

Booty **CAMP**
FITNESS FOR WOMEN

NUTRITION PLAN



Quick Start Guide

PHASE **#4**



Phase 4 GUIDELINES

- (1) You can eat anything from the list that I provide you below.
 - (2) High sugar fruit and hedonic dairy can be eaten for one meal per day **MAXIMUM**.
 - (3) You can eat as much as you want from this list as long as you have 3 meals and a maximum (optional) of 1 emergency meal.
 - (4) Fruit and dairy must be eaten at meals.
 - (5) Day 28 (Sunday) is a Treat Day. You can eat whatever you want except anything that contains wheat/gluten.
 - (6) You can have carbohydrates for a **MAXIMUM** of **ONE** meal per day.
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Add the following to your Phase 1, 2 and 3 food list:

Arrowroot
Beans (kidney, black, navy, pinto, etc.)
Buckwheat
Chickpeas
Corn (all types)
Honey
Lentils
Maple Syrup
Millet
Porridge (MUST BE ORGANIC - GLUTEN FREE)
Potatoes
Oat cakes
Quinoa
Rice - Any kind
Rice Cakes
Sorghum
Sweet Potato
Tapioca
Wild rice

Phase 4 **SAMPLE MEAL PLAN**

Monday

- B - Cranberry Spiced Porridge
- L - Carrot and Leak Soup
- D - Chicken Stir Fry

Tuesday

- B - Breakfast Muffins
- L - Moroccan Chickpea Soup
- D - Lamb and Roast Veg

Wednesday

- B - Breakfast Quinoa
- L - Tuna Salad
- D - Meat Balls and Veggies

Thursday

- B - Turkey and Spinach Sweet Potato Hash
- L - Crustless Quiche
- D - Chicken Curry

Friday

- B - Omelet
- L - Soup
- D - Steak and Butternut Squash Chips

Saturday

- B - Rice Cakes with Almond Butter Bananas
- L - Seafood Salad
- D - Chicken Roll Ups

Sunday

TREAT DAY

NOTE: PLEASE LOOK AT PHASE 4 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, hummus
- (4) Dairy - All kinds (yes including ice cream!)

IMPORTANT REMINDERS

- (1) Check for intolerances for dairy foods. Do you think you may be intolerant? If so remove suspect foods for the remainder of the program and retest at the end.
- (2) Please contact us if you are having difficulty or have questions.
- (3) Portion sizes do not matter in Phase 4. The only rule is high sugar fruit, hedonic dairy, and carbohydrates can be eaten for one meal per day MAXIMUM. If you are concerned about portions refer to our guidelines at the end of the Phase 2 manual.
- (4) You do not need to eat carbohydrates if you don't want to.
- (5) Your digestive health will largely determine your nutritional needs and weight. Re-read the section in Phase 3 - "Food Intolerances and GUT Health" for more information.
- (6) Be aware of your body's natural weight loss cycle. It can fluctuate considerably. Reread introduction of manual 3 for a reminder.
- (7) Be aware of COMPLACENCY.
- (8) If you find yourself getting more cravings while eating carbohydrates then consider eliminating them completely.
- (9) Please try to make it to as much of the classes as possible. Whether you're doing the online exercise or the live classes it's very important for your results to turn up! :)