



**TRAIN. NOURISH. TRANSFORM.**

## **21 DAY BIKINI BODY BOOTCAMP NUTRITION GUIDE**

*The following are general nutritional guidelines that will help you maximize your results from the Bootcamp. For a more in-depth nutrition plan that is customized to you specifically, see the Macro Nutrition Plan options here.*

### **WATER**

Drink 0.5-1.0oz of water/lb. of bodyweight (or .5-1.0oz of water /0.5kg of bodyweight) each day. This bootcamp is intense and you will likely be sweating a lot, so please drink at least the minimum end of 0.5oz/lb. of bodyweight and preferably closer to the higher end of 1oz per pound of bodyweight. Drink continuously throughout the day, rather than all at once. You can log your water in a nutrition app such as MyFitnessPal to keep track of it, or in a notepad on your smartphone. If you dislike the taste of water, you can flavor it with fresh squeezed lemon or lime, cucumber slices, strawberry slices, or mint. Soda water is another option.

### **PROTEIN**

Eat a lean protein at every meal and snack. For protein sources choose lean proteins such as egg whites, lean ground turkey breast, and chicken breasts, fat free bone broth. Dairy products, such as fat free cottage cheese are very high in protein, as is fat free Greek yogurt (plain only). Choosing your protein wisely like this will allow you to more easily keep your fat in check and attain more of the healthy fats from things like avocados & olives, rather than from animal fat. Having a dozen hardboiled eggs stored in the fridge as an easy to grab and go snack is an easy way to get your lean protein and ensure you don't grab something else naughty.

For vegetarians and vegans, getting complete protein can be more difficult but by mixing certain foods, such as rice and beans you can "make" your protein complete. Additionally, Faro is very high in protein, as is quinoa. Beans such as garbanzo, kidney, and black beans are a good source of protein. These grains and beans do pack a higher caloric content so eat in moderation. Seeds such as chia, hemp and pumpkin are also good sources of protein, however they are also high in fat so again consume in moderate amounts. Other sources of vegetarian protein are Mycoprotein (Quorn), tofu (choose firm – the firmer the tofu the higher the protein content), oats, turnip greens, cauliflower, spinach, Brussels sprouts, edamame, broccoli, cashews, pistachios. Nuts are also high in fat, however, so again eat those in moderation and preferably unsalted (definitely not candied).

### **ALCOHOL**

Limit alcohol consumption to 3 drinks per week max. 1 drink is equivalent to 5oz glass of wine. If you are going to drink, opt for wine or champagne, light beer, or alcohol with non-sugary mixers such as soda water. Try a spritzer, half wine half soda water with a squeeze of lime! It's very refreshing and cuts your alcohol in half.

### **SODA/POP/JUICE**

Avoid any kind of soft drink. Opt for naturally flavored soda water if you have a pop craving. Avoid fruit juice as well.

### **SUGAR**

Limit your added sugar to less than 25g (6 tsp) per day. This does NOT include the sugar naturally occurring in milk or fruits and veggies. This is added sugar in your foods and in your drinks.



## **TRAIN. NOURISH. TRANSFORM.**

### **FAT**

Limit your fat to 30-45g of fat per day total. Your dietary fat sources should be “good fats” rather than “bad fats” So when you are eating foods high in fat choose the “good fats” such as nuts, seeds, fish, avocado, olives vs. “bad fats” red meat, fried food, processed food, and high fat dairy.

### **SATURATED FAT**

Keep your intake to less than 10% of your total fat intake. Note: coconut oil is very high in saturated fat even though it’s the “in” thing right now. Alternative types of oil (olive oil, flaxseed oil, etc.) are preferred.

### **FIBER**

Aim for at least 25g of fiber per day **MOSTLY** from vegetables. Fruits (preferably berries) and whole grains can also contribute to your daily total but the majority should be from fibrous veggies, such as lettuces, peppers, cucumbers, broccoli, cauliflower, etc. Avoid starchy veggies, like potatoes. Sweet potatoes and yams are good in moderation. Avoid fatty, salty or sugary toppings and dressings. Fiber should come from whole foods rather than processed foods (processed foods include protein bars, cereal and breads). Be sure to drink **LOTS** of water when increasing fiber intake to avoid constipation, gas and bloating.

### **PROBIOTICS**

This is optional but highly recommended for intestinal health. I like and use the brand PB8 which is a good quality brand and doesn’t require refrigeration. See my “Things I Love” page on the FitForceFX website for a link to what I use.

### **FREQUENCY OF MEALS**

Eat 4-6 small meals per day, rather than just 3 main meals. Space them out 2-3 hours. This will help keep you satiated and your metabolism burning.

### **MEAL COMPOSITION**

Each meal and snack should include lean protein and a veggie. A smaller amount of a healthy fat is ok too. Eat a lot of vegetables (non-starchy variety) at every meal. You may sub fruit for some of the veggies but the majority of your meals will have vegetables. When choosing fruits, berries are an excellent choice as they are lower in sugar and are a good source of fiber and antioxidants.

### **STICKING TO HEALTHY EATING**

Set yourself up for success by planning ahead. This means right now clean out all the tempting junk food in your pantry and your fridge. Put some easy to grab snacking items (like baby carrots, small Persian cucumbers) in the front of your fridge where your eye will catch them and they will be easy to grab. Boil up a dozen eggs and eat mostly the whites for snacks. If you hate cutting lettuce, buy some bagged lettuces (not the ones with dressing and deep fried wontons!). In a pinch, chicken breast canned in water can be an easy and quick way to have a healthy chicken salad, if you hate to cook. If you are running errands, always have a healthy snack on hand so you don’t break down and buy something convenient, which likely won’t be a wise choice. Consider carrying a small personal cooler with you.



## **TRAIN. NOURISH. TRANSFORM.**

### **CHEAT DAY**

If you are going to have a cheat day, do it on a day that you have lifted weights or done HIIT. Even better, make it a cheat “snack” rather than a whole cheat day. If you like to build in cheats on a regular basis, check out my customized macronutrient plans. I do this regularly!

### **ADDITIONAL FAT LOSS TIPS:**

- Choose whole grains and fiber-rich vegetables and fruit over refined grains and simple sugars (the fiber and complexity of the starch will aid in hunger control).
- Schedule no fewer than 4 and as many as 6 meals a day. This helps to control hunger, minimize blood sugar fluctuations, and increase energy levels throughout the day.
- Avoid empty calories and highly processed foods, which contain many calories and do little to provide satiety.
- Drink 0.5-1.0oz of water per lb. of bodyweight. On the higher side if you are exercising vigorously or in a hot climate, and on the lower side if you are sedentary.
- Avoid marinades, dips or dressings that are high in additional calories. Salt-free rubs, spices and low fat/sugar marinades are a delicious way to add interest to your foods without adding empty calories.
- Weigh and measure your food. This will make you more aware of caloric values and serving sizes, as well as decrease the likelihood of accidentally underreporting calories.
- Mindful eating: limit the number of meals you eat while watching TV, or in front of a screen of any type. This will tend to help your satiation level and the mind-body connection that helps tell you when you have had your fill.
- RESTAURANTS: when a meal comes with a nutritionally barren starch, request a fibrous vegetable substitute. Also request dressings on the side.

### **SUGGESTED GROCERY ITEMS THAT SIMPLIFY HEALTHY EATING:**

- Broccoli slaw (great microwaved for about 1-2 mins and used as “noodles” in spaghetti)
- Bagged lettuces
- Salad dressings: unseasoned rice vinegar (the seasoned one has sugar but is still better than other dressings), balsamic vinegar, Trader Joe’s Cilantro dressing, Trader Joes Spicy Asian Peanut Dressing
- Frozen riced cauliflower (a great substitute for the empty calories of rice)
- Zucchini (spiralized it is great as a substitute for pasta or cut in half lengthwise as a pizza boat)
- Spaghetti squash (great substitute for pasta)



### **TRAIN. NOURISH. TRANSFORM.**

- Seasonings add interest to your food: Trader Joe's Green Dragon Sauce, Trader Joe's Yuzu hot sauce, fresh salsas (check for sugar and high salt content)
- Eggs are a perfect complete protein (keep hardboiled ones in your fridge)
- Frozen cooked deveined shrimp is a quick & easy protein source
- Trader Joe's eggplant hummus, roasted garlic hummus, beet hummus (all three of these ones of this brand have decent macros but watch for other brands that are very high in fat and salt)
- Trader Joe's Latin Black Bean soup (recipe for this on FitForceFX website)
- Canned chicken breast (packed in water)
- Dave's 21 Grain Killer Bread (higher in fiber and protein than regular bread)
- Baby carrots, Persian cucumbers are a great snack b/c they are an easy grab and go snack and also help to satisfy the crunch craving.
- Plain nonfat Greek yogurt (add protein powder, real fruit, or cinnamon/nutmeg if you dislike the taste of plain yogurt)
- Nonfat cottage cheese
- Bone broth (i.e. Pacific brand Organic Chicken Bone Broth)