

burn boot camp® +  EAT FIT GO

MEAL PLAN & GROCERY LIST GUIDE

1500 CALORIE PLAN

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1500 CALORIES/DAY MEAL PLAN - WEEK 1

MIXED PRODUCT & EAT FIT GO MEALS

	WEEK 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	2 Slices Sprouted Grain Bread Toast with 2 Tbsp All Natural Peanut Butter, 1 scoop Ignite Preworkout	Breakfast Burrito of 1 scrambled egg, 1 whole grain tortilla, 1 chicken apple sausage, 1/4 cup sauteed spinach, 1 scoop Ignite Preworkout	2 Slices Sprouted Grain Bread Toast with 2 Tbsp All Natural Peanut Butter, 1 scoop Ignite Preworkout	Smoothie with 1 cup blueberries, 1 Scoop Protein powder, 1 cup unsweetened almond milk, ice, Six oz of low fat yogurt, 1 scoop Ignite Preworkout	Breakfast Burrito of 1 scrambled egg, 1 whole grain tortilla, 1 chicken apple sausage, 1/4 cup sauteed spinach, 1 scoop Ignite Preworkout	2 Slices Sprouted Grain Bread Toast with 2 Tbsp All Natural Peanut Butter, 1 scoop Ignite Preworkout	Smoothie with 1 cup blueberries, 1 Scoop Protein powder, 1 cup unsweetened almond milk, ice, Six oz of low fat yogurt, 1 scoop Ignite Preworkout	
Snack	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	Afterburn Protein Powder in 8 oz unsweetened almond milk	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	Medium Apple , 2 low fat cheese sticks	Afterburn Protein Powder in 8 oz unsweetened almond milk	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	Medium Apple , 2 low fat cheese sticks	
Lunch	Fajita chicken Bowl	Barbeque Chicken	Fajita chicken Bowl	Turkey Shepherds Pie, Two serving Whole Grain crackers	Barbeque Chicken	Fajita chicken Bowl	Turkey Shepherds Pie, Two serving Whole Grain crackers	
Snack	1 cup sliced strawberries and 1 cup diced pear	7 Almonds and 2/3 cup of blueberries	1 cup sliced strawberries and 1 cup diced pear	medium banana	7 Almonds and 2/3 cup of blueberries	1 cup sliced strawberries and 1 cup diced pear	medium banana	
Dinner	3 oz grilled chicken, 3/4 cup brown rice and 1 cup zucchini cooked in 2 tsp oil	4 oz Cod baked with lemon, 10 asparagus spears sauteed in 1 tsp oil, Medium banana	3 oz grilled chicken, 3/4 cup brown rice and 1 cup zucchini cooked in 2 tsp oil	Salad with 4 oz flank steak, 2 cups romaine, 1/2 cup diced tomato, 1/2 medium avocado diced, 1 cup red bell pepper, 2 tbsp balsamic dressing	4 oz Cod baked with lemon, 10 asparagus spears sauteed in 1 tsp oil, Medium banana	3 oz grilled chicken, 3/4 cup brown rice and 1 cup zucchini cooked in 2 tsp oil	Salad with 4 oz flank steak, 2 cups romaine, 1/2 cup diced tomato, 1/2 medium avocado diced, 1 cup red bell pepper, 2 tbsp balsamic dressing	
	Macro Breakdown							
Daily Calorie Total	1486	1,477	1486	1559	1,477	1486	1559	Avg. macro 1504
Protein	27%	29%	27%	26%	29%	27%	26%	27%
Carbohydrates	49%	41%	49%	46%	41%	49%	46%	46%
Fat	24%	30%	24%	28%	30%	24%	28%	27%

1500 CALORIES/DAY GROCERY LIST - WEEK 1

MIXED PRODUCT & EAT FIT GO MEALS

EAT FIT GO MEALS:

- 3 Fajita Chicken Bowl*
- 2 Barbecue Chicken*
- 2 Turkey Shepherd's Pie*

PRODUCE:

- 5 medium apples*
- 4 medium bananas*
- 3 cups fresh or frozen strawberries*
- 3 cups fresh or frozen pear*
- 3 1/3 cups fresh or frozen blueberries*
- 1 cup frozen spinach*
- 4 cups shredded romaine lettuce*
- 3 cups zucchini*
- 20 medium asparagus spears*
- 2 lemons*
- 1 medium avocado*
- 1 cup cherry tomato*
- 2 cups red bell pepper*

PANTRY:

- 1 box (4 servings) whole grain crackers*
- 14 almonds*
- 1 container (7 servings) protein powder*
- 1 bag brown rice*
- 3 whole grain Tortillas 8"*
- 1 jar natural peanut butter*
- 6 slices sprouted grain bread*
- 1 bottle balsamic vinaigrette*

DAIRY:

- 2 6oz containers of low fat yogurt*
- 2 cups unsweetened almond milk*
- 4 fat free cheese sticks*
- butter*

PROTEIN/MEAT:

- 9 oz chicken breast*
- 8 oz cod*
- 2 chicken sausage links or patties*
- 8 oz flank steak*
- 2 large eggs*

1500 CALORIES/DAY MEAL PLAN - WEEK 2

MIXED PRODUCT & EAT FIT GO MEALS

	WEEK 2								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Breakfast	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pear, 1 scoop Ignite preworkout	Overnight oats with 1/2 cup almond milk, 3/4 Tbsp Chia Seeds, 1/2 cup rolled oats, 1 Tbsp peanut butter, 3/4 cup blueberries, 1 scoop Ignite Preworkout	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pear, 1 scoop Ignite preworkout	2 hard boiled eggs, 2 slices Sprouted Grain Bread Toast with 2 Tbsp no sugar added jam, 1 scoop Ignite Preworkout	Overnight oats with 1/2 cup almond milk, 3/4 Tbsp Chia Seeds, 1/2 cup rolled oats, 1 Tbsp peanut butter, 3/4 cup blueberries, 1 scoop Ignite Preworkout	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pear, 1 scoop Ignite preworkout	2 hard boiled eggs, 2 slices Sprouted Grain Bread Toast with 2 Tbsp no sugar added jam, 1 scoop Ignite Preworkout		
Snack	Afterburn Protein Powder in 8 oz unsweetened almond milk	Medium banana, 2 low fat cheese sticks	Afterburn Protein Powder in 8 oz unsweetened almond milk	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	Medium banana, 2 low fat cheese sticks	Afterburn Protein Powder in 8 oz unsweetened almond milk	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple		
Lunch	Chicken Parm	Black Bean Enchiladas	Chicken Parm	Fit Chicken, One serving Whole Grain crackers	Black Bean Enchiladas	Chicken Parm	Fit Chicken, One serving Whole Grain crackers		
Snack	Medium Apple, 1 Tbsp natural peanut butter	Medium Apple, Afterburn Protein Powder in 8 oz unsweetened almond milk	Medium Apple, 1 Tbsp natural peanut butter	1 cup blueberries and 1 medium banana	Medium Apple, 1 Tbsp natural peanut butter	Medium Apple, 1 Tbsp natural peanut butter	1 cup blueberries and 1 medium banana		
Dinner	1 1/2 cup whole wheat pasta with 3 oz low fat ground beef and 1/2 cup no sugar added marinara	Taco Salad made with 2 cups romaine, 4 oz 99% ground turkey, 1/4 cup cheddar cheese, 1/4 avocado, 2 Tbsp ranch dressing, 2 Tbsp Salsa	1 1/2 cup whole wheat pasta with 3 oz low fat ground beef and 1/2 cup no sugar added marinara	4 oz baked salmon, 2 cups sauteed zucchini in 2 tsp oil, 3/4 cup cooked brown rice	Taco Salad made with 2 cups romaine, 4 oz 99% ground turkey, 1/4 cup cheddar cheese, 1/4 avocado, 2 Tbsp ranch dressing, 2 Tbsp Salsa	1 1/2 cup whole wheat pasta with 3 oz low fat ground beef and 1/2 cup no sugar added marinara	4 oz baked salmon, 2 cups sauteed zucchini in 2 tsp oil, 3/4 cup cooked brown rice		
	Macro Breakdown								Avg. macro
Daily Calorie Total	1523	1,516	1523	1491	1,516	1523	1491	1512	
Protein	34%	26%	34%	26%	26%	34%	26%	29%	
Carbohydrates	51%	43%	51%	48%	43%	51%	48%	48%	
Fat	17%	31%	17%	26%	31%	17%	26%	24%	

1500 CALORIES/DAY GROCERY LIST - WEEK 2

MIXED PRODUCT & EAT FIT GO MEALS

EAT FIT GO MEALS:

- 3 Chicken Parm*
- 2 Fit Chicken*
- 2 Black Bean Enchiladas*

PRODUCE:

- 7 medium apples*
- 4 medium bananas*
- 3 cups fresh or frozen strawberries*
- 3 cups fresh or frozen pear*
- 3 1/2 cups fresh or frozen blueberries*
- 4 cups zucchini*
- 4 cups romaine*
- ½ medium avocado*

PANTRY:

- 1 container (5 servings) protein powder*
- 1 box (2 servings) whole grain crackers*
- 1 bag brown rice*
- 1 jar natural peanut butter*
- 4 slices sprouted grain bread*
- 1 jar salsa*
- 1 bottle ranch dressing*
- 1 box whole wheat pasta*
- 1 ½ tbsp chia seeds*
- 1 cup rolled oats*
- 1 jar no sugar added jam*
- 1 jar no sugar added marinara*

DAIRY:

- 3 cups fat free Greek yogurt*
- 4 fat free cheese sticks*
- 1 cup unsweetened almond milk*
- ¼ cup cheddar cheese*

PROTEIN/MEAT:

- 9 oz lean ground beef*
- 8 oz salmon*
- 4 large eggs*
- 8 oz ground turkey 99% fat free*

1500 CALORIES/DAY MEAL PLAN - WEEK 3

MIXED PRODUCT & EAT FIT GO MEALS

	WEEK 3							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	Breakfast Burrito of 1 scrambled egg, 1 whole grain tortilla, 1 chicken apple sausage, 1/4 cup sauteed spinach, 1 scoop Ignite preworkout	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pear, 1 scoop Ignite Preworkout	Breakfast Burrito of 1 scrambled egg, 1 whole grain tortilla, 1 chicken apple sausage, 1/4 cup sauteed spinach, 1 scoop Ignite preworkout	2 hard boiled eggs, 2 slices Sprouted Grain Bread Toast with 2 Tbsp no sugar added jam, 1 scoop Ignite Preworkout	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pear, 1 scoop Ignite Preworkout	Breakfast Burrito of 1 scrambled egg, 1 whole grain tortilla, 1 chicken apple sausage, 1/4 cup sauteed spinach, 1 scoop Ignite preworkout	2 hard boiled eggs, 2 slices Sprouted Grain Bread Toast with 2 Tbsp no sugar added jam, 1 scoop Ignite Preworkout	
Snack	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium banana	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	Afterburn Protein Powder in 8 oz unsweetened almond milk	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium banana	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	Afterburn Protein Powder in 8 oz unsweetened almond milk	
Lunch	3 oz grilled chicken, 3/4 cup brown rice and 1 cup zucchini cooked in 2 tsp oil	Steak Enchiladas	3 oz grilled chicken, 3/4 cup brown rice and 1 cup zucchini cooked in 2 tsp oil	1 1/2 cup whole wheat past with 3 oz low fat ground beef and 1/2 cup no sugar added marinara	Steak Enchiladas	3 oz grilled chicken, 3/4 cup brown rice and 1 cup zucchini cooked in 2 tsp oil	1 1/2 cup whole wheat past with 3 oz low fat ground beef and 1/2 cup no sugar added marinar	
Snack	1 cup sliced strawberries and 1 cup diced pear	13 Almonds and 1 cup of blueberries	1 cup sliced strawberries and 1 cup diced pear	Medium Apple	13 Almonds and 1 cup of blueberries	1 cup sliced strawberries and 1 cup diced pear	Medium Apple	
Dinner	Teriyaki Steak Stir Fry, One serving Whole Grain crackers	4 oz Cod baked with lemon, 10 asparagus spears sauteed in 1 tsp oil	Teriyaki Steak Stir Fry, One serving Whole Grain crackers	Kicken Chicken Fried Rice	4 oz Cod baked with lemon, 10 asparagus spears sauteed in 1 tsp oil	Teriyaki Steak Stir Fry, One serving Whole Grain crackers	Kicken Chicken Fried Rice	
	Macro Breakdown							
Daily Calorie Total	1558	1,519	1558	1466	1,519	1558	1466	Avg. macro 1521
Protein	26%	26%	26%	27%	26%	26%	27%	26%
Carbohydrates	45%	53%	45%	49%	53%	45%	49%	48%
Fat	29%	21%	29%	24%	21%	29%	24%	25%

1500 CALORIES/DAY GROCERY LIST - WEEK 3

MIXED PRODUCT & EAT FIT GO MEALS

EAT FIT GO MEALS:

- 3 Teriyaki Steak Stir Fry
- 2 Steak Enchiladas
- 2 Kickin' Chicken Fried Rices

PRODUCE:

- 5 medium apples
- 2 medium bananas
- 5 cups fresh or frozen strawberries
- 5 cups fresh or frozen pear
- 2 cups fresh or frozen blueberries
- 3 cups zucchini
- 2 lemon
- 20 asparagus spears
- ¾ cup frozen spinach or 1 ½ cup fresh spinach

PANTRY:

- 1 container (7 servings) protein powder
- 1 box (3 servings) whole grain crackers
- 26 Almonds
- 3 whole wheat tortillas
- 1 bag brown rice
- 1 jar no sugar added jam
- 4 slices sprouted grain bread
- 1 box whole wheat pasta
- 1 jar no sugar added marinara

DAIRY:

- 2 cups fat free Greek yogurt

PROTEIN/MEAT:

- 9 oz chicken breast
- 8 oz cod
- 7 large eggs
- 3 chicken sausage
- 6 oz low fat ground beef