS BARS a day, and it doesn't seem to effect them one bit!

Of course this doesn't mean that eating Mars bars is a good idea! You still need to get good food, not just for your weight, but in particular for your health.

The point is that our bodies are so amazing that they can actually deal with all the chemicals and nasty materials that are in food - but ONLY if our digestive system is HEALTHY.

And what researchers have found over the past few years is that the people with the least healthy digestive "systems" are the same people that are most likely to be overweight, despite what they eat.

Why Digestive Problems are BIG Problems

I'm sure you've heard the saying - "You are What you Eat". We've even said it here at Booty Camp at times. It basically means that the food we eat contains the nutrition for our cells, which then builds our skin, hair, muscles, bones and so on.

While that's a good idea, it's actually not entirely correct. The reality is the following:

You are NOT what you eat
You ARE what you DIGEST

Our bodies can't actually use food. Instead food needs to be broken down into tiny particles that are called things like "amino acids" and "vitamins".

This crucially important process is done is by the bacteria that's in our digestive system, or more specifically by the bacteria in our gut.

When everything is working correctly these friendly bacteria that live in our gut break everything up into these substances that we can then use, which then get transported throughout our body, and the things that we can't use get eliminated from the body.

It's a wonderful system...

...when it works correctly!

However if your digestive system and gut becomes damaged your body cannot process your food correctly, and you begin to develop **FOOD INTOLERANCES**.

An intolerance is much different from an allergy. If you have an allergy you'll know all about it as your body will have severe and sometimes life threatening reactions to the allergic foods.

Intolerances are milder. Common symptoms include:

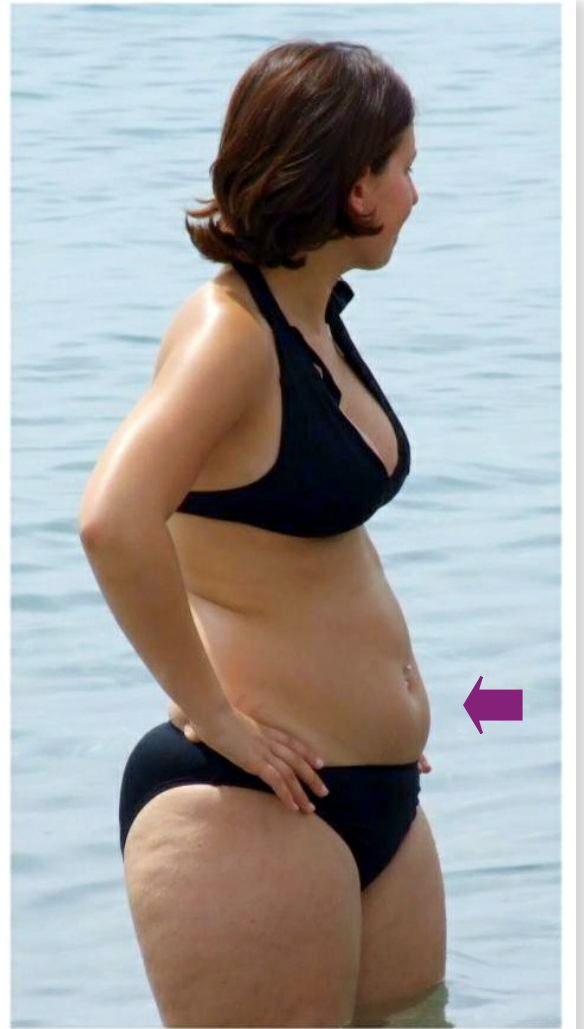
- Gas
- Diarrhea
- Skin Rash
- Fatigue, fogginess
- Noticeable mood swings
- Achy joints and muscles
- General allergic reactions
- **Lack of nutrition**
- **Constant Hunger**
- **Sugar cravings + yeast infections**
- **Hypoglycemia**
- **Weight Gain**

We've talked about the first few symptoms in previous manuals but it's the last 5 that you'll really need to pay attention to.

A food intolerance can result in a **lack of nutrients** going into your body, despite how good the food is that you're actually eating. Your body can't get the nutrients that you need, because the friendly gut bacteria to digest the food are no longer present or have been destroyed.

Because of this you'll have **constant hunger**. Even though you might be eating food your body can't get the nutrients it needs, so it's almost as though your body is starving despite the fact that you might be eating more than ever. If your digestive system becomes sick, then nutrients have no role, and they can even become **TOXINS**.

In addition, you'll have **frequent sugar cravings** because as your friendly bacteria gets damaged other substances such as yeast infections begin to populate your gut. These feed off sugar and that's why sugar cravings are very common. This is also the reason you might have felt so terrible during Phase 1. By eliminating sugar any **yeast infection** in your body will have died away as they live on sugar. This can cause many of the negative side effects that you've experienced during Phase 1.



Most women will store "toxic fat" around their midline in the following places:

- Stomach
- Hips
- Bum
- Upper Legs

You may also experience **mild hypoglycemia** which are sugar crashes throughout the day. This occurs when you feel like you've got no energy at all and that you NEED something sweet. For many people this happens around 11AM, 4PM, or late at night.

All of these symptoms result in you making poor food choices, which makes the cycle continue. When we damage our gut and kill off some of those gut bacteria, everything in our digestive system starts to malfunction.

That's not so good for your health but it's just terrible if you're trying to lose weight...

...remember that too much chemicals in your system locks down your fat stores and keeps you perpetually fat...

...IRRESPECTIVE OF CALORIES.

And when you can't digest food correctly, your body treats all of your food as chemicals.

You'll begin to develop what's known as "TOXIC FAT". It is caused by your bodies inability to break down the food that you are eating, and the most common place of deposits is around the stomach and midline areas.

This is also the reason for CELLULITE deposits.

HOW TO FIX THIS PROBLEM

The gut bacteria in our digestive system can be damaged by a whole host of reasons. The primary cause is ANTIBIOTICS.

Antibiotics are a wonderful drug and they save many lives... but it comes at a cost. What antibiotics do is they destroy the bacteria that is giving you an infection. But before they can destroy the bad bacteria they will first destroy ALL your good bacteria. This of course can be extremely damaging.

So if you've ever taken antibiotics then you'll have damaged your gut in some way. Other factors that damage our gut the most are:

- Birth control pills
- Poor nutrition
- Toxic chemicals
- Stress
- Pollution
- Alcohol
- Dental work

Fortunately our digestive system can heal itself and the friendly bacteria that help us can also return to our gut so long as we do the right things.

Here's how to fix this problem and return to full health:

- (1) Remove toxic chemicals from your diet.
- (2) Improve nutrition with whole natural foods.
- (3) Remove food intolerances and any other irritants to the gut.

In Phase 1 and 2 of Booty Camp we've completed steps (1) and (2). Now that we're adding in more foods however we need to be very careful about step (3).

We need to make sure that we eliminate any foods that could be damaging our digestive system, or if our digestive system is damaged; foods that could be preventing it from healing.

If you continue to eat food that is irritating your digestive system you never give it a chance to heal. It's just like having a cut on your arm. Immediately your body will put a scab on that area to protect it and to repair it. However if you constantly break the scab then you never give your body a chance to repair itself.

The same thing happens in your digestive system. By eating the foods that you are intolerant to you constantly pick at the scab that's trying to heal your gut.

But if you eliminate any food that is giving you trouble your gut can finally go through the healing process. And once it's healed you can reintroduce those foods again. All going well you'll be able to eat the foods that were once troublesome to you.

This is why looking at FOOD is so critical. If you're doing a nutrition plan that focuses on calories, or points, or any other mechanism, then becoming healthy will be impossible because none of those methods tell you about FOOD and how it reacts in your body.

The most common intolerances are to the following foods:

- Fructose (a type of sugar - also found in fruit)
- Dairy
- Starch
- Wheat
- Gluten

In Phase 1 we eliminated all of these substances. That's why you'll lose the most amount of weight during Phase 1, because your body has a chance to digest all of the food correctly. People with chronic digestive issues will do best on that Phase as it will allow their gut to heal.

For everyone else we simply go through the process of elimination and reintroduction. If you suspect that a particular food is giving you problems then eliminate it for at least 7 days and then eat it again. If you have a reaction to the food then you should avoid it until your digestive system is healed.

Even if you think that you have no digestive problems at all this is still a great process to try, and it's one of the main things we've been doing at Booty Camp. This week we brought all dairy and fruit onto our plan, and next week we'll be introducing starchy carbohydrates, and then wheat and gluten.

As you identify which foods are best for you and which ones you may need to avoid your digestive system will become stronger and healthier. Then the following will occur:

(1) Any toxins that you eat will be eliminated far more efficiently, thus resulting in you losing weight far more quickly.

AND

(2) Any nutrients that you eat will be absorbed into your body.

This is why many children can eat whatever they want and not gain weight. They start off with a healthy digestive system, but over time they injure it with antibiotics, poor nutrition, alcohol, etc.

But you'll probably have noticed that in the past 10 - 20 years children are getting sicker and more overweight at younger and younger ages. Some health professionals say that it's down to their lack of activity, but that really only accounts for a small part of the picture.

The actual problem is in their damaged digestive systems.

As Hippocrates said:

"All disease begins in the gut"

So if you want to be healthy, fit, and get your desired body shape, then let's make sure to give our digestive system the time it needs to repair and function correctly.

IDENTIFYING GUT PROBLEMS AND FOOD INTOLERANCES

The way our body tells us that there's a problem is by giving us symptoms. So from here on out we're going to refer to a food problem as an "intolerance". It's not entirely accurate but we're not at medical school here, we're just trying to make ourselves healthy! :)

And getting healthy is really really simple. Our body takes care of everything, we just have to get out of the way and stop hurting it.

As previously stated with every food group that we now introduce back into our plan I want you to pay attention to SYMPTOMS such as the following:

- Gas
- Diarrhea
- Constipation
- Skin Rash
- Fatigue, fogginess
- Noticeable mood swings
- Achy joints and muscles
- General allergic reactions

If you find these symptoms present when you introduce a food group then it's possible that you have an intolerance to that food group. Other symptoms can also present themselves so all you need is to pay attention. We're looking for things that are quite noticeable, so if it doesn't jump out at you then you probably don't have a problem.

If you do have symptoms to a food group you can eliminate it completely for now, but if you'd like to be sure you can go ahead and test again. Eliminate the food and reintroduce it no shorter than 7 days later.

Do you have the same symptoms?

If so it's likely that you have some sort of intolerance to that food.

Please bear in mind that a food intolerance does not necessarily mean you can never eat that food again. We just need to remove it until your digestive system is healthier and stronger, and then you can test the food again.

If you're overweight it's very likely that you have some type of digestive problem, and even if it's very mild it will still interfere with any endeavor you have in losing weight.

So over the next few weeks let's make sure to pay attention to the foods that we are eating, and if any of them give us problems.

It usually takes the gut 6 - 8 weeks to heal, and sometimes longer. It's a long process but if it means you'll be able to finally get the body that you want then it's more than worth it.

Eliminating Dairy - What about Calcium?

If you find that you have a dairy intolerance and you continue to eat it then you are guaranteed to hoard and store fat in your body. Again this is completely irrespective of how many calories you are eating; your body will simply lock everything down and prevent you from burning any fat.

So your best option is to eliminate dairy until your body can deal better with it after your gut has healed. But you might be thinking...

...What about Calcium?

It is true that calcium is abundant in dairy, but just like other minerals, calcium can be found in many other foods. Some examples of foods that have a lot of calcium are:

- Dark leafy greens
- Broccoli
- Almonds
- Sardines

For other sources just take a quick Google search online. However don't be too concerned as even if you're not eating dairy, calcium is usually not a mineral that we're deficient in.

Additionally, calcium is just ONE mineral that needs to be taken in order to build strong and healthy bones. Bones are made from many minerals, one of which is called MAGNESIUM.

Magnesium is far more scarce in our diets today than calcium is. So if you're worried about your bones and teeth pay more attention to magnesium than you do calcium. Hopefully you'll be happy to hear that DARK CHOCOLATE has a very high level of magnesium, but it's only good for us when it contains 85% or more cocoa (that's where the magnesium is).

Any less than that and the added sugar blunts the absorption of the magnesium.

So the next time you have some squares of 85% + dark chocolate you can be happy in the fact that you're getting some good quality minerals!

And please make sure to update us if you're having difficulty with certain food groups. As for dairy here are some alternatives that you can try:

DAIRY ALTERNATIVES

(1) "Raw" Dairy

Raw dairy means that the dairy is organic and NOT pasteurized. People who are lactose intolerant can often have this dairy.

The reason is that when dairy is pasteurized all the enzymes and bacteria are destroyed. One of the enzymes destroyed is called lactase which is needed to digest lactose.

If the dairy is "raw" or not pasteurized it will contain that enzyme which then helps digestion. What that means is people who are lactose intolerant can sometimes drink milk that is organic and not pasteurized.

AMAZING!

(2) Goats milk/dairy

Goat's milk is worth trying as most people can handle it better than cow's milk.

(3) Lactose-free milk

If you discover you're lactose intolerant you might try this. Basically this milk has been pasteurized thus destroying the lactase enzyme, but then artificial lactase has been added back in to help with digestion. Strange but that's how it works!

Complete Dairy Alternatives

If after testing you've discovered that you're intolerant to dairy products there are some other alternatives that you can try. Please bear in mind that although these are called milk none of them are actually "milk". They are juices and sometimes have lots of additives to make them look like milk:

- **ALMOND MILK**
- **OATS MILK**
- **RICE MILK**
- **SOY MILK** - Soy is not recommended on our program at any stage.

If in the end you do realize you are dairy intolerant do not feel too despondent. Most people who stop taking milk in their tea/coffee really don't mind after a few weeks and if you reintroduce the dairy alternatives that should take care of everything else.

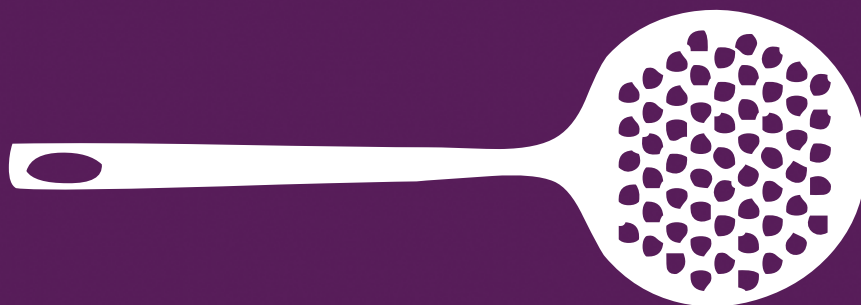
Good luck and please let us know how you do!

Coach Conor

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MUST TRY RECIPES



FRUIT SQUASH and nut butter breakfast bowl



Preparation Time

5-10 minutes

Cooking Time

-

Serving Size

2

Ingredients

- Pumpkin
- Butternut squash
- Sweet potatoes
- Sliced banana
- Fresh berries
- Scoop of nut butter - almond, pecan, etc.

Instructions:

1. Add all to a bowl for a quick, easy and simple breakfast

There are many recipes that we have that don't even require any cooking! You can shop for healthy foods that are already prepared and cooked for you. Just make sure that they have no added ingredients. Then simply put these pre-prepared foods together into a simple meal. It's easy once you learn a few simple recipes.

SLICED

Bacon with butternut squash and apples



Preparation Time

5 minutes

Cooking Time

10 minutes

Serving Size

2

Ingredients

- Bacon slices
- Butternut squash
- 1 diced apple
- Cinnamon, nutmeg, and garlic powder

Instructions:

1. Nuke squash in microwave for 5 minutes with spices and then sauté bacon and apple with a little bit of olive oil for 7-8 minutes. Mix it all together and enjoy!

Are you creating your own recipe book? Each week at Booty Camp save at least 1 recipe to your recipe book. By the end of our program you'll have collected a minimum of 8-9 recipes that taste good and that you can prepare easily. This is the SECRET to your long term success. Each one of us needs to create a list of meals which contains the foods that are body reacts best to. These meals then become the staples of our diet.

CINNAMON

coconut bananas with
fresh blueberries



Preparation Time

5

minutes

Cooking Time

10 minutes

Serving Size

Ingredients

- 2 bananas
- 1 tablespoon coconut oil
- ½ tablespoon cinnamon
- ½ cup of blueberries

Instructions:

Cook banana slices in coconut oil and then add some cinnamon. When the bananas are all warm and gooey, transfer them to a bowl and then add fresh blueberries and a scoop of almond butter. Delish!

BLUEBERRY and crème fraiche smoothie



Preparation Time

5-10 minutes

Cooking Time

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Serving Size

2

Ingredients

- 200g Blueberries
- 250g crème fraîche
- 150ml milk
- Iced (optional)

Instructions:

1. Wash the blueberries and hull if necessary.
2. Put them into a blender with the crème fraîche and blend until smooth.
3. Add the milk and ice. Blend again until you get the required consistency. Serve.

Smoothies and in particular vegetable smoothies are just amazing. They require very little and can be batched easily. Experiment with different variations until you find something you really like. It doesn't need to contain dairy either. Your recipe can then be used as a delicious and quick breakfast option. Just make sure to add a little protein in the morning so you keep yourself full until lunchtime.

WALNUT yogurt parfait



Preparation Time

5 minutes

Cooking Time

15 minutes

Serving Size

2

Ingredients

- 2 cups Greek yogurt
- 1 cup fresh fruit (such as berries, kiwi, and oranges)
- 1 Cup walnuts, chopped and toasted

Instructions:

1. Divide yogurt, fruit, and walnuts between two glasses.

There are alternatives to dairy yogurts. Many health food stores now stock alternatives such as coconut yogurt. As with everything read the ingredients list so you know what you're eating. It can be frustrating when you are forced to eliminate food groups but alternatives are always available!

ORANGE berry smoothie



Preparation Time

10 minutes

Cooking Time

-

Serving Size

2

Ingredients

- 2 navel oranges, peel and pith removed and cut into chunks
- 1 cup frozen blueberries
- 1 cup frozen raspberries
- 1/2 to 1 cup Greek yogurt, optional

Instructions:

1. Combine all ingredients in a blender, and blend until smooth.

ZAP IT!

scrambled eggs and cheese



Preparation Time

10 minutes

Cooking Time

1 ½ minutes

Serving Size

1

Ingredients

- 2 large eggs
- 2 tablespoons milk
- 1/8 teaspoon cayenne pepper
- ¼ teaspoon salt
- 1 scallion, thinly sliced
- 2 tablespoons shredded cheddar cheese
- 1 grape or cherry tomato, quartered lengthwise

Instructions:

1. In a large 10oz microwave-safe custard cup or ramekin, combine eggs, milk, cayenne pepper, and salt. Stir in scallion.
2. Microwave the uncovered cup on high for 45 seconds; stir with a fork. Continue cooking until eggs are almost set; about 45 seconds more. Remove from microwave.
3. With a clean fork, stir in shredded cheddar cheese; cover with a paper (or clean kitchen) towel. Let stand until cheese has melted and eggs are set; about 1 minute.
4. Top with grape or cherry tomato, and serve immediately.

CREAM

cheese scrambled eggs

Preparation Time

5 minutes

Cooking Time

10-15 minutes

Serving Size

4



Ingredients

- 3oz cream cheese, softened
- 2 tablespoons half-and-half cream
- 8 eggs
- 1/3 cup grated parmesan cheese
- 1/2 teaspoon lemon-pepper seasoning
- 1/8 teaspoon salt
- 2 tablespoons butter

Instructions:

1. In a small bowl, beat cream cheese and cream until smooth. Beat in the eggs, parmesan cheese, lemon-pepper and salt.
2. In a large skillet, melt butter; add egg mixture.
3. Cook and stir over medium heat until eggs are completely set.

FIRE ROASTED tomato soup

Preparation Time

10 minutes

Cooking Time

30 minutes

Serving Size

8



Ingredients

- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 8oz can tomato sauce
- 6oz can tomato paste
- 28oz can whole tomatoes
- 2 14oz cans fire roasted diced tomatoes
- 2 cups water
- 2 cups chicken broth
- 2 teaspoon salt
- ½ teaspoon pepper
- 1 ½ cups heavy cream
- ¼ cup parmesan cheese

Instructions:

1. In a large pot, add olive oil and sauté the onion until it is almost clear. Add the garlic and continue to cook for a few more minutes.
2. Add tomatoes, sauce, paste, water, and chicken broth. Bring to a boil, cover and let it simmer for about 30 minutes.
3. In a blender or food processor puree the mixture until it gets to your desired consistency.
4. Add the heavy cream, Parmesan cheese, salt and pepper. Let it simmer for another 5 minutes and serve.

SOUR CREAM

baked salmon



Preparation Time

10 minutes

Cooking Time

15 minutes

Serving Size

4

Ingredients

- 4-6 oz salmon filets
- ½ cup sour cream (whole-fat)
- 1 ½ teaspoons whole grain mustard
- 1/3 cup grated parmesan cheese
- salt and pepper

Instructions:

1. Heat oven to 430°F/220°C/Gas mark 7. Lightly oil a rimmed baking sheet or baking dish. (Instead of oiling the pan, you could also line with parchment paper).

2. In a small bowl, combine sour cream, mustard and the cheese. Season with salt and pepper to taste.

3. Place salmon onto baking sheet then spread about 2 tablespoons of sour cream mixture on top of each salmon filet.

4. Bake for 10 to 15 minutes until barely done in the center at the thickest part of the salmon. The center should be firm, but with a small amount of uncooked salmon in the very center. Depending on how thick the salmon is, it may need a few minutes longer. (The internal temperature should be around 125°F/50°C).

5. Remove from oven then cover lightly with aluminum foil and let rest for 5 to 10 minutes. During this time, the salmon will continue to cook.

6. Serve salmon with your favourite sides.

CHICKEN

roll-ups with goat cheese and arugula



Preparation Time

10-15 minutes

Cooking Time

15-20 minutes

Serving Size

4

Ingredients

- 8 chicken breast cutlets, (about 1.lb)
- Coarse salt and ground pepper
- 1 large bunch arugula, (about 4oz), stems trimmed
- 3oz soft goat cheese, broken into small pieces
- 2 teaspoons olive oil

Instructions:

1. Preheat oven to 430°F/220°C/Gas mark 6. Season chicken with salt and pepper.
2. On a clean work surface, lay cutlets flat (smooth sides down). Fill and roll: Layer each cutlet with arugula; crumble goat cheese in the centre. Starting with the narrow end, roll up chicken tightly; seal with a toothpick.
3. In a large non-stick ovenproof skillet, heat oil over medium-high heat; swirl to coat bottom of pan. Cook, seam side down, until golden brown; 1 to 2 minutes. Turn chicken.
4. Transfer skillet to oven. Cook until chicken is opaque throughout; 10 to 12 minutes. Remove toothpicks, and slice chicken crosswise before serving, if desired.

CRUSTLESS quiche

Preparation Time

15 minutes

Cooking Time

40 minutes

Serving Size

6



Ingredients

- 8 - 10 Eggs
- Half an onion finely diced
- Baby spinach, 1 handful
- 2 slices of rasher bacon, diced
- Cherry tomatoes halved
- Salt & pepper to taste

Instructions:

1. Preheat oven to 180 degrees.
2. Grease a flan dish.
3. Cook onion and bacon in a pan. Once cooked sprinkle over base of flan dish.
4. Place the tomatoes over the bacon and onion.
5. Crack the eggs in a large bowl. Whisk together.
6. Add spinach, salt and pepper and stir through.
7. Spoon egg mixture over the top of the flan dish. Give it a little stir to mix the bacon through and then smooth the top and pop in the oven for 20 - 30 mins or browned on the top and centre cooked.
8. This mixture really is a must have for any menu. You can add any ingredients that you enjoy and enjoy!

CAULIFLOWER crust pizza



Preparation Time

15 minutes

Cooking Time

60 minutes

Serving Size

6

Ingredients

- 340g raw cauliflower, fresh or frozen
- 75g low-fat mozzarella cheese, grate
- 50g and slice the remaining
- 25g for the topping
- 2 tablespoons finely grated Parmesan cheese
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ teaspoon garlic granules or powder
- Sea salt to taste
- Freshly ground black pepper to taste
- 2 fresh tomatoes, thinly sliced
- Red onion, peeled and thinly sliced
- 2 cloves fresh garlic peeled and minced
- ¼ teaspoon red chilli flakes
- Fresh oregano or basil, to garnish

Instructions:

1. Line a pizza stone or tray (or just an ordinary baking tray) with greaseproof paper. Pre-heat the oven to 210C/420F/Gas mark 7.
2. Grate the cauliflower, or process it in a food processor; you are looking to achieve fine crumbs, but do not purée it. If using frozen cauliflower, squeeze excess water out of it and crumble with your hands if possible.
3. Microwave the cauliflower crumbs for 5 to 6 minutes, or until soft. You can also steam or boil the cauliflower, but you will need to squeeze the excess water out of it afterwards if cooked with water. Place the cauliflower crumbs into a large mixing bowl and add the egg, grated mozzarella cheese, Parmesan cheese, herbs, garlic powder, salt and pepper. Mix well.
4. Place the cauliflower "dough" onto the prepared tray and pat out into a large circle, about 12.5cms (10") in diameter and about 1.5cms (1/2") thick. Spray the top with a little low-fat cooking spray and bake for 15 to 20 minutes, or until golden brown and firm.
5. Place the sliced tomatoes on top, sprinkle the chilli flakes over, scatter over the minced garlic and onion rings, season to taste with salt and pepper, and then arrange the sliced mozzarella cheese over the top.
6. Bake for 10 minutes or until the topping is bubbling and the cheese has melted. Scatter fresh oregano or basil leaves over and serve cut into wedges with salad leaves.



Exercises | Notes



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