

Booty **CAMP**
FITNESS FOR WOMEN

NUTRITION

Program Overview



Booty CAMP

FITNESS FOR WOMEN

The Booty Camp Nutrition Program has been in development for over 10 years and this current version contains our newest and most effective strategies for fat loss and health. Although the program was first designed for women it is just as effective for men, and the program can also be easily integrated with children and the family unit.

Once you read through and practice these manuals you'll know more than 99% of the population when it comes to nutrition. With this program you'll identify EXACTLY which foods are best for you in terms of health, fat loss, and body composition.

As you progress through the program you should expect to lose AT LEAST 10 pounds of **pure body fat**. Many of our members have lost much more. The actual amount that you're going to lose will be determined by your adherence to the program and your starting weight. The more weight you have, the more weight you'll lose.

However the principle behind this program is not that of a "weight loss diet". As you'll learn throughout the manuals our goal is to create an individualized nutrition plan for you and you only. Each manual will teach you about specific foods and how they effect your body composition and health.

You can read the manuals all at once, but the program is designed to be done one week at a time for an entire 8 weeks. The first few days can be very difficult for some people. By day 3 and 4 you may experience withdrawals, headaches, and other pains in your body. This is completely normal and natural. Once you get through those initial few days everything becomes a lot easier.

Each week of the program has a Nutrition Manual which explains what we are doing, a Quick Start Guide which will tell you a summary of the manual, and then some blank pages to take notes.

Taking notes can be extremely helpful. During the program you'll be paying attention to what your body is telling you about food. When you notice something make sure to record it in your notes section. For example when we introduce dairy you might notice your tummy bloating considerably. Or perhaps when eating wheat you get skin irritation. Write that down in your notes as it will become very useful when developing your personalized nutrition plan.

In addition to our regular manuals we also have the following resources at the back of this program:

(1) The first 3 chapters of our book - **The Booty Camp Challenge**. Read through these chapters and do the exercises. They will help you tremendously with your motivation throughout these 8 weeks.

If you want to read the entire book then you can download it here:

<http://bootycamp.ie/1000-success-stories/>

You can also see an update of all our success stories here:

<http://bootycamp.ie/success-stories/>

(2) A printable Master Food List of all the foods you can eat throughout our program. This is the same list that you'll receive in Phase 6.

(3) A printable Measurement Sheet to track your results. It's very important that you track your progress throughout our program. We'll explain this in your first manual.

As you go through the program you'll also have plenty of questions. We love to hear your questions so please post them to our private group so we can answer them for you. Each month we update our program with the questions that have been asked by our members.

An entire list of these questions and answers can be found in our "Nutrition Frequently Asked Questions" page on our website.

That can be located here:

<http://bootycamp.ie/nutrition-faq/>

Everything else that you need is contained in the rest of your manuals.

The most important thing now is to really commit to completing this program. Don't let excuses get in your way. We all have life events that can derail us, but the reality is that each one of us can do this program no matter what our circumstances.

And remember that it's ONLY 8 weeks and it does get EASIER.

Good luck and let's do this! :)

Coach Conor
Head Coach - Booty Camp