

burn boot camp® +  EAT FIT GO

# MEAL PLAN & GROCERY LIST GUIDE

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**2200 CALORIE PLAN**

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# 2200 CALORIES/DAY MEAL PLAN - WEEK 1

## MIXED PRODUCT & EAT FIT GO MEALS

	WEEK 1								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Thursday		
<b>Breakfast</b>	2 Slices Sprouted Grain Bread Toast with 2 Tbsp All Natural Peanut Butter, Two Eggs fried or scrambled in 2 tsp oil, 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, Two Eggs fried or scrambled in 2 tsp oil, 1 scoop Ignite Preworkout	Smoothie with 1 cup blueberries, 1 cup pineapple, 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, Two Eggs fried or scrambled in 2 tsp oil, 1 scoop Ignite Preworkout	Smoothie with 1 cup blueberries, 1 cup pineapple, 1 Scoop 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, medium Apple, Two TBSP peanut butter	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, Two TBSP peanut butter	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		
<b>Lunch</b>	Fajita chicken Bowl, 1 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, 1 cup romaine with 1 tbsp balsamic dressing, 1/2 cup grape tomato, and 1/4th avocado	Turkey Shepherds Pie, Two serving Whole Grain crackers, One cup baby carrots with 4 Tbsp hummus	Barbeque Chicken, Two serving Whole Grain crackers	Fajita chicken Bowl, 1 cup romaine with 1 tbsp balsamic dressing, 1/2 cup grape tomato, and 1/4th avocado	Turkey Shepherds Pie, Two serving Whole Grain crackers, One cup baby carrots with 4 Tbsp hummus		
<b>Snack</b>	1 cup sliced strawberries and 1 cup diced pear, One Cup Fat Free Cottage Cheese	1 cup Blueberries and 1 cup halved strawberries, Afterburn Protein Powder in 8 oz unsweetened almond milk	1 cup sliced strawberries and 1 cup diced pear, One Cup Fat Free Cottage Cheese	medium banana, One Cup Fat Free Cottage Cheese	1 cup Blueberries and 1 cup halved strawberries, Afterburn Protein Powder in 8 oz unsweetened almond milk	1 cup sliced strawberries and 1 cup diced pear (140) 2/34/1 One Cup Fat Free Cottage Cheese (160) 28/12/0	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, Two Slices Sprouted Grain Bread	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, Two Slices Sprouted Grain Bread	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, Two Slices Sprouted Grain Bread	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>	2182	2,255	2182	2169	2,255	2182	2169	2199	
<b>Protein</b>	28%	25%	28%	28%	25%	28%	28%	27%	
<b>Carbohydrates</b>	44%	45%	44%	47%	45%	44%	47%	45%	
<b>Fat</b>	28%	30%	28%	25%	30%	28%	25%	28%	

# 2200 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*
- 5 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*
- 2 cups baby carrots*

### PANTRY:

- 1 box (8 servings) whole grain crackers*
- 1 container (11 servings) protein powder*
- 1 bag brown rice*
- 3 whole grain tortillas 8"*
- 1 jar natural peanut butter*
- 12 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*
- 8 tbsp hummus*

### PROTEIN/MEAT:

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

# 2200 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, 1 Tbsp Slivered Almonds, 1 scoop Ignite Preworkout	Overnight oats with 1 cup almond milk, 1 Tbsp Chia Seeds, 1 cup rolled oats, 1 cup blueberries, 1 scoop Afterburn Protein Powder, 2 Tbsp peanut butter, 1 scoop Ignite preworkout	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pear, 1 Tbsp Slivered Almonds, 1 scoop Ignite Preworkout	3 hard boiled eggs, 2 slices Sprouted Grain Bread Toast with 2 Tbsp no sugar added jam, 1 Scoop Ignite Preworkout	Overnight oats with 1 cup almond milk, 1 Tbsp Chia Seeds, 1 cup rolled oats, 1 cup blueberries, 1 scoop Afterburn Protein Powder, 2 Tbsp peanut butter, 1 scoop Ignite preworkout	1 cup fat free greek yogurt, 1 cup sliced strawberries, 1 cup diced pear, 1 Tbsp Slivered Almonds, 1 scoop Ignite Preworkout	3 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, 1 1/2 cups baby carrots with 4 Tbsp Hummus	Medium banana, 2 low fat cheese sticks	Afterburn Protein Powder in 8 oz unsweetened almond milk, 1 1/2 cups baby carrots with 4 Tbsp Hummus	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, 1 1/2 cups baby carrots with 4 Tbsp Hummus	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium Apple	
<b>Lunch</b>	Chicken Parm	Black Bean Enchiladas, Two Low fat cheese stick (100) 14/0/6 One serving Whole Grain crackers	Chicken Parm	Beef Stroganoff, Two serving Whole Grain crackers	Black Bean Enchiladas, Two Low fat cheese stick (100) 14/0/6 One serving Whole Grain crackers	Chicken Parm	Beef Stroganoff, Two serving Whole Grain crackers	
<b>Snack</b>	Medium Apple, 2 Tbsp peanut butter	Medium Apple, Afterburn Protein Powder in 8 oz unsweetened almond milk, 1 cup diced sweet potato	Medium Apple, 2 Tbsp peanut butter	1 cup blueberries and 1 medium banana (189) 2/48/1 Afterburn Protein Powder in 8 oz unsweetened almond milk	Medium Apple, Afterburn Protein Powder in 8 oz unsweetened almond milk, 1 cup diced sweet potato	Medium Apple, 2 Tbsp peanut butter	1 cup blueberries and 1 medium banana (189) 2/48/1 Afterburn Protein Powder in 8 oz unsweetened almond milk	
<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 and garlic powder	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 and garlic powder	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 and garlic powder	4 oz baked salmon, 2 cups sauteed zucchini in 2 tsp oil, 1 cup cooked brown rice	
	<b>Macro Breakdown</b>							
<b>Daily Calorie Total</b>	2143	2,257	2143	2141	2,257	2143	2141	<b>Avg. macro</b> 2175
<b>Protein</b>	28%	25%	28%	24%	25%	28%	24%	26%
<b>Carbohydrates</b>	46%	45%	46%	46%	45%	46%	46%	46%
<b>Fat</b>	26%	30%	26%	30%	30%	26%	30%	28%

# 2200 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
- 4 cups fresh or frozen blueberries
- 4 cups zucchini
- 4 cups romaine
- ½ medium avocado
- 4 ½ cups baby carrots
- 2 cups fresh or frozen diced sweet potatoes

### PANTRY:

- 1 container (9 servings) protein powder
- 1 box (8 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
- 2 tbsp chia seeds
- 2 cup rolled oats
- 1 jar no sugar added jam
- 1 jar no sugar added marinara
- 3 tbsp slivered almonds

### DAIRY:

- 3 cups fat free Greek yogurt
- 6 fat free cheese sticks
- 2 cup unsweetened almond milk
- ¼ cup cheddar cheese
- butter
- 1 tub hummus

### PROTEIN/MEAT:

- 9 oz lean ground beef
- 8 oz salmon
- 6 large Egg

# 2200 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, Six oz of low fat yogurt, 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, Six oz of low fat yogurt, 1 scoop Ignite Preworkout	3 hard boiled eggs, 2 slices Sprouted Grain Bread Toast with 2 Tbsp no sugar added jam, Two cups grapes, 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, Six oz of low fat yogurt, 1 scoop Ignite Preworkout	3 hard boiled eggs, 2 slices Sprouted Grain Bread Toast with 2 Tbsp no sugar added jam, Two cups grapes, 1 Scoop Ignite Preworkout		
<b>Snack</b>	Afterburn Protein Powder in 8 oz unsweetened almond milk, 3 cups grapes, 1.5 cups baby carrots with 4 Tbsp hummus	Afterburn Protein Powder in 8 oz unsweetened almond milk, Medium banana	Afterburn Protein Powder in 8 oz unsweetened almond milk, 3 cups grapes, 1.5 cups baby carrots with 4 Tbsp hummus	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, 1.5 cups baby carrots with 4 Tbsp hummus	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, One serving Whole Grain crackers	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, 2 slices Sprouted Grain Bread with 2 tsp butter and garlic powder	Steak Enchiladas, One serving Whole Grain crackers	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, 2 slices Sprouted Grain Bread with 2 tsp butter and garlic powder		
<b>Snack</b>	1 cup sliced strawberries and 1 cup diced pear, Afterburn Protein Powder in 8 oz unsweetened almond milk	13 Almonds and 1 cup of blueberries, Afterburn Protein Powder in 8 oz unsweetened almond milk	1 cup sliced strawberries and 1 cup diced pear, Afterburn Protein Powder in 8 oz unsweetened almond milk	Medium Apple, 1 1/2 cups baby carrots with 4 Tbsp hummus	13 Almonds and 1 cup of blueberries, Afterburn Protein Powder in 8 oz unsweetened almond milk	1 cup sliced strawberries and 1 cup diced pear, Afterburn Protein Powder in 8 oz unsweetened almond milk	Medium Apple, 1 1/2 cups baby carrots with 4 Tbsp hummus		
<b>Dinner</b>	Cheesy Turkey Rotini	6 oz Cod baked with lemon, 1 cup brown rice, 15 asparagus spears sauteed in 3 tsp oil	Cheesy Turkey Rotini	Kicken Chicken Fried Rice, 2 Low fat cheese sticks	6 oz Cod baked with lemon, 1 cup brown rice, 15 asparagus spears sauteed in 3 tsp oil	Cheesy Turkey Rotini	Kicken Chicken Fried Rice, 2 Low fat cheese sticks		
	<b>Macro Breakdown</b>								<b>Avg. macro</b>
<b>Daily Calorie Total</b>	2179	2,184	2179	2248	2,184	2179	2248	2200	
<b>Protein</b>	29%	28%	29%	23%	28%	29%	23%	27%	
<b>Carbohydrates</b>	42%	44%	42%	51%	44%	42%	51%	45%	
<b>Fat</b>	29%	28%	29%	26%	28%	29%	26%	28%	

# 2200 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 Rice*

### 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*
- 30 asparagus spears*
- ¾ cup frozen spinach or 1 ½ cup fresh spinach*
- 13 cups grapes*
- 7.5 cups baby carrots*

### PANTRY:

- 1 container (12 servings) protein powder*
- 1 box (2 servings) whole grain crackers*
- 26 almonds whole*
- 6 tbsp slivered almonds*
- 3 whole wheat tortillas*
- 1 bag Brown Rice*
- 1 jar no sugar added jam*
- 8 slices sprouted grain bread*
- 1 box whole wheat pasta*
- 1 jar no sugar added marinara*
- 20 tbsp hummus*

### DAIRY:

- 2 cups fat free Greek yogurt*
- 4 low fat cheese sticks*
- 3 6oz containers low fat yogurt*
- butter*

### PROTEIN/MEAT:

- 15 oz chicken breast*
- 12 oz cod*
- 9 large eggs*
- 3 chicken sausage*
- 6 oz low fat ground beef*