

burn boot camp® +  EAT FIT GO

# MEAL PLAN & GROCERY LIST GUIDE

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**1800 CALORIE PLAN**

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# 1800 CALORIES/DAY MEAL PLAN - WEEK 1

## MIXED PRODUCT & EAT FIT GO MEALS

	WEEK 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Breakfast</b>	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 Afterburn 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 Afterburn Protein powder, 1 cup unsweetened almond milk, ice, Six oz of low fat yogurt, 1 scoop Ignite Preworkout	
<b>Snack</b>	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	Afterburn Protein Powder in 8 oz unsweetened almond milk, Apple	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, Apple	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	Medium Apple, 2 low fat cheese sticks	
<b>Lunch</b>	Fajita chicken Bowl , cup romaine with 1 tbsp balsamic dressing, 1/2 cup grape tomato, and 1/4th avocado	Barbeque Chicken, Two serving Whole Grain crackers	Fajita chicken Bowl , cup romaine with 1 tbsp balsamic dressing, 1/2 cup grape tomato, and 1/4th avocado	Turkey Shepherds Pie, Two serving Whole Grain crackers	Barbeque Chicken, Two serving Whole Grain crackers	Fajita chicken Bowl , cup romaine with 1 tbsp balsamic dressing, 1/2 cup grape tomato, and 1/4th avocado	Turkey Shepherds Pie, Two serving Whole Grain crackers	
<b>Snack</b>	1 cup sliced strawberries and 1 cup diced pear, One Cup Fat Free Cottage Cheese	7 Almonds and 2/3 cup of blueberries	1 cup sliced strawberries and 1 cup diced pear, One Cup Fat Free Cottage Cheese	medium banana, One Cup Fat Free Cottage Cheese	7 Almonds and 2/3 cup of blueberries	1 cup sliced strawberries and 1 cup diced pear, One Cup Fat Free Cottage Cheese	medium banana, One Cup Fat Free Cottage Cheese	
<b>Dinner</b>	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 6 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 6 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	
	<b>Macro Breakdown:</b>							<b>Avg. macro</b>
<b>Daily Calorie Total</b>	1789	1,812	1789	1809	1,812	1789	1809	1801
<b>Protein</b>	30%	25%	30%	31%	25%	30%	31%	29%
<b>Carbohydrates</b>	46%	47%	46%	42%	47%	46%	42%	45%
<b>Fat</b>	24%	28%	24%	27%	28%	24%	27%	26%

# 1800 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:

- 7 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*
- 7 cups shredded romaine lettuce*
- 3 cups zucchini*
- 20 medium asparagus spears*
- 2 lemons*
- 2 medium avocado*
- 2.5 cup cherry tomato*
- 2 cups red bell pepper*

### PANTRY:

- 1 box (8 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*
- 2 cups fat free cottage cheese*

### PROTEIN/MEAT:

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

# 1800 CALORIES/DAY MEAL PLAN - WEEK 2

## MIXED PRODUCT & EAT FIT GO MEALS

WEEK 2									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<b>Breakfast</b>	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pear	Overnight oats with 1/2 cup almond milk, 3/4 Tbsp Chia Seeds, 1/2 cup rolled oats, 2 Tbsp peanut butter, 3/4 cup blueberries	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pea	3 hard boiled eggs, 2 slices Sprouted Grain Bread Toast with 2 Tbsp no sugar added jam	Overnight oats with 1/2 cup almond milk, 3/4 Tbsp Chia Seeds, 1/2 cup rolled oats, 2 Tbsp peanut butter, 3/4 cup blueberries	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pea	3 hard boiled eggs, 2 slices Sprouted Grain Bread Toast with 2 Tbsp no sugar added jam		
<b>Snack</b>	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		
<b>Lunch</b>	Chicken Parm	Black Bean Enchiladas, Low fat cheese stick	Chicken Parm	Beef Stroganoff	Black Bean Enchiladas, Low fat cheese stick	Chicken Parm	Beef Stroganoff		
<b>Snack</b>	Medium Apple, 2 Tbsp peanut butter	Medium Apple, Afterburn Protein Powder in 8 oz unsweetened almond milk	Medium Apple, 2 Tbsp peanut butter	1 cup blueberries and 1 medium banana	Medium Apple, Afterburn Protein Powder in 8 oz unsweetened almond milk	Medium Apple, 2 Tbsp peanut butter	1 cup blueberries and 1 medium banana		
<b>Dinner</b>	1 1/2 cup whole wheat pasta with 3 oz low fat ground beef and 1/2 cup no sugar added marinara, 2 slices Sprouted Grain Bread with 2 tsp butter	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, 2 slices Sprouted Grain Bread with 2 tsp butter	4 oz baked salmon, 2 cups sauteed zucchini in 2 tsp oil, 1 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, 2 slices Sprouted Grain Bread with 2 tsp butter	4 oz baked salmon, 2 cups sauteed zucchini in 2 tsp oil, 1 cup cooked brown rice		
<b>Macro Breakdown:</b>								<b>Avg. macro</b>	
<b>Daily Calorie Total</b>	1850	1,770	1850	1783	1,770	1850	1783	1808	
<b>Protein</b>	30%	24%	30%	24%	24%	30%	24%	27%	
<b>Carbohydrates</b>	48%	43%	48%	46%	43%	48%	46%	46%	
<b>Fat</b>	22%	34%	22%	31%	34%	22%	31%	28%	

# 1800 CALORIES/DAY GROCERY LIST - WEEK 2

## MIXED PRODUCT & EAT FIT GO MEALS

### EAT FIT GO MEALS:

- 3 Chicken Parm*
- 2 Beef Stroganoff*
- 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*
- 1/2 medium avocado*

### PANTRY:

- 1 container (7 servings) protein powder*
- 1 box (2 servings) whole grain crackers*
- 1 bag brown rice*
- 1 jar natural peanut butter*
- 10 slices sprouted grain bread*
- 1 jar salsa*
- 1 bottle ranch dressing*
- 1 box whole wheat pasta*
- 1 1/2 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*
- 6 fat free cheese sticks*
- 1 cup unsweetened almond milk*
- 1/4 cup cheddar cheese*
- butter*

### PROTEIN/MEAT:

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

# 1800 CALORIES/DAY MEAL PLAN - WEEK 3

## MIXED PRODUCT & EAT FIT GO MEALS

	WEEK 3								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<b>Breakfast</b>	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, 3 Tbsp Slivered almonds, 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, 3 Tbsp Slivered almonds, 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		
<b>Snack</b>	Afterburn Protein Powder in 8 oz unsweetened almond milk, 3 cups grapes	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium banana	Afterburn Protein Powder in 8 oz unsweetened almond milk, 3 cups grapes	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium banana	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium banana	Afterburn Protein Powder in 8 oz unsweetened almond milk, 3 cups grapes	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium banana		
<b>Lunch</b>	5 oz grilled chicken, 1 cup brown rice and 1 cup zucchini cooked in 2 tsp oil	Steak Enchiladas	5 oz grilled chicken, 1 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	5 oz grilled chicken, 1 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		
<b>Snack</b>	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, 11/2 cups baby carrots with 4 Tbsp hummus	13 Almonds and 1 cup of blueberries	1 cup sliced strawberries and 1 cup diced pear	Medium Apple, 11/2 cups baby carrots with 4 Tbsp hummus		
<b>Dinner</b>	Cheesy Turkey Rotini	4 oz Cod baked with lemon, 1 cup brown rice, 10 asparagus spears sauteed in 1 tsp oil	Cheesy Turkey Rotini	Kicken Chicken Fried Rice, 2 Low fat cheese stick	4 oz Cod baked with lemon, 1 cup brown rice, 10 asparagus spears sauteed in 1 tsp oil	Cheesy Turkey Rotini	Kicken Chicken Fried Rice, 2 Low fat cheese stick		
	<b>Macro Breakdown:</b>								<b>Avg. macro</b>
<b>Daily Calorie Total</b>	1776	1,773	1776	1869	1,773	1776	1869	1802	
<b>Protein</b>	28%	25%	28%	25%	25%	28%	25%	26%	
<b>Carbohydrates</b>	43%	50%	43%	48%	50%	43%	48%	46%	
<b>Fat</b>	29%	25%	29%	27%	25%	29%	27%	27%	

# 1800 CALORIES/DAY GROCERY LIST - WEEK 3

## MIXED PRODUCT & EAT FIT GO MEALS

### EAT FIT GO MEALS:

- 3 Cheesy Turkey Rotini
- 2 Steak Enchiladas
- 2 Kickin' Chicken Fried Rices

### PRODUCE:

- 5 medium apples
- 4 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
- 9 cups grapes
- 3 cups baby carrots

### PANTRY:

- 1 container (7 servings) protein powder
- 1 box (3 servings) whole grain crackers
- 26 whole almonds
- 6 tbsp slivered 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
- 8 tbsp hummus

### DAIRY:

- 2 cups fat free Greek yogurt
- 4 low fat cheese sticks

### PROTEIN/MEAT:

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