

burn boot camp®

NUTRITION MANUAL

JULY 2021

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BURN BOOT CAMP NUTRITION

BURN NUTRITION PHILOSOPHY

OVERVIEW

At Burn Boot Camp, we are passionate about educating you on nutrition with the goal of discovering a sustainable, long-term plan that is custom to your desired goals. We believe you can eat healthy and enjoy an exciting relationship with food without hardcore, restrictive rules that often lead to deprivation. We recognize the best method to achieve your goals will be to focus on “one small win” at a time turning those wins into concrete habits over repetition. Your educational approach you will establish realistic goals, trouble-shoot setbacks, and celebrate successes as you take control over this area of your life once and for all. It’s a lifelong commitment and our belief is that you shouldn’t make changes to your diet that you don’t intend on keeping forever.

1.0 CYCLE OF LASTING CHANGE

People tend to overpromise and underdeliver when it comes to their own nutrition. Our expert Trainer’s will execute “The Cycle of Lasting Change” with Members which is intended to be a framework for small, achievable promises. These four steps are a repeatable process that allow you to work through nutritional gaps with Members in a sustainable way overcoming one of these challenges at a time. The awareness process generally starts with a short 3–7-day food log. As Trainers, we uncover gaps that usually start with a small, acute focus on elements of nutrition that are most impactful when corrected, such as: caloric intake, sugar, protein, hydration, alcohol. Each Member is unique with their needs and our job is to help them create confidence by making the nutritional changes “easy to see themselves doing a good job at” so they can start keeping the promises they are making to themselves! So remember, one win at a time and do not move on until you’ve mastered the current focus.

1. CREATE AWARENESS

- Education on lifestyle nutrition
- Track food at least 3 days
- Positive and uplifting conversation to create adherence to learning process



2. ESTABLISH SMALL WIN

- 100 grams protein – BW in grams
- >25 g added sugar – 0 added sugar
- Underfeeding (>1,400)
- Overfeeding
- Food Swap
- ...or move on/focus on performance, form, or other unique goals



CYCLE OF LASTING CHANGE

WHERE? Focus Meetings, Floating Floor, Beyond The Gym



4. FOCUS MEETING

- Floating Floor
- Beyond the Gym



3. NORMALIZE SMALL WIN

- Make small wins as easy to execute as possible
- Do not move on to new win until establish for at least 21 days
- Use “hot button” to refer Member back to their vision
- Encourage for good, do not encourage for bad behavior

2.0 THREE AREAS OF FOCUS TO BE LEAN, HEALTHY, AND STRONG

There is a mountain of conflicting information on nutrition. At the end of the day, these are the elements of nutrition that almost everyone can agree on. The amount of food you eat, when you eat it, and what type of food you eat are the focus. Overtime, our goal is to help you understand these categories and how to navigate what success looks like within them.

2.1 ENERGY BALANCE (LEAN)

- How much food do I eat?
 - Calories in vs out is the foundational element losing mass. Without a caloric deficit present (less energy in than out) we cannot begin to lose mass. A surplus of calories over what is needed to maintain will result in weight gain.

2.2 INSULIN REGULATION (HEALTHY)

- When do I eat the food?
 - Minimizing insulin (reducing inflammation) is the second most important area of focus. This is all about recommending foods lower on the Glycemic Index and Insulin Index charts as opposed to higher. Insulin resistance leads to chronic inflammation which is extremely toxic and harmful to the body.

2.3 MACRONUTRIENT RATIOS (STRONG)

- What food do I eat?
 - Composition deals with what type of tissue we are gaining or losing. Generally speaking, body fat and muscle are the main motives. To build your body tissue to fit a specific fitness goal will require you to master your macros. Although, this is the least important of the three areas of focus for most people, it becomes increasingly more important the further in the journey a Member goes.

3.0 WHAT IS FOOD MADE OF?

To get a general sense of how many calories you should eat work with your Trainer and a calorie calculator such as: [Mayo Clinic Calorie Calculator](#)

WHAT IS FOOD MADE OF?

TO GET A GENERAL SENSE OF HOW MANY CALORIES YOU SHOULD EAT, USE THIS CALORIE CALCULATOR

CALORIES	MACRONUTRIENTS			MICROS	
<p>Food is made up of calories and calories are made of macronutrients and micronutrients. Calories are your source of energy and will ultimately determine the energy balance in your body. In an energy surplus you will gain - energy deficit you will lose.</p>	<p style="text-align: center; color: #00AEEF;">PROTEIN</p> <ul style="list-style-type: none"> ■ Repairs and grows muscle tissue. ■ Regulates reactions within the body. ■ Provides structure to the body. Slow digesting so it helps us feel full. 	<p style="text-align: center; color: #00AEEF;">CARBS</p> <ul style="list-style-type: none"> ■ Give you energy, fuel your brain, heart, and ventral nervous system. A type of carbohydrate called Fiber aids in digestion and regulates cholesterol. 	<p style="text-align: center; color: #00AEEF;">FATS</p> <ul style="list-style-type: none"> ■ Helps the body to absorb some vitamins and minerals. Insulates and protects organs and tissues. Regulates certain reactions within the body. Source of energy. 	<p style="text-align: center; color: #00AEEF;">VITAMINS</p> <ul style="list-style-type: none"> ■ Micronutrients are made up of vitamins and minerals. They help carry out specific chemical reactions in our body, regulate hormonal function, and are vital to preventing disease. We only need small amounts of micronutrients in our diet, hence the term “micro” nutrients. 	<p style="text-align: center; color: #00AEEF;">MINERALS</p>

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5.0 WHAT SHOULD MY “SMALL WINS” BE?

Generally speaking, these four areas of nutrition are where the vast majority of Members will have initial success. If it’s not obvious to you where you and your Trainer where you should begin your journey – use these five starting

5.1 100 GRAMS OF PROTEIN

Start here. Scientific literature says about .8 grams per body pound is the maximum amount of protein anyone can healthily absorb. This “100” number is generic but a good place for you to start.

5.2 REMOVE ADDED SUGAR

Work towards zero grams of added sugar. Refined carbohydrates in general should be avoided due to their lack of nutritional value and harsh effect on insulin and blood sugar. Too much sugar (refined carbohydrate) is the largest reason the majority of the population being overweight.

5.3 INCREASE HYDRATION

.5-1oz per pound has been shown to increase metabolism up to 30% in dehydrated people. This is often the simplest adjustment you can make.

5.5 CONTROL ALCOHOL INTAKE

0-4 normal drinks per week. Alcohol burns fast inside the body but requires a lot of attention from liver enzymes – it's extremely hard for your body to process any other food when you are drinking rendering most of it to fat. If you drink, have a game plan for eating that day.

5.5 CONTROL CALORIC INTAKE

Controlling caloric intake should happen if you make the above adjustments. If you create "small wins" out of the above and are still not experiencing desired results then revert back to a 3 day log to figure out caloric intake and readjust.

6.0 MEAL PREP

6.1 10-MINUTE MEAL PREP

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10 MINUTE MEAL PREP



CLASSIC CHICKEN & SWEET POTATO

A classic muscle building meal. Packed with lean animal protein and organic fuel to energize your fitness.

Ingredients: 6 Oz Chicken, 4 oz Sweet Potato, 1 cup Brussel Sprouts

Nutrition: 359 Cal, 48 P, 33 C, 5 F



GREEN OMELET & EZEKIEL BREAD

Egg White & Kale Omelet served alongside Cinnamon raisin toast topped with almond butter.

Ingredients: 1 Cup Egg Whites, 1 Cup Kale, 2 Slices Ezekiel Cinnamon Raisin Bread, 1 tbsp Almond Butter

Nutrition: 428 Cal, 38 P, 45 C, 10 F



PROTEIN BROWNIE MUG CAKE

Combine all ingredients in a mug and microwave for 20-30 seconds.

Ingredients: ¼ Cup Unsweetened Almond Milk, 1 Serving AfterBurn, 1 ½ tbsp. unsweetened Coco Powder, ½ tbsp. Coconut Flour, ½ Tsp Baking Powder, 5-10 drops Liquid Stevia (sweeten to taste)

Nutrition: 190 Cal, 27 P, 15 C, 4 F



APPLES & PEANUT BUTTER

Healthy combo of carbs and protein in this treat!

Ingredients: 1 small Apple, 3 tbsp plain fat free greek yogurt, ½ serving AfterBurn, 2 tbsp powered peanut butter, dash cinnamon

Nutrition: 202 Cal, 21 P, 30 C, 2 F

10 MINUTE MEAL PREP



CHOCOLATE CHIP COOKIE DOUGH PUDDING

High protein treats to satisfy your sweet craving in a healthy way!

Ingredients: 6 oz plain nonfat greek yogurt, ½ banana (mashed), 1 tbsp powered peanut butter, ½ serving AfterBurn, 1 tbsp chocolate chips (Lily's Sweet Brand)

Nutrition: 239 Cal, 30 P, 28 C, 5 F



PORK TENDERLOIN & ROASTED POTATOES

Lean Pork Tenderloin marinated in Organic Ketchup, Worcestershire sauce, Chili Powder, Apple Cider Vinegar and maple syrup then grill to perfection!

Ingredients: 1 Cup Red Skin Potatoes, 4oz Pork Tenderloin, Marinade: 1 tsp Worcestershire, 1 tbsp Organic Ketchup, 1 tsp Chili Powder, 1 tsp Cider Vinegar, 1 tsp Maple Syrup

Nutrition: 349 Cal, P 34, C 41, F 4



BUFFALO CHICKEN MEATBALLS

Makes 24 chicken wing meatballs! Serving is 6 meatballs. Combine all ingredients, form into balls and bake at 400 until cooked through.

Ingredients: 1 ¼ lbs. ground chicken, ¼ cup whole wheat panko bread crumbs, 1 egg, 2 chopped scallions, 1/3 cup celery (minced), 1/3 cup carrot (minced), 1 chopped garlic clove, 1/3 cup Franks Red Hot, Salt & Pepper to taste

Nutrition: 264 Cal, 29 P, 4 C, 14



GUACAMOLE CHICKEN SALAD

Chopped grilled chicken coated in avocado and pico de gallo on top of a bed of greens. Dress with squeeze of lime.

Ingredients: 5 oz grilled chicken (chopped), ¼ cup mashed avocado, 2 tbsp pico de gallo, 1 cup greens (spinach, kale, mixed, etc.)

Nutrition: 292 Cal, 37 P, 9 C, 13 F

10 MINUTE MEAL PREP



CREAMY CAULIFLOWER SOUP

Blend sautéed veggies and combine with Greek Yogurt and shredded chicken for a delicious and protein packed soup.

Ingredients: Sauté in 1 ½ tsp olive oil: 2 cups cauliflower (chopped), ¼ cup onion (chopped), 1 garlic clove (chopped) then add 1 cup Chicken Broth and blend. Top with 2 oz Shredded Chicken and 1/3 Cup Mozzarella Cheese

Nutrition: 28 Cal, 33 P, 16 C, 11 F

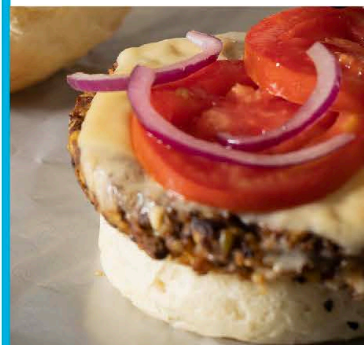


CITRUS FISH TACOS

Grilled white fish in lettuce wrap with avocado and citrus vinaigrette. Perfect lunch or light supper!

Ingredients: 4 oz grilled white fish (mahi-mahi or tilapia or halibut), ½ small avocado, 1 tbsp Plain Fat Free Greek Yogurt, ½ Roma Tomato (diced), 2 tbsp cilantro (chopped), 2 Butter Lettuce Cups. Vinaigrette: 1 tbsp lime juice, 1 tbsp apple cider vinegar, ½ tsp onion powder

Nutrition: 265 Cal, 25 P, 18 C, 12 F



TURKEY SLIDER WITH SWEET POTATO BUN

Cut sweet potato into 2 rounds and bake until cooked through. Grill 2 small turkey burgers and place on top of sweet potato for an open-face slider!

Ingredients: 6 ounces sweet potato (2 3oz rounds), 3 ounces of lean ground turkey (create 2 patties), 2 tbsp of mozz. cheese, 2 tomato slices, spinach, 2 tsp Dijon mustard, season to taste

Nutrition: 290 Cal, 25 P, 36 C, 3 F



PALEO FRITTATA

Perfect for breakfast, lunch, or dinner! A staple in any paleo diet! On the stovetop, sauté frozen veggies then add your eggs. Finish in the oven at 350 until cooked through.

Ingredients: ½ Cup 100% Liquid Egg Whites, 1 Whole Egg (beaten), 1 Cup Frozen or Fresh Mixed Veggies, 1 tsp EVOO

Nutrition: 224 Cal, P 20, C 12, F 9

10 MINUTE MEAL PREP

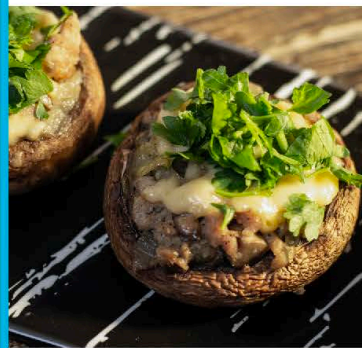


COCONUT CRUSTED CHICKEN FINGERS

Family favorite! Chicken Tenders coated in egg whites the “breaded” with coconut flakes and crushed almonds. Bake on 425 until crispy and cooked through. Serve with sweet potato oven fries!

Ingredients: 4oz Chicken Tenders, ¼ Cup Unsweetened Coconut Flakes, 1/8 Cup Finely Crushed Almonds, ¼ Cup Egg Whites

Nutrition: 270 Cal, P 39, C 7, F 19



STUFFED BELLA'S

Portobello mushrooms stuffed with grilled chicken and chopped brussel sprouts. Great lunch time go to!

Ingredients: 1 Portobello mushroom cap (grilled or broiled) 5 oz shredded chicken, ½ cup brussel sprouts (baked and chopped) top with 1 tsp Olive Oil and 1 tsp balsamic vinegar and season to taste

Nutrition: 320 Cal, 48 P, 9 C, 10 F



“TAKE-OUT” BEEF & MIXED VEGGIES

Coconut Aminos are a healthy way to get the “soy-sauce” flavor from your favorite Chinese food take-out place without all the unhealthy calories that come with it!

Ingredients: 4oz London Broil, 1 Cup Broccoli, 1 Cup Bell Pepper, 2 tbsp Coconut Aminos

Nutrition: 249 Cal, P 20, C 21, F



AFTERBURN COFFEE

Protein Coffee is here! Say goodbye to coffee creamer and sugar filled Frappuccinos forever! Add all ingredients to the blender and ENJOY!

Ingredients: 8 oz black coffee (room temp), 4 oz Unsweetened Almond Milk, 1 serving AfterBurn, ¼ tsp cinnamon, ½ tbsp. coconut oil, 6-8 ice cubes

Nutrition: 192 Cal, P 24, C 6, F 10

10 MINUTE MEAL PREP



STEAK & POTATOES

Grilled London Broil served with asparagus spears and oven roasted red skin potatoes. Perfect for a night on the grill!

Ingredients: 4oz London Broil, 15 Asparagus, 1 Cup Red Skin potatoes (or sweet potatoes)

Nutrition: 343 Cal, P 36, C 43, F 5



CHICKEN BASIL SPAGHETTI

Layer Spaghetti Squash, chicken, tomatoes, olives and cheese then top with olive oil, basil and garlic herb seasoning.

Ingredients: 1 cup cooked Spaghetti Squash (shredded), 2 oz cooked chicken, 2 cherry tomatoes (halved), 2 tbsp chopped black olives, 2 tbsp feta cheese crumbles, 1 tbsp fresh basil (chopped), Garlic & Herb seasoning to taste

Nutrition: 277 Cal, P 22, C 14, F 15



AFTERBURN PROTEIN PANCAKE

Easy to make for 1 or multiply recipe for meal prep. Great way to satisfy a comfort food craving with clean ingredients and protein boost. Combine ingredients and cook through on the stove top. Season with cinnamon or vanilla extract for a flavor boost.

Ingredients: ¼ Cup Rolled Oats, ¼ Cup Fat Free Plain Greek Yogurt, ½ Serving AfterBurn, ½ Cup Egg Whites

Nutrition: 229 Cal. 33 P, 18 C, 2 F



PROTEIN PACKED CAULIFLOWER MASH

Perfect snack option boost clean carbs and lean protein in the middle of the day!

Ingredients: 5oz Ground Turkey (93% lean), 1 Cup Mashed Cauliflower, 2 Tbsp Salsa, ¼ Avocado

Nutrition: 329 Cal, P 32, C 21, F 15

10 MINUTE MEAL PREP



MINT CHIP MILKSHAKE

Add all ingredients into a blender with a handful of ice!

Ingredients: 12oz Unsweetened Vanilla Almond Milk, 2 Majool Dates (pitted), 1 tbsp Cashew Butter (or Almond Butter), 1 Capful of Mint Extract, 1 Serving AfterBurn

Nutrition: 369 Cal, P 28, C 41, F 13



BEEF AND QUINOA NAKED BURRITO

Protein packed Quinoa topped with Ground Beef, Grilled Onions and Peppers. Season with an organic Taco Seasoning and you've got a healthy Naked Burrito!

Ingredients: ½ Cup Cooked Quinoa, 3oz Grass Fed Ground Beef, ¼ Cup Onion, ¼ Cup Bell Pepper

Nutrition: 315 Cal, P 22, C 28, F 13



CINNAMON OAT MUFFINS

This batter is blended together and baked for 12 Minutes on 350, to perfection!

Ingredients: ¼ Cup Rolled Oats, 1/2 Serving AfterBurn, 1 TSP Almond Butter, ¼ Cup Water, Cinnamon to taste

Nutrition: 164 Cal, 15 P, 17 C, 5 F



FRUIT & VEGGIE SHAKE

Add all ingredients into a blender with a handful of ice.

Ingredients: 12oz Unsweetened Almond Milk, 1/2 Cup Frozen Mixed Fruit, ½ Frozen Banana, Handful of Spinach or Kale, 1 Serving AfterBurn

Nutrition: 270 Cal, P 28, C 33, F 5

10 MINUTE MEAL PREP

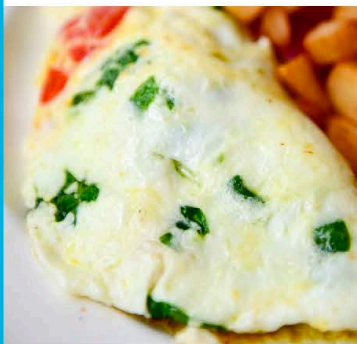


LEAN SPAGHETTI AND MEATBALLS

Ground chicken meatballs over a bed of BBC approved spaghetti squash. A healthy alternative to family pasta night.

Ingredients: 6, 1 Oz Ground Chicken Meatballs, 1 Cup Spaghetti Squash, ¼ Cup Marinara.

Nutrition: 360 Cal. 34 P, 18 C, 17 F



GOAT CHEESE OMELET

The classic omelet tastes good and is good for you!

Ingredients: 1 Cup Egg Whites, 1 Oz Goat Cheese, 1 Cup Spinach.

Nutrition: 243 Cal 34 P 2 C, 9



CHICKEN AVOCADO SPINACH SALAD

Grilled Chicken with sliced avocado on a bed of baby spinach with Sunflower Seeds and Dried Cranberries. Tossed in a dressing of lemon juice, minced garlic, Dijon and avocado oil! Delicious as lunch or a light dinner.

Ingredients: 4oz Chicken Breast, ¼ Avocado, 2 tbsp Sunflower Seeds, 1 tbsp Dried Cranberries, 1 tbsp Lemon Juice, 1 garlic clove, 1 tsp Dijon, 1 tsp Avocado Oil

Nutrition: 377 Cal, P 33, C 15, F 21



LEAN TURKEY DINNER

A Burn Boot Camp favorite seasoned ground turkey mixed with mashed sweet potatoes & served with steamed broccoli

Ingredients: 6 Oz 93/7 Ground Turkey, 4 Oz Sweet Potato, 1 cup Broccoli.

Nutrition: 394 Cal, 38 P 36 C 12 F

10 MINUTE MEAL PREP



EZEKIEL TURKEY SANDWICH

Toasted sprouted grain bread with thin layers of nitrate-free sliced turkey breast. Layered with tomato, lettuce, and organic honey mustard.

Ingredients: 2 Slices Low Sodium Ezekiel Bread, 4 Oz Applegate Farms Sliced Turkey, 1 Tomato Slice, 2 Tsp Honey Mustard.

Nutrition: 282 Cal, P 32, C 31, F 3

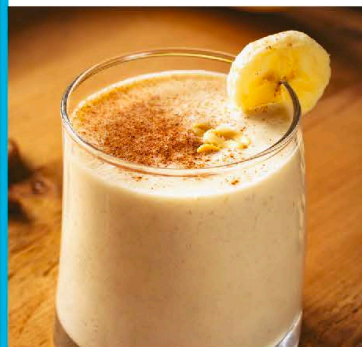


EZEKIEL FRENCH TOAST

Soak sprouted grain bread in organic, cage-free egg whites then cooked until golden brown using coconut oil spray. Serve with organic maple syrup. Add a flavor boost right into egg batter with zero calorie options like cinnamon or vanilla extract or stevia

Ingredients: 2 Slices Low Sodium Ezekiel Bread, 1 Whole Egg, 1 tbsp Maple Syrup.

Nutrition: 302 Cal, P 14, C 49, 6 F



CHOCOLATE BANANA NUT SMOOTHIE

Smooth, tasty, and satisfying. Blended with a ripe banana, almond butter, and calcium filled almond milk, this is a great way to start your day.

Ingredients: 1 Serving AfterBurn, 1 Medium Banana, 1 tbsp Almond Butter, 1 Cup Almond Milk.

Nutrition: 341 Cal, P 28, C 33, F 14



TURKEY & SWEET POTATO CASSEROLE

A classic Burn Boot Camp original. Egg whites envelope browned turkey combined with a layer of cubed sweet potatoes. Easily multiply this recipe to make 4-6 servings at once to prep for the week. Bake at 325 until cooked through.

Ingredients: 4 Oz Ground Turkey, 4 Oz Sweet Potato, ½ Cup Egg Whites, ½ Cup Mixed Pepper

Nutrition: 307 Cal, P 36, C 25, F 8

10 MINUTE MEAL PREP



APPLE WALNUT CHICKEN SALAD

Grilled chicken, diced apples, crunchy walnuts, and goat cheese over a bed of kale tossed in grapeseed oil.

Ingredients: 2 Cups Organic Kale, 4 Oz Chicken Breast, ½ Apple (chopped), 1/8 Cup Walnuts, 2 tbsp Goat Cheese, 1 tsp Grapeseed Oil

Nutrition: 441 Cal, P 39, C 25, F



GRILLED CHICKEN PARM & ZUCCHINI PASTA

A fantastic, light alternative to a comfort food favorite. Sautee spiral sliced zucchini, garlic & cherry tomatoes to make a fresh sauce! Top with grilled chicken and parm!

Ingredients: 4oz Grilled Chicken, 1 zucchini spiral sliced or thin slice like spaghetti, ½ cup cherry tomatoes, 1 garlic clove, 2 tbsp Romano Cheese

Nutrition: 220 Cal, P 33, C 9, F 6



AVOCADO PROTEIN SANDWICH

Toasted sprouted grain bread with lean protein and healthy fat for a great meal any time of day.

Ingredients: 2 Slices Low Sodium Ezekiel Bread, 3 Cooked Egg Whites, 2 tbsp Avocado, 1 tbsp Feta Cheese.

Nutrition: 275 Cal, P 21, C 33, F 7



PROTEIN POWER CUPS

The perfect grab-and-go protein snack. Baked in large quantities and served throughout the week.

Ingredients: ¼ Cup Egg Whites, 1 Oz. Ground Turkey, ¼ Cup Bell Peppers, 1 tbsp Goat Cheese

Nutrition: 100 Cal, P 16, C 2, F 16

10 MINUTE MEAL PREP



OPEN FACE TUNA SANDWICH

A fun way to each a tuna sandwich! Lightly toast EZ bread then top with greens tossed in grapeseed oil and tuna.

Ingredients: 4 Oz Wild Caught Tuna Fish, 1 Cup Spinach, 1 Slice Ezekiel Bread, 1 tsp Grapeseed Oil

Nutrition: 272 Cal, 32 P, 16 C, 9 F



SWEET OATS AND HONEY

Quick and easy breakfast. Rolled oats cooked in water then mix in AfterBurn with a honey and cinnamon.

Ingredients: ½ Cup Rolled Oats, ½ Serving AfterBurn, 1 TSP Raw Honey, Cinnamon to taste

Nutrition: 151 Cal, P 14, C 22, F 2



EGG WHITES AND EZEKIEL NUT BREAD

A whole egg/egg white scramble with a side of toasted EZ bread with creamy almond butter lightly spread. Add in veggies or salsa to kick up your scramble

Ingredients: 1 Whole Egg 3 Egg Whites Scrambled, 2 Slices Low Sodium Ezekiel Bread, 1 TBS Raw Almond Butter

Nutrition: 384 Cal, 27 P, 34 C, 16 F



GRILLED SURF AND TURF

Steak and shrimp seasoned and grilled to your liking. Served with a side of grilled asparagus.

Ingredients: 4 Oz Wild Caught Jumbo Shrimp, 3 Oz Steak, 10 Asparagus Spears

Nutrition: 336 Cal, 51 P, 6 C, 12 F

10 MINUTE MEAL PREP



CHICKEN KALE SALAD & LEMON VINAIGRETTE

A bright, crisp salad perfect for lunch or as a side any day! Topped with Grilled Chicken, Apples & Almonds!

Ingredients: 2 Cups Baby Kale, 4oz Grilled Chicken, 1/2 Apple (chopped), 1 oz Raw Almonds, 1 tsp EVOO, 2 tbsp Lemon Juice

Nutrition: 355 Cal, P 37, C 26, F 16



CHICKEN & CAULIFLOWER "FRIED RICE"

Pulse cauliflower in the food processor until "rice" consistency. Stir fry chicken (reheat) broccoli & onions then add beaten eggs until cooked through. Add in "rice" and top with coconut aminos! Delicious!

Ingredients: 4oz Cooked Chicken, ¼ Cauliflower Head, 1 Cup Broccoli, ¼ Cup Chopped Onion, 1 Whole Egg (beaten), 2 tbsp Coconut Aminos

Nutrition: 332 Cal, P 40, C 23, F 9



NO BAKE OATS

Mix all ingredients with unsweetened almond milk. Let sit overnight then top with sliced banana and a dash of cinnamon.

Ingredients: 1/3 cup oats, 1 serving Afterburn, 2 tbsp Powdered Peanut Butter, 2 tsp ground flax seed, 1/3 cup unsweetened almond milk, ½ banana sliced

Nutrition: 300 Cal, 24 P, 40 C, 8 F



PESTO CAULIFLOWER

Quick and easy side dish! Cauliflower topped with a garlicky pesto sauce! Perfect for summertime.

Ingredients: 1 cup Steamed/Roasted Cauliflower, 1Tbsp Pesto Sauce

Nutrition: 82 Cal, P 3, C 6, F 6

10 MINUTE MEAL PREP



BAKED EGGS IN AVOCADO

Split avocado in half, remove pit and about 2 tbsp of flesh to make room for the egg. Bake at 425 for about 15 minutes. Season with salt and pepper to taste.

Ingredients: ½ Ripe Avocado, 1 egg, Salt & Pepper to taste

Nutrition: 233 Cal, P 8, C 9, F 20



MUSTARD SALMON WITH GRILLED ASPARAGUS

Salmon is packed with protein but also healthy fats and nutrients. Cover in Dijon, minced garlic and lemon juice and bake at 400 for 10-12mins. Perfect every time!

Ingredients: 5oz Wild Salmon, 1tbsp Dijon, 1 garlic clove minced, Juice from Half of a Lemon, 15 Asparagus Spears Grilled

Nutrition: 326 Cal, P 42, C 11, F 12



TURKEY & VEGGIE CASSEROLE

Favorite variation of the original breakfast casserole. This version combines lean ground turkey with mushrooms, onions and peppers in a simple egg white casserole. Bake at 325 until cooked through.

Ingredients: 4 Oz Ground Turkey, ½ Cup Mushrooms, ¼ Cup Onion, ¼ Cup Bell Pepper, ½ Cup Egg Whites

Nutrition: 247 Cal, P 43, C 12, F 2



CHICKEN FAJITA BOWL

Layer rice, chicken, onion, peppers, black beans then top with cheese, salsa and greek yogurt.

Ingredients: ½ cup onion (sautéed), ½ cup bell pepper (sautéed), ¼ cup Brown Rice (cooked), 2 ounces chicken (cooked & shredded), 2 tbsp Black Beans, 2 tbsp Black Beans, 1 tbsp Cheddar Cheese (shredded), 2 tbsp Salsa, 1 tbsp Fat Free Plain Greek Yogurt

Nutrition: 292 Cal, P 26, 38 C, 6 F

10 MINUTE MEAL PREP



BUFFALO AND SWEET POTATO MASH

Sweet potatoes baked so soft they blend perfectly with juicy Buffalo burger. Mixed together in a bowl or separate, a perfect post-workout meal.

Ingredients: 6 Oz Ground Bison, 4 Oz Sweet Potato.

Nutrition: 498 Cal, 42 P, 23 C, 26 F



GREEK YOGURT PARFAIT WITH FRUIT

Easy and simple treat! Choose your berries and enjoy! Sweeten yogurt with liquid stevia (optional)

Ingredients: 2/3 cup plain fat free greek yogurt, Drop of Vanilla Extract, ½ cup blackberries, ½ cup strawberries, ½ sliced banana

Nutrition: 290 Cal, 20 P, 36 C, 4 F

OPTION: Add crunch with Chopped Almonds or Sugar Free Granola! Not included in macros above

6.2 MACRO MEAL PLANS

6.2.1 1500 Sample Calorie Plan

MACRO PLAN - 1500					
MEAL ONE - 290 CALORIES					
FOOD	INGREDIENTS / SERVING SIZE	CALORIES	P	C	F
Greek Yogurt Parfait with Fruit	2/3 cup plain fat free greek yogurt, Drop of Vanilla Extract, ½ cup blackberries, ½ cup strawberries, ½ sliced banana	290	20	36	4
MEAL TWO - 359 CALORIES					
Classic Chicken and Sweet Potato	6oz Chicken, 4oz Sweet Potato, 1 Cup Brussel Sprouts	359	48	33	5
MEAL THREE - 498 CALORIES					
Ground Bison and Sweet Potato Mash	6oz Ground Bison, 4oz Sweet Potato	498	42	23	26
SNACK- 260 CALORIES					
Afterburn Chocolate Almond Protein Bar	1 bar	260	17	24	13
POST WORKOUT - 140 CALORIES					
Afterburn (Whey)	1 scoop	140	23	2.3	2.8
SUPPLEMENTS- 20 CALORIES					
Ignite	1 scoop	20	0	0	0
		1567	150	118	51
			0.47	0.37	0.16

6.2.2. 1800 Sample Calorie Plan

MACRO PLAN - 1800					
MEAL ONE - 290 CALORIES					
FOOD	INGREDIENTS / SERVING SIZE	CALORIES	P	C	F
Greek Yogurt Parfait with Fruit	2/3 cup plain fat free greek yogurt, Drop of Vanilla Extract, ½ cup blackberries, ½ cup strawberries, ½ sliced banana	290	20	36	4
MEAL TWO - 359 CALORIES					
Classic Chicken and Sweet Potato	6oz Chicken, 4oz Sweet Potato, 1 Cup Brussel Sprouts	359	48	33	5
MEAL THREE - 498 CALORIES					
Ground Bison and Sweet Potato Mash	60z Ground Bison, 4oz Sweet Potato	498	42	23	26
MEAL FOUR - 292 CALORIES					
Chicken Fajita Bowl	Layer rice, chicken, onion, peppers, black beans then top with cheese, salsa and greek yogurt. Ingredients: ½ cup onion (sautéed), ½ cup bell pepper (sautéed), ¼ cup Brown Rice (cooked), 2 ounces chicken (cooked & shredded), 2 tbsp Black Beans, 2 tbsp Black Beans, 1 tbsp Cheddar Cheese (shredded), 2 tbsp Salsa, 1 tbsp Fat Free Plain Greek Yogurt	292	26	38	6
SNACK- 260 CALORIES					
Afterburn Chocolate Almond Protein Bar	1 bar	260	17	24	13
POST WORKOUT - 140 CALORIES					
Afterburn (Whey)	1 scoop	140	23	2.3	2.8
SUPPLEMENTS- 20 CALORIES					
Ignite	1 scoop	20	0	0	0
		1859	176	156	57
			0.45	0.4	0.15

6.2.3 2000 Sample Calorie Plan

MACRO PLAN - 2000					
MEAL ONE - 290 CALORIES					
FOOD	INGREDIENTS / SERVING SIZE	CALORIES	P	C	F
Greek Yogurt Parfait with Fruit	2/3 cup plain fat free greek yogurt, Drop of Vanilla Extract, ½ cup blackberries, ½ cup strawberries, ½ sliced banana	290	20	36	4
MEAL TWO - 359 CALORIES					
Classic Chicken and Sweet Potato	6 o Chicken, 4oz Sweet Potato, 1 Cup Brussel Sprouts	359	48	33	5
MEAL THREE - 498 CALORIES					
Ground Bison and Sweet Potato Mash	6oz Ground Bison, 4oz Sweet Potato	498	42	23	26
MEAL FOUR - 292 CALORIES					
Chicken Fajita Bowl	Layer rice, chicken, onion, peppers, black beans then top with cheese, salsa and greek yogurt. Ingredients: ½ cup onion (sautéed), ½ cup bell pepper (sautéed), ¼ cup Brown Rice (cooked), 2 ounces chicken (cooked & shredded), 2 tbsp Black Beans, 2 tbsp Black Beans, 1 tbsp Cheddar Cheese (shredded), 2 tbsp Salsa, 1 tbsp Fat Free Plain Greek Yogurt	292	26	38	6
SNACK -190 CALORIES					
Protein Brownie Mug Cake	¼ Cup Unsweetened Almond Milk, 1 Serving AfterBurn, 1 ½ tbsp. unsweetened Coco Powder, ½ tbsp. Coconut Flour, ½ Tsp Baking Powder, 5-10 drops Liquid Stevia (sweeten to taste)	190	27	15	4
SNACK- 260 CALORIES					
Afterburn Chocolate Almond Protein Bar	1 bar	260	17	24	13
POST WORKOUT - 140 CALORIES					
Afterburn (Whey)	1 scoop	140	23	2.3	2.8
SUPPLEMENTS- 20 CALORIES					
Ignite	1 scoop	20	0	0	0
		2049	203	171	61
			0.47	0.39	0.14

6.2.3 2500 Sample Calorie Plan

MACRO PLAN - 2500					
MEAL ONE - 290 CALORIES					
FOOD	INGREDIENTS / SERVING SIZE	CALORIES	P	C	F
Greek Yogurt Parfait with Fruit	2/3 cup plain fat free greek yogurt, Drop of Vanilla Extract, ½ cup blackberries, ½ cup strawberries, ½ sliced banana	290	20	36	4
MEAL TWO - 359 CALORIES					
Classic Chicken and Sweet Potato	6oz Chicken, 4oz Sweet Potato, 1 Cup Brussel Sprouts	359	48	33	5
MEAL THREE - 498 CALORIES					
Ground Bison and Sweet Potato Mash	6oz Ground Bison, 4oz Sweet Potato	498	42	23	26
MEAL FOUR - 292 CALORIES					
Chicken Fajita Bowl	Layer rice, chicken, onion, peppers, black beans then top with cheese, salsa and greek yogurt. Ingredients: ½ cup onion (sautéed), ½ cup bell pepper (sautéed), ¼ cup Brown Rice (cooked), 2 ounces chicken (cooked & shredded), 2 tbsp Black Beans, 2 tbsp Black Beans, 1 tbsp Cheddar Cheese (shredded), 2 tbsp Salsa, 1 tbsp Fat Free Plain Greek Yogurt	292	26	38	6
MEAL FIVE - 315 CALORIES					
Beef and Quinoa Naked Burrito	½ Cup Cooked Quinoa, 3oz Grass Fed Ground Beef, ¼ Cup Onion, ¼ Cup Bell Pepper	315	22	28	13
SNACK - 190 CALORIES					
Protein Brownie Mug Cake	¼ Cup Unsweetened Almond Milk, 1 Serving AfterBurn, 1 ½ tsp. unsweetened Coco Powder, ½ tsp. Coconut Flour, ½ Tsp Baking Powder, 5-10 drops Liquid Stevia (sweeten to taste)	190	27	15	4
SNACK - 260 CALORIES					
Afterburn Chocolate Almond Protein Bar	1 bar	260	17	24	13
SNACK - 192 CALORIES					
Afterburn Coffee	8 oz black coffee (room temp), 4 oz Unsweetened Almond Milk, 1 serving AfterBurn, ¼ tsp cinnamon, ½ tsp. coconut oil, 6-8 ice cubes	192	24	6	10
POST WORKOUT - 140 CALORIES					
Afterburn (Whey)	1 scoop	140	23	2.3	2.8
SUPPLEMENTS- 20 CALORIES					
Ignite	1 scoop	20	0	0	0
		2498	253	181	73
			0.5	0.36	0.14

6.2.3 3000 Sample Calorie Plan

MACRO PLAN - 3000					
MEAL ONE - 290 CALORIES					
FOOD	INGREDIENTS / SERVING SIZE	CALORIES	P	C	F
Greek Yogurt Parfait with Fruit	2/3 cup plain fat free greek yogurt, Drop of Vanilla Extract, ½ cup blackberries, ½ cup strawberries, ½ sliced banana	290	20	36	4
MEAL TWO - 359 CALORIES					
Classic Chicken and Sweet Potato	6oz Chicken, 4oz Sweet Potato, 1 Cup Brussel Sprouts	359	48	33	5
MEAL THREE - 498 CALORIES					
Gound Bison and Sweet Potato Mash	6oz Ground Bison, 4oz Sweet Potato	498	42	23	26
MEAL FOUR - 292 CALORIES					
Chicken Fajita Bowl	Layer rice, chicken, onion, peppers, black beans then top with cheese, salsa and greek yogurt. Ingredients: ½ cup onion (sautéed), ½ cup bell pepper (sautéed), ¼ cup Brown Rice (cooked), 2 ounces chicken (cooked & shredded), 2 tbsp Black Beans, 2 tbsp Black Beans, 1 tbsp Cheddar Cheese (shredded), 2 tbsp Salsa, 1 tbsp Fat Free Plain Greek Yogurt	292	26	38	6
MEAL FIVE - 315 CALORIES					
Beef and Quinoa Naked Burrito	½ Cup Cooked Quinoa, 3oz Grass Fed Ground Beef, ¼ Cup Onion, ¼ Cup Bell Pepper	315	22	28	13
MEAL SIX - 275 CALORIES					
EZ Avocado Protein Sandwich	2 Slices Low Sodium Ezekiel Bread, 3 Cooked Egg Whites, 2 tbsp Avocado, 1 tbsp Feta Cheese.	275	21	33	7
SNACK -190 CALORIES					
Protein Brownie Mug Cake	¼ Cup Unsweetened Almond Milk, 1 Serving AfterBum, 1 ½ tsp. unsweetened Coco Powder, ½ tsp. Coconut Flour, ½ Tsp Baking Powder, 5-10 drops Liquid Stevia (sweeten to taste)	190	27	15	4
SNACK- 260 CALORIES					
Afterbum Chocolate Almond Protein Bar	1 bar	260	17	24	13
SNACK - 192 CALORIES					
Afterbum Coffee	8 oz black coffee (room temp), 4 oz Unsweetened Almond Milk, 1 serving AfterBum, ¼ tsp cinnamon, ½ tsp. coconut oil, 6-8 ice cubes	192	24	6	10
SNACK - 224 CALORIES					
Paleo Frittata	½ Cup 100% Liquid Egg Whites, 1 Whole Egg (beaten), 1 Cup Frozen or Fresh Mixed Veggies, 1 tsp EVOO	224	20	12	9
POST WORKOUT - 140 CALORIES					
Afterbum (Whey)	1 scoop	140	23	2.3	2.8
SUPPLEMENTS- 20 CALORIES					
Ignite	1 scoop	20	0	0	0
		3055	290	220	100
			0.48	0.36	0.16

6.3 TOP SWAP OUTS

6.3.1 Top Swap Outs for Breakfast

TOP SWAP OUTS FOR BREAKFAST		
EAT THIS	NOT THIS	WHY IT'S BETTER
1 cup steel cut or rolled oats	1/2 cup granola	Steel-cut oats have twice the whole grains and half the sodium. Plus, granola is loaded with sugar.
2 slices ezekeil toast	1 plain bagel	Sprouted-grain toast is easier to digest and has more nutrients than a plain bagel in just half the calories and half the sodium.
1 cinnamon raisin ezekeil English muffin	1 blueberry muffin	Again, sprouted-grains are easier on digestion and the Cinnamon Raisin English Muffin will satisfy your sweet tooth for far less sugar and calories!
3 egg whites & 1 whole egg	3 whole eggs	Eggs are a great source of protein and healthy fats. A great way to balance the fat content is to mix egg whites with whole eggs.
4oz lean ground turkey	4 breakfast sausage links	Season lean ground turkey breast with fennel, paprika, garlic, and pure maple syrup to get the breakfast sausage flavor without all the calories, added preservatives and sodium.
1/2 cup fresh berries	1 cup juice	Eat your fruit, don't drink it! Juices are high in sugar and remove nearly all the natural fiber.
1 strawberry 180 Shaklee shake	1 restaurant strawberry smoothie	A quick shake made with almond milk and Strawberry 180 Smoothie mix gives you a complete meal on the go without all the extra calories and artificial ingredients found in restaurant shakes.

6.3.2 Top Swap Outs for Lunch

TOP SWAP OUTS FOR LUNCH		
EAT THIS	NOT THIS	WHY IT'S BETTER
Turkey lettuce wraps	Turkey & cheese sub	Cut the over-processed cheese and white sub roll and add in nitrate-free deli turkey with fresh tomatoes and onions all wrapped in a Romaine lettuce leaf. Far less calories & just as satisfying.
BLAT (bacon, lettuce avocado, & tomato)	BLT (bacon, lettuce, tomatoes)	Nitrate-free bacon (or turkey bacon) and low sodium Ezekiel bread are a great way to save calories on this classic! Swap out mashed avocado for the mayo and you're all set!
Ground turkey, sweet potatoes & broccoli	Frozen turkey, mashed potatoes & green beans	Ground turkey breast served with mashed sweet potatoes and steamed broccoli will give you the hearty lunch you're looking for without the huge calorie and starch price tag.
Fresh greens, nuts, chicken & vinaigrette	Salad with ranch dressing & croutons	Ranch dressing and buttery croutons turn a light lunch into a calorie bomb! Use fresh greens and veggies then top with 4oz. of grilled chicken. Add nuts & seeds for crunch and dress with a lemon vinaigrette!
Apple butter & strawberries	Peanut butter & jelly	Change up the classic peanut butter & jelly by using an Ezekiel English muffin with almond butter and fresh sliced strawberries for a healthy sweet lunch.
Quinoa taco salad	Restaurant burrito	Skip the Mexican take-out line! Seasoned ground beef with taco seasoning blend and combine with grilled onions & peppers over Quinoa. Top with salsa and almond cheese and enjoy.
Tuna salad	Takeout tuna salad	Tuna (or chicken) coated in mashed avocado and lime juice makes the perfect sandwich or fresh salad topper.

6.3.3 Top Swap Outs for Dinner

TOP SWAP OUTS FOR DINNER		
EAT THIS	NOT THIS	WHY IT'S BETTER
Classica chicken, sweet potato & brussel sprouts	Chicken cutlets, mashed potatoes & veggies	A classic muscle building meal. Packed with lean animal protein and organic fuel to energize your fitness without the heavy starch and extra calories to weigh you down.
Spaghetti squash & meatballs	Spaghetti & meatballs	Ground chicken meatballs over a bed of Burn Boot Camp approved spaghetti squash lightens this heavy dish without sacrificing flavor. A healthy alternative to family pasta night.
London broil steak & potatoes	Ribeye steak & fries	Grilled London Broil is the perfect lean cut of meat served with asparagus spears and red skin potatoes. Perfect for a summer night on the grill.
Paleo BBQ pork tenderloin	BBQ pulled pork	Swap out the Boston Butt for a lean pork tenderloin and make your own paleo-style BBQ sauce to satisfy, your take for barbeque without all the fat and extra sugar!
Coconut crusted chicken tenders	Chicken nuggets	Ditch the heavy breading and unhealthy fats from deep-fried chicken and try lean tenders coated in egg whites and "breaded" with coconut flakes and crushed almonds. Bake until crispy!
Chicken parmesan with zucchini pasta	Chicken parmesan dinner	A fantastic, light alternative to a comfort food favorite. Sautee spiral sliced zucchini, garlic & cherry tomatoes to make a fresh sauce. Top with grilled chicken and raw parm. Healthy and delicious.
Chicken stir-fried "rice"	Take-out fried rice	Cauliflower makes the perfect "rice" substitute after a few pulses in the food processor; add some stir-fried veggies and top with coconut aminos and this dish rivals any take-out for far less calories and sodium.

6.3.4 Top Swap Outs for Snacks & Sweets

TOP SWAP OUTS FOR SNACKS & SWEETS		
EAT THIS	NOT THIS	WHY IT'S BETTER
Paleo chocolate chip cookies	Cookies	1 cup Almond Butter, 1/3 cup Honey, 1 Egg, 1 tbsp Vanilla, 1/2 tsp Baking Soda, 1/4 tsp Baking Powder, 1/2 tsp Salt, 1/2 cup Dark Chocolate Chips. Bake at 350 for 8-12 minutes
4-ingredient fudge brownies	Brownies	1 large ripe Avocado, 1/2 cup unsweetened Cocoa Powder, 1/2 cup Chocolate Chips, 1/2 cup Maple Syrup, 1 tsp Coffee Extract. Bake at 350 for 15 minutes.
Frozen bananas	Ice cream	Doesn't get any easier than this! Blend frozen bananas in the blender or food processor until smooth. Eat as is or stir in unsweetened cocoa powder and peanut butter for extra special treat.
Homemade protein balls	Protein bars	Store bought protein bars can be loaded with sugar and artificial ingredients. Make your own with 1 cup Almond Butter, 1 cup Shaklee Energizing Protein, 1 cup Rolled Oats, 1 cup Honey, 1 tsp Vanilla and 1/2 cup Flax Meal. Add in anything from chocolate chips or coconut to make it your own. Roll into balls and refrigerate. Great for the kids!
Shaklee meal/snack bars	Candy bars	Candy bars aren't going to help us reach our goals, right? But sometimes when the craving hits or you're on the go you need something quick. Keep the car stocked with Shaklee Meal & Snack Bars.
Kale chips	Potato chips	Lightly spray baby kale leaves with grapeseed oil and season with salt, pepper and granulated garlic to taste. Bake at 375 for 10-15 mins. until crisp. Its not quite the same as a chip but will satisfy your taste for something salty.
Raw almonds or cashews	Peanuts	Switching from peanuts to raw, unsalted nuts is an easy way to get a great source of protein an healthy fats into your daily diet.

6.3.5 Top Swaps Outs | Everyday Substitutions

TOP SWAP OUTS EVERYDAY SUBSTITUTIONS	
EAT THIS	NOT THIS
Quinoa	White rice
Ezekiel bread	Wheat bread
Mashed cauliflower	Mashed potatoes
Mashed avocado	Mayo
Oven sweet potato fries	French fries
Spaghetti squash	White pasta
Stevia In The Raw	Sugar & artificial sweeteners
Coconut aminos	Soy sauce
Coconut milk	Coffee creamer
Brown rice pasta	White pasta
Nut milk	Dairy milk
Rice cakes	Crackers
Coconut oil or grapeseed oil	Butter, canola or vegetable oil
Himalayan pink salt	Table salt
Lettuce wraps	Tortilla
Steel cut or rolled oats	Instant oats

6.4 GROCERY GUIDE

GROCERY GUIDE

DAIRY, FATS & OILS

FOR COOKING

Animal fats*
Clarified butter*
Extra-virgin olive oil
Grapeseed oil
Sunflower oil
Coconut oil (unrefined)*

FOR EATING

Avocados*
Olives*
Coconut flakes*
Cheese (feta or goat)
Milk (almond or coconut)
Nuts* (almonds, cashews, hazelnuts, pecans, pistachios, macadamia, walnuts)
Nut Butters* (almond & sunflower)
Yogurt (greek, almond, coconut)

CANNED GOODS

TUNA/SALMON*

Wild-caught

TOMATO SAUCE/PASTE*

Organic

SALSA*

Organic

PUMPKIN*

SUN-DRIED TOMATOES*

ARTICHOKE HEARTS*

BEETS*

No sugar

BEANS

Garbanzo, black, kidney, white

PRESERVES

No added sugar

BROTH*

(Organic) Chicken, beef, turkey and vegetable

PROTEIN

SEAFOOD

(Wild-caught not farm-raised)
Shellfish, salmon, haddock, cod, mahi-mahi

100% GRASS FED AND ORGANIC BEEF

Bison, lamb, elk, venison

PASTURED AND ORGANIC PORK, RABBIT, ETC.

POULTRY

(Pastured and organic)
Chicken, turkey, duck, pheasant, etc.

PROCESSED MEATS

(Grass fed/pastured, organic and nitrate free)
Bacon, sausage, organic deli meat, etc.

EGGS & LIQUID EGG WHITES

(Cage-free and organic)

CONDIMENTS/SPICES

ALL HERBS & SPICES*

Avoid seasoning mixes

ORGANIC KETCHUP

MUSTARDS*

EXTRACTS*

Vanilla, almond, peppermint

TABASCO*

CHIPOTLE HOT PEPPER JAR*

HORSERADISH*

VEGETABLES*

SQUASH

Acorn, butternut, winter, spaghetti, pumpkin

ZUCCHINI

TOMATOES

CELERY

ONIONS

BELL PEPPERS

All colors

MUSHROOMS

All varieties

ARTICHOKES

LETTUCES

All varieties

SWEET POTATOES

ASPARAGUS

ROOT VEGGIES

Carrots, beets, jicama, turnip, parsnip, rhubarb, rutabaga

CRUCIFEROUS VEGGIES

Broccoli, cabbage, cauliflower

SNOW/SUGAR SNAP PEAS

RADISHES

PUMPKIN

GREENS

Beet, mustard, collard, kale

SPINACH

GRAINS/LEGUMES

EZEKIEL BREAD, WRAPS, PITAS & ENGLISH MUFFINS

BROWN RICE

QUINOA*

STEEL-CUT OATMEAL

LEGUMES

Kidney, garbanzo, white, lentil

FRUITS

APPLES*

All varieties (except for Paleo, only Red Delicious or Granny Smith)

KIWI*

MELONS

Cantaloupe, watermelon, honeydew

CHERRIES

PLUMS

PEARS

BANANAS

BERRIES*

Blackberries, blueberries, strawberries and raspberries

GRAPES

LEMONS/LIMES*

MANGOES/PAPAYAS

POMEGRANATES*

ORANGES/TANGERINES

GRAPEFRUIT

PEACHES

SWEETS/BAKING

STEVIA IN THE RAW*

RAW HONEY*

DARK CHOCOLATE OR CACAO CHIPS

Organic

PURE MAPLE SYRUP*

COCONUT SUGAR CRYSTALS

BAKING SODA*

ALMOND/COCONUT FLOUR*

COCONUT FLAKES

*Denotes Paleo-Approved Item

7.0 SUPPLEMENTS

Our supplement line is engineered to fulfill the nutrition needs of Members. With three categories: before, during, after we've custom designed your supplements to compliment your intense workouts.

7.1 IGNITE (BEFORE)

- Ignite is a pre-workout (powder) that gives Members focused and clean energy before camp.
- This product is one of the only superfoods, antioxidant pre-workout powders that exists in the market today.
- Contains clean ingredients and no additives
- High BCAA profile with 3 essential branch chain amino acids (valine, leucine, isoleucine) to help rebuild muscle after a workout.
- Its main ingredient is matcha green tea powder which is a rare plant that is sourced specifically for this product because of its highly intensified and focused caffeine effect, but also for its amino acid profile.
- Caffeine from matcha has a long-lasting, clean effect with as much caffeine as a regular cup of coffee
- When should you take it?
 - One scoop, mixed with about 6 oz of water, 15 minutes before a workout. You can do another ½ scoop as a pick me up throughout the day to replace that cup of coffee as needed!



7.2 AFTERBURN (AFTER)

7.2.1 Afterburn Whey Protein

- 23G protein which is a complete protein source to help with muscle building and recovery.
- This product having a macro profile of 23G protein, 2G carbs, 2.5G fat.
- Certified GMO-free, Naturally gluten-free, Grass-fed and finished
 - Grass fed means the cow was grass fed its entire life. This is important because a lot of cows are fed hormones, steroids, corn, grains their whole life. Whatever our food consumes becomes part of our consumption as well.
- 6.9G of BCAAs to help preserve and build lean muscle
 - This product contains a significant amount of BCAAs—about ½ a male's daily needs and about 80% of a female's daily needs of BCAA in one serving.
 - 2 servings a day give you all the BCAA you need in a day in one product and cuts out the



7.2.2 Afterburn Plant Protein

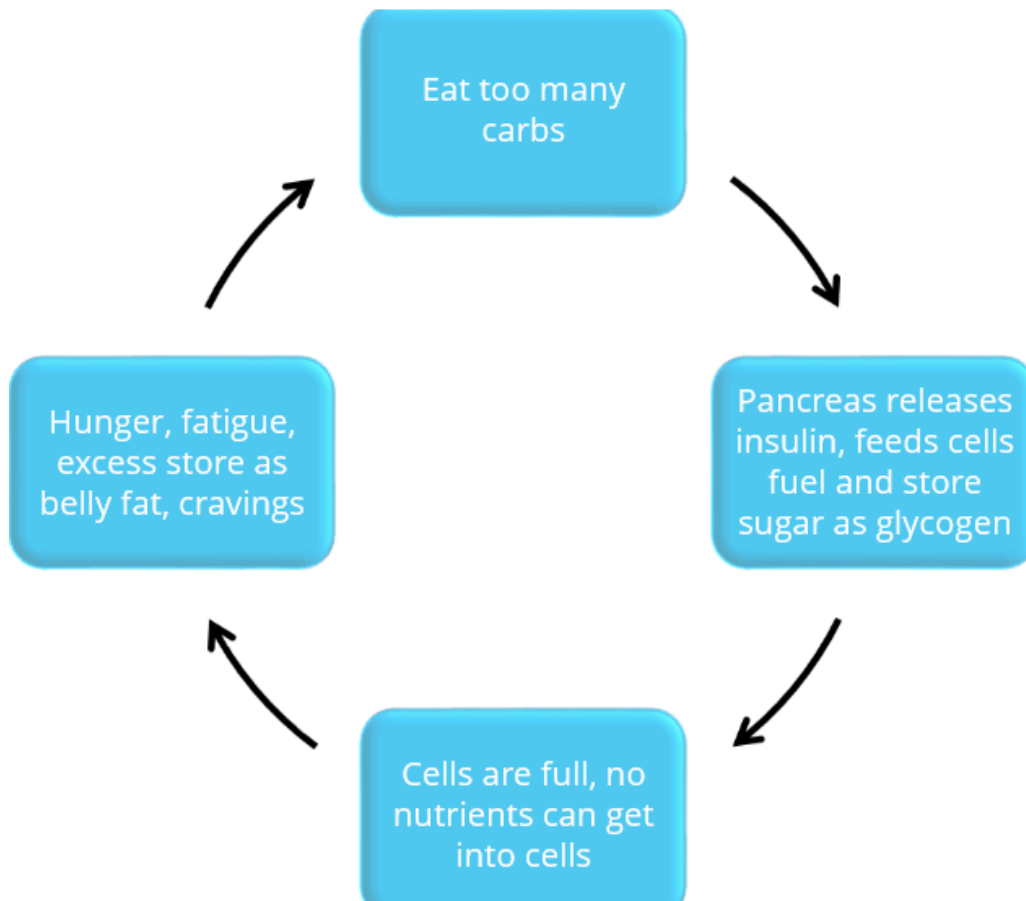
- Certified GMO-free
- Naturally gluten-free
 - This is perfect for our members who are lactose-intolerant, or have soy, gluten, or egg allergies, as it's naturally vegan, gluten-free, dairy-free and hypoallergenic.
 - This product also serves as an option for those that struggle to digest dairy products
- 5.3G of BCAAs to help preserve and build lean muscle
 - 28G of rich amino acids to boost muscle recovery and repair
- Ethically and sustainably sourced
 - Our plant protein is made of blend of plant proteins (pea, pumpkin seed, sunflower, and alfalfa) with no artificial flavors or preservatives. It is easily digestible and fast absorbing of fiber and contains essential amino acids your body does not produce so you must get from supplements.
- Has a very mild taste and palatable texture that blends easily into other foods and with other flavors



8.0 INSULIN REGULATION

8.1 INSULIN RESISTANCE

Of the three macronutrients-carbs, protein, and fat- carbs raise blood sugar and insulin levels the most. For this and other reasons, diets restricting refined carbohydrates can be very effective for losing weight and feeling great.



8.2 GLYCEMIC INDEX (CARB)

The glycemic index is simply a measurement of how quickly a carbohydrate food raises blood sugar compared to the same amount of glucose. Rapid increases in sugar will initiate the dominate insulin hormone to regulate blood sugar.

- Benchmark score of 50 (glucose)
- LOW GI = 55+
- MED GI = 56-69
- HIGH GI = 70+
- Recommended foods 55 or lower

Breakfast Cereal	
Low GI	
All-bran (UK/Aus)	30
All-bran (US)	50
Oat bran	50
Rolled Oats	51
Special K (UK/Aus)	54
Natural Muesli	40
Porridge	58
Medium GI	
Bran Buds	58
Mini Wheats	58
Nutrigrain	66
Shredded Wheat	67
Porridge Oats	63
Special K (US)	69
High GI	
Cornflakes	80
Sultana Bran	73
Branflakes	74
Coco Pops	77
Puffed Wheat	80
Oats in Honey Bake	77
Team	82
Total	76
Cheerios	74
Rice Krispies	82
Weetabix	74

Bread	
Low GI	
Soya and Linseed	36
Wholegrain Pumpernickel	46
Heavy Mixed Grain	45
Whole Wheat	49
Sourdough Rye	48
Sourdough Wheat	54
Medium GI	
Croissant	67
Hamburger bun	61
Pita, white	57
Wholemeal Rye	62
High GI	
White	71
Bagel	72
French Baguette	95

Snacks & Sweet Foods	
Low GI	
Slim-Fast meal replacement	27
Snickers Bar (high fat)	41
Nut & Seed Muesli Bar	49
Sponge Cake	46
Nutella	33
Milk Chocolate	42
Hummus	6
Peanuts	13
Walnuts	15
Cashew Nuts	25
Nuts and Raisins	21
Jam	51
Corn Chips	42
Oatmeal Crackers	55
Medium GI	
Ryvita	63
Digestives	59
Blueberry muffin	59
Honey	58
High GI	
Pretzels	83
Water Crackers	78
Rice cakes	87
Puffed Crispbread	81
Donuts	76
Scones	92
Maple flavoured syrup	68

Staples	
Low GI	
Wheat Pasta Shapes	54
New Potatoes	54
Meat Ravioli	39
Spaghetti	32
Tortellini (Cheese)	50
Egg Fettuccini	32
Brown Rice	50
Buckwheat	51
White long grain rice	50
Pearled Barley	22
Yam	35
Sweet Potatoes	48
Instant Noodles	47
Wheat tortilla	30
Medium GI	
Basmati Rice	58
Couscous	61
Cornmeal	68
Taco Shells	68
Gnocchi	68
Canned Potatoes	61
Chinese (Rice) Vermicelli	58
Baked Potatoes	60
Wild Rice	57
High GI	
Instant White Rice	87
Glutinous Rice	86
Short Grain White Rice	83
Tapioca	70
Fresh Mashed Potatoes	73
French Fries	75
Instant Mashed Potatoes	80

Fruits	
Low GI	
Cherries	22
Plums	24
Grapefruit	25
Peaches	28
Peach, canned in natural juice	30
Apples	34
Pears	41
Dried Apricots	32
Grapes	43
Coconut	45
Coconut Milk	41
Kiwi Fruit	47
Oranges	40
Strawberries	40
Prunes	29
Medium GI	
Mango	60
Sultanas	56
Bananas	58
Raisins	64
Papaya	60
Figs	61
Pineapple	66
High GI	
Watermelon	80
Dates	103

Legumes (Beans)	
Low GI	
Kidney Beans (canned)	52
Butter Beans	36
Chick Peas	42
Haricot/Navy Beans	31
Lentils, Red	21
Lentils, Green	30
Pinto Beans	45
Blackeyed Beans	50
Yellow Split Peas	32
Medium GI	
Beans in Tomato Sauce	56

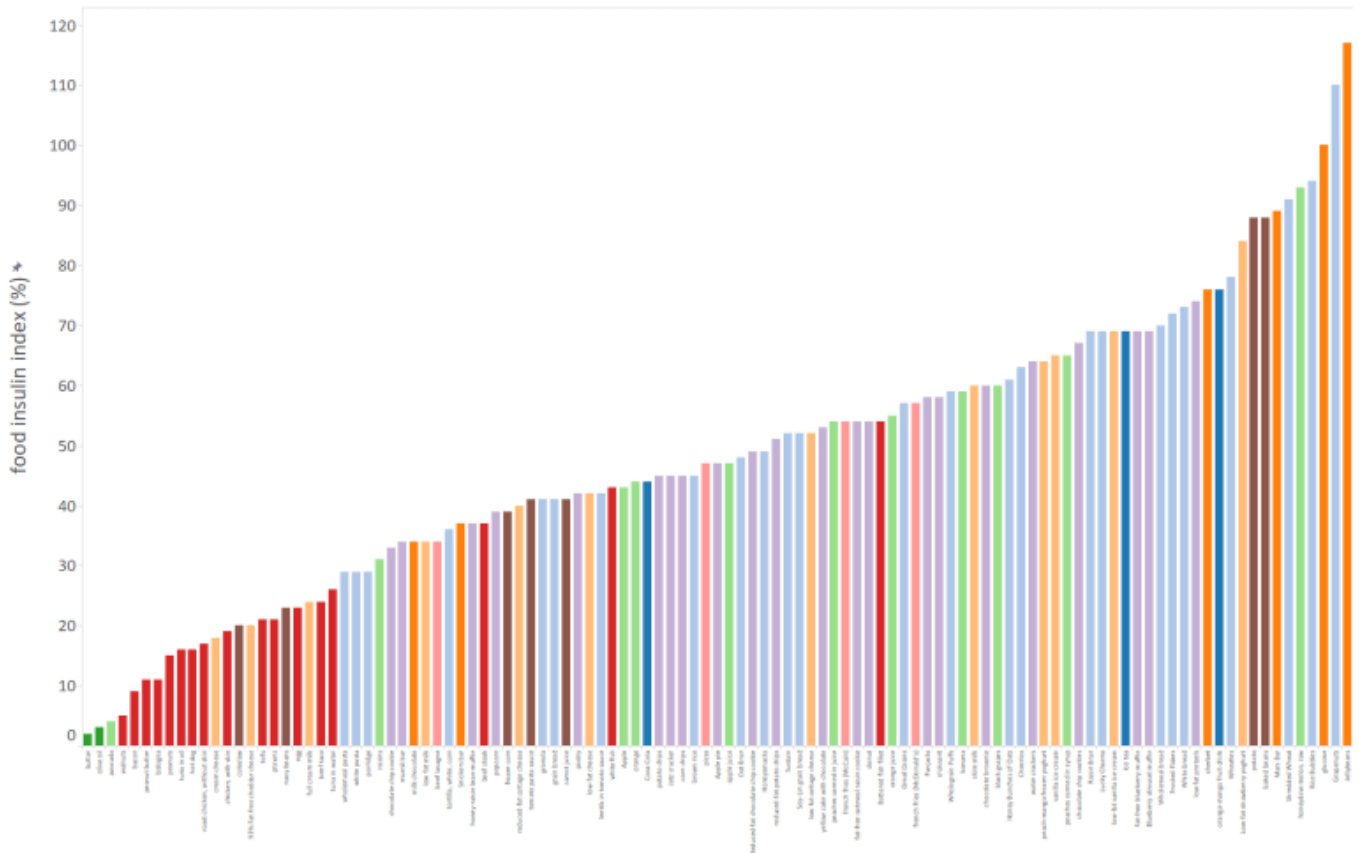
Vegetables	
Low GI	
Frozen Green Peas	39
Frozen Sweet Corn	47
Raw Carrots	16
Boiled Carrots	41
Eggplant/Aubergine	15
Broccoli	10
Caiflower	15
Cabbage	10
Mushrooms	10
Tomatoes	15
Chillies	10
Lettuce	10
Green Beans	15
Red Peppers	10
Onions	10
Medium GI	
Beetroot	64
High GI	
Pumkin	75
Parsnips	97

Dairy	
Low GI	
Whole milk	31
Skimmed milk	32
Chocolate milk	42
Sweetened yoghurt	33
Artificially Sweetened Yoghurt	23
Custard	35
Soy Milk	44
Medium GI	
Icecream	62

8.3 INSULIN INDEX (PROTEIN, FAT)

The insulin index measures blood levels of insulin after meals and includes protein and fats given they have so little effect on blood sugar. As it turns out, isolated protein (absent of other nutrients) has a harsher effect on insulin than avocados (fat). Fats are the most caloric – but the most harmonious with your body.

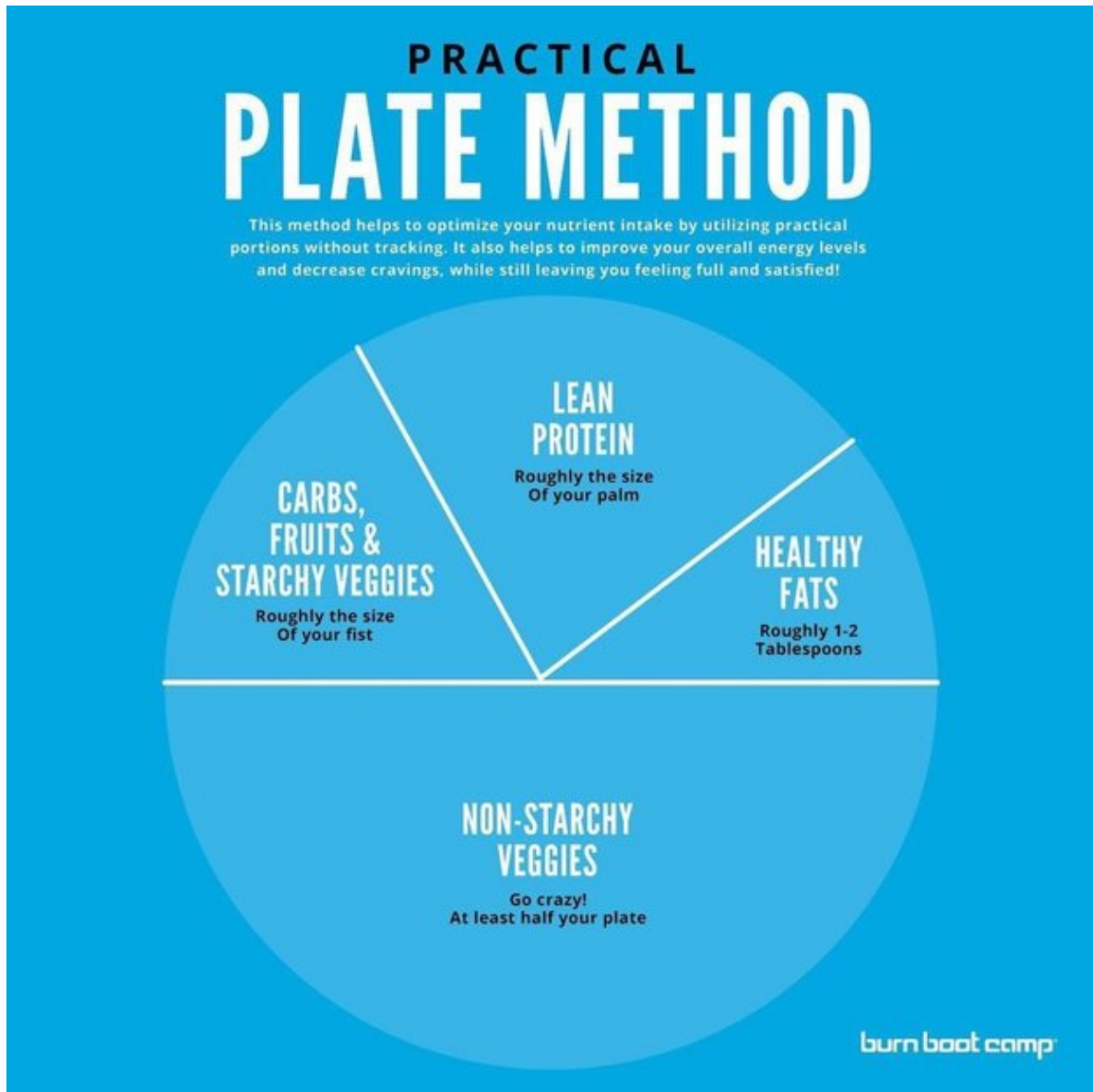
- Benchmark score of 100 for white bread
- Recommended to eat protein with fat



9.0 MACRONUTRIENT RATIOS

9.1 HOW DO I FILL MY PLATE?

Use this as a generic resource to portion your plates to bring your calories under control. After you control calories, work with your macronutrients to pair together the proper macronutrients to maximize your digestion while minimizing your insulin requirements.



9.2 WHAT SHOULD I DRINK?

Soda and sugar laced sweet teas are the downfall of so many. Avoid these two items at all costs and don't drink your calories! Here are the safe liquids to stick to and why...

12.0.1 Lemon Water - Reduces inflammation and cleanses the system – Drinking lemon water regularly decreases acidity in your body and removes uric acid from joints. It enhances enzyme function, stimulating your liver and activating bile flow, which helps emulsify and flush out fat soluble toxins

12.0.2 Coffee - Black coffee also reduces the inflammation level in the body. Black coffee is the powerhouse of antioxidants. Black coffee contains Vitamin B2, B3, B5, Manganese, potassium and magnesium. Drinking black coffee daily helps to reduce the risk of diabetes which in later age can lead to organ damage and heart diseases

12.0.3 Green Juice - Green Juice drenches your body in plant nutrients and chlorophyll (aka liquid sunshine.) Chlorophyll strengthens your immune system, helps control inflammation, increases red blood cell production, and helps enhance your cells' ability to carry oxygen.

12.0.4 Unsweetened Tea - Drinking unsweetened tea can be an effective strategy to help support a healthy heart. A significant amount of scientific evidence supports that drinking unsweetened green and black brewed tea every day, hot or iced, can help support a healthy heart

12.0.5 Supplements - Most of us simply do not get the daily nutrition we need from our food. Use supplements like Afterburn, Hydration, and Ignite to fill the gaps with your nutrition. A common product Burn Boot Camp doesn't offer that we recommend is a daily multivitamin.

9.3 WHAT SHOULD I ORDER OUT?

Don't sabotage your social life to be healthy! The two can exist simultaneously just by keeping these best practices in mind. For each of them, stay fully hydrated to reduce the urge to order food packed with calories that do not serve you...

13.0.1 Sit down restaurants – Messy salads are a staple. If you're going to drink – no refined carbohydrates, order a steak. Where most run into trouble here is eating and drinking alcohol. When alcohol is present, the body stores essentially all food as body fat. This is why you can wake up after a long weekend of drinking and eating to physically see your waistline bigger.

13.0.2 Fast food - Order grilled options instead of fried. Order salad options instead of burgers. Yes, even McDonald's has salads. Are they the best for you? No, but certainly better than the alternative. If you are a burger person, get in the habit of taking one slice of bread off. Starbucks Egg White Bites are usually one of the best readily available snacks you can eat on the road (again, far from perfect but far better than the alternative.)

13.0.3 Airport/Gas Station Travel – Mono-meals work well when you are traveling. Stock up on apples, bananas, or other fruit that is easy to travel with. Beef jerky

9.4 DO I HAVE TO BUY ORGANIC?

Don't waste your money buying all of your fruits and veggies organically. The Dirty Dozen and The Clean 15 are here to tell you what to buy and what not to buy. The foods on the left will have a soft, easily penetrable shell. The foods on the right will have hard shells that do not allow pesticides or chemicals to infiltrate easily. Buy the foods on the left organically and don't worry about organic on the right.

