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Welcome

**Finally...Proven Advice to Lose Unwanted
Weight, Build Sleek Tone Muscle, Transform Your
Body and Have Endless Energy in as Little as 4
Short Weeks**

Send before and after--- PICS -----PICS-----PICS-----PICS-----

CONGRATULATIONS! You are just a few quick steps from becoming the very next **SUCCESS STORY!**

Your Jump Start Nutrition Plan will make reaching your fitness goals and living healthy easier

You are going to be surprised at how easy this nutrition plan will fit into your daily busy lifestyle and how fast the pounds and inches will fly off as you build strong, sleek, lean muscle.

CERTIFIED **ADVENTURE** **BOOT CAMP**

This simple, easy to follow nutrition plan has helped hundreds of women lose unwanted weight, melt fat, lower blood pressure, lower cholesterol, have healthier younger looking skin and have more energy then ever before...and it WILL work for YOU too!

Hear me out on this. Remember we are breaking bad habits and creating healthy new ones. The first 20 days can be the hardest. It takes that long for you to loose your unhealthy sugar and fat cravings. It takes about 1 month to create or break a habit. I purposely created 18 super tips which is more than I normally would suggest. The reason why I included 18 tips is because some of these tips are going to stand out as things you really want to do and you will be successful at incorporating them immediately...some tips may be more challenging for you. If you gradually pick the tips that work the best for you...make them part of your habitual lifestyle....then add more as you go....you can continue to progress dramatically. If your really determined and can incorporate all of these tips then geat! If this is a huge change then even doing just half of these tips consistently on a daily basis may create amazing transformations.

The 18 Tips (Secrets to Getting Lean and Healthy)

Here are your simple tips for quick and easy permanent fat loss and a lean, toned body.

Tip #1 - 21 Day Mind Set – Don't cheat on your nutrition plan for 21 days. It takes the brain 21 days to reset itself and create a new habit. When you want to make a change don't tell yourself that you are doing it for life, tell yourself that you are going to try it for only 21 days. Now, when you have completed this for 21 days your conscious mind has the choice of stopping it or carrying on, or so it thinks. **Your neural pathways have formed already and you will more than likely continue with your new habit**, you will have seen the benefits along the way and your subconscious will want to continue if it has been beneficial.

Tip #2 - Be Prepared – *Most of the time women eat poorly because they did not bring food with them or did not prepare.*

Moms - Time is a precious commodity. Between taking the kids to school, dance or baseball practice, you can barely get a meal in here and there and when you do, it's usually leftovers from your kid's plate. Throw the leftovers away; don't feel obligated to eat it. Make sure when you get something to eat for your child get something for you to, don't say "I'll just eat what they didn't".

Ladies – The one major complaint is "I had nothing to eat so I grabbed a bag of chips, be prepared always carry something with you then you have no excuse. And if you're meeting the girls for an evening out, eat before your leave the house and take your snacks!

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Bring healthy snacks with you like apples and almonds (see snack section). If you can, bring some Tupperware containers or a cooler with healthy meals. Keep it simple. If you don't feel like bringing food then plan out some healthy restaurants or stores that you can eat at (see eating out section)

- ✓ Get a rice cooker and keep some long grain brown Basmati rice cooking on your counter. Also precook some chicken or fish. It will only take a few minutes to prepare 1 or 2 meals and grab a few snacks to bring with you.
- ✓ Take five minutes to plan out what you are going to eat the night before.

Tip # 3 - Keep a diary for at least one week – Write down everything you eat and drink. You have to write it down right before the food or drink is consumed. **By writing it down first, you will have a moment to stop and think if this decision is going to belly fat or pack it on.**

- ✓ Have someone agree to review your food journal everyday. Make an agreement that for each day you do not give them your journal, you owe them \$10.00 and every time you cheat you owe \$1.00. Doing this will help keep you accountable.

Tip # 4 - The Magical Glycemic Index - Not all carbohydrate foods are created equal, in fact they behave very differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small changes in our blood glucose and insulin levels - is the secret to long-term health reducing your risk of heart disease and diabetes and is **the key to sustainable weight loss.**

- ✓ Eat every 3 hours. This will keep your metabolism and energy on turbo mode **so the fat melts off.** This is also a great way to curb the kind of extreme hunger that will have you making the kind of bad choices you will quickly regret.

Tip # 5 – Eat Real Food to get lean – Stay away from poison- eeeh heem, I mean processed foods. The food companies strip out the good stuff like fiber and nutrients. What you have left is a food that has way more calories than normal. Plus the worst part is that they are highly glycemic which means our body treats it like sugar. The good news is once you cut out these processed foods for a couple of weeks you lose your cravings. I'm not saying to not have a life. I eat burgers, pizza or have a piece of cake from time to time.

- ✓ Watch out for foods and drinks that people think are "healthy" like bagels, pretzels and sports drinks like vitamin water. Consuming these is like eating table sugar.

Tip # 6 – Warning: artificially sweetened "sugar free" foods and drinks make you fat - Did you know that most foods labeled as "sugar free" or "low carb" actually contain fattening artificial sweeteners, sugar alcohols and other additives that create a hormonal disaster inside your body, actually causing your body to store more belly fat and increase cravings! Don't believe that

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drinking large amounts of DIE-T soda is ok, although drink small amounts have not shown do be very detrimental from studies I have personally read.

Tip # 7 - Eat Snacks Don't Be Starving – Use snacks and drinks (see snack section) that'll fill you up, and curb your cravings but wont add any significant extra calories. When you feel starved you'll crave foods that'll add unwanted body fat and feel really guilty.

- ✓ When you get a late night sweet tooth, try a delicious homemade Chai Tea. This is how I make it. Put two Yogi Mayan Cocoa Spice tea bags in a cup (I use a big 20oz ceramic cup) of boiling water. Add a tiny dash (it's very sweet) KAL brand Stevia. Let it steep for a few minutes then add a little no sugar added Silk Soy Milk.
- ✓ Cut up Cucumber, Jicama or celery. Munch away all you want!

Tip # 8 – 4 - 6 Small Meals a day –

Eat every 3-4 hours. Write it down in a food journal.

Tip #9 Eat a Portion of Complex Carbs

(grains/fiber), Protein, Fruits and/or Veggies

Tip #10 Remember To Eat Some Good Fats during the day -

(i.e., Avocado, raw almonds, salmon, walnuts....avoid trans fats and keep saturated fat under 10% of total calories)

Tip #11 Think of “fist, fist, palm” when it comes to portion sizes -

...a protein portion is about the size of your palm, a carb portion is the size of your fist (same for fruits and veggies)

Tip #12 Drink at least half of your body weight in ounces every day -

or at least 10 eight ounces glasses of water a day- at a minimum.

Tip #13 PLAN your grocery list before you go to the grocery store and don't go hungry!

Tip #14 Once a Week, give yourself permission to have a FREE meal and eat whatever you want!

Knock yourself out! Your body will let you know how it feels about the free meal after a while☺

Tip #15 I know I suggest not having any alcohol during this 4 week camp

some of you looked at me crossed eyed when you saw that on your release form. Hey, all I am suggesting is to let your body cleanse, clear itself of impurities...then you can add some things back in.....in moderation of course.

Tip #16 Get at least 8 hours (6 is pushing it) of sleep every night. Your body needs it!

This may be unrealistic for some people but take a couple days a week to get some extra rest.

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Tip #17 Since it is only a 4-week camp, we do prefer you to attend the full 5-day a week program for best results and overall work-out!

You can do it! If you cannot attend the full 5-day program, then try to work out at least 2 more days on your own (i.e., walk, bike, jog, yoga, etc). Those who take the full program yield the best results.

Tip #18 Do NOT give up! Do NOT hit the snooze button! DO believe in yourself!
DO make it to camp every day.....ladies, it's time to TAKE CARE OF YOU!

The MIABC Ultimate Women's Boot Camp Meal Plan™

Your MIABC Women's Jump Start Meal Plan™ is packed with Lean Muscle toning, Ab Defining, Belly Fat Busting Meals and snacks.

This is by far the easiest quickest "realistic" meal plan for toning` muscle and burning fat on the entire planet.

When we eat it's important to pair up are foods properly. Proteins, Carbohydrates, Fruits and Veggies are the categories that we're going to focus on.

I would like to see all my campers learn to eat 4 to 6 small meals daily. Eating this way evens out our blood sugar, so you don't have mood swings and binge eating. Our body needs to have even blood sugar throughout the day.

Here are 2 examples of a typical day of eating clean:

Congratulations in advance for being the next showcased success story!

3 HOUR EATING

BREAKFAST

Option 1 High Energy and Fiber Oatmeal

½ cup rolled oats (Dry)

1 scoop whey protein (I really like MRM Whey Protein – See shopping list)

12 almonds or 1 tsp olive or flax seed oil or fish oil

½ cup mixed organic frozen berries or a hand full of raisins

Dash of stevia and or cinnamon if desired to make sweeter

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Option 2 **Happy Scrambled Eggs**
4-6 oz Liquid Egg Whites (about 2-4 Large Eggs)
½ cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (6 oz) or 1 Slice Ezekiel Bread
½ Avocado or 1 oz shredded cheese or 1 tsp smart balance butter
(All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper

Option 3 **Chocolate Shake**
1 Scoop Whey Protein
16 oz of water, No Sugar Added Almond Milk, or No Sugar Added Soy Milk
1 Piece of Ezekiel Bread or Whole Wheat Bread or Ezekiel Cinnamon Raisin Bread
1 TBSP Peanut or Almond Butter or Smart Balance Butter

Option 4 You can select and option from the lunch or dinner choices

SNACK **Fruits and Nuts Munchies**
1 Apple, 1 Pear, 1 Orange, 1 Peach, or 2 cups Cherries,
1 Oz (about a the palm of your hand) Almonds, Peanuts, Cashews or any nuts preferably RAW
(For more choices see Complete list of snacks section)

LUNCH

Option 1 **Rice Bowl**
1 Chicken Breast (6oz) **OR** 98% Trader Joes Ground Beef (6oz) **OR** Salmon or Tuna (6oz)
½ Cup Brown Long Grain Basmati Rice **OR** 1 Red Potato (6oz)
1 TBSP Virgin Olive Oil **OR** ½ Avocado **OR** 1 TBSP Smart Balance Butter
(All You Can Eat Extras) Veggies, Black Pepper, Balsamic Vinegar and Salsa

Option 2 **Healthy Sandwich**
6oz Can Tuna (White in Water) **OR** Turkey Slices (6oz) **OR** Chicken Breast (6oz)
2 Slices Ezekiel Bread **OR** 2 Slices Whole Wheat Bread
½ Avocado **OR** 1 Slice Cheese
(All You Can Eat Extras) 1 TBSP Vegannaise or Organic Mayonnaise, Mustard, Lettuce
Or Veggies

Option 3 **Lite and Healthy Salad**
1 Chopped Chicken Breast (6oz) **OR** Salmon or Tuna (6oz) **OR** Extra Firm Tofu (6oz)
Green Leaf Lettuce and/or Spinach (As much as you want☺)
½ Avocado cubed and 1 Tbsp. Sunflower seeds
Dressing – Balsamic Vinegar with 1 Tsp, Virgin Olive Oil **OR** Spectrum Organic Vegan Caesar Dressing (Refer to Shopping List for more choices)
(All You Can Eat Extras) Veggies, Jicama, Cucumber, Shredded Carrots, Sprouts etc

Option 4 **Egg White Delight**
4- 6oz Liquid Egg Whites (about 2-4 Large Eggs)
½ cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (6 oz) or 1 Low Carb Tortilla
½ Avocado or 1 oz shredded cheese
(All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper

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Option 5 You can select any option from the breakfast and dinner choices

Snack **Dutch Chocolate Shake**
 1 Scoop Whey Protein (refer to shopping list)
 1 Cup Frozen Berries
 About 1 cup No Sugar Added Almond Milk (depending your personal preference)
 Blend and enjoy

Added Extras that I like (1/3 cup almonds, 1 Tbsp Flax Seeds, 1/8 cup dried shredded coconut, 1 Tbsp Raw Cocoa Nibs (See Shopping List)

(My suggestions – I use the Magic Bullet Blender, it's easy to clean and doesn't take up much space plus you can bring it to work)

(For more choices see Complete list of snacks section)

DINNER

Option 1 **Grilled To Perfection Chicken or Steak with Sautéed Vegetables**
 6 oz Grilled Chicken Breast or Steak (Sirloin or Round Tip)
 4 oz Baked (or micro waved) red potato, yam or sweet potato (with 1Tbsp Smart Balance Butter)
 Asparagus, Squash and Broccoli sautéed in extra 2 Tbsp virgin olive oil seasoned with Spike or Mrs. Dash

(All You Can Eat Extras) Any and all veggies and Pepper

Option 2 **Deliciously Baked From The Sea**
 Baked 6oz Salmon, Tuna, Ahi, Mahi Mahi, Halibut, Orange Roughy, or Tilapia
 ½ cup Steamed Brown Basmati Rice
 Small Salad – Mixed greens, ½ Avocado Cubed, Spectrum Caesar Dressing (see Shopping List)
 (any veggies you want)

Option 3 **Fill You Up Till Morning Chicken Soup**
 16 Oz Organic Broth (Chicken, Vegetable or Beef)
 6 Oz Chopped Chicken Breast **OR** Scrambled Egg Whites **OR** Extra Firm Tofu cubed
 1 cup Frozen Mixed Vegetables
 ½ Cup Brown Basmati Rice
 ½ Avocado Cubed
 Spices – Pepper, and Spike (if desired)

Suggestions Pre-Cook the Chicken or eggs. Also Pre-cook the brown Basmati Rice.

Directions – add the Chicken, Scrambled eggs or Tofu to the Broth in a medium pot.
 Next, Add the Brown Rice, Avocado and the Veggies (I just use Frozen)



Add spices and enjoy ☺

- Option 4** **Healthy Crunchy Chicken or Fish Tacos**
6 Oz Chopped Chicken Breast or fish (Baked or Grilled)
2-3 Corn Tortillas
½ Avocado **OR** 1oz Shredded cheese

All You Can Eat Extras – Shredded Lettuce, Salsa, Hot Sauce and veggies

Directions - Pour 2 Tbsp Virgin Olive Oil in Pan, then use paper towel to spread it around and wipe out the excess

Divide the ½ Avocado or 1 oz shredded cheese and spread it on the corn Tortillas.

Place Tortillas on heated pan

Put chopped chicken Breast or fish on the tortillas and take them out when the bottom of the tortilla gets slightly brown and crispy

Add Extras fold in half (like a taco) and crunch away ☺

- Option 5** **You can select any option from the breakfast and lunch choices**

OPTIONAL SNACK

- Option 1** **Sweet Tooth Chai Tea**
2 Teabags of Yogi Mayan Cocoa Spice Tea
12-16oz No Sugar Added Almond Milk
Dash of Stevia

Directions- Boil Almond milk in Micro-wave or on the stove.
Put in 2 Teabags of Yogi Mayan Cocoa Spice Tea
Add tiny dash of stevia (very sweet)
Enjoy this filling sweet tooth busting, virtually no calorie treat

- Option 2** **Mouth Watering Cucumber Jicama Snack**
Peel and chop cucumber
Peel and chop Jicama
Chop up and enjoy

All you can eat extras – Lemon, salsa, pepper, balsamic vinegar



EXAMPLE 2:

3 HOUR EATING

Morning:

3 egg whites (protein)

¼ to ½ cup of oatmeal (carbs)

You can add all natural organic sugar to your oatmeal if you need a little sweetness or some apple and cinnamon if you would like. If you don't like eggs, have some turkey sausage (2 pieces) or just a scoop of protein powder.

(Before you come to boot camp try to give yourself some time in the morning. I am up at 4am so I can BREAK-FAST...yes break my fast and have something small. You don't need a big meal in the morning. Personally, every single morning I have a either a Jay Robb Whey strawberry protein shake or Isagenix meal replacement shake w/banana, water/some fat free milk, frozen berries. You can get the Isagenix shakes on our website.)

Snack: (Within 3 hours of each other)

½ apple (carb) and string cheese (protein)

Or you can have cottage cheese with a small piece of fruit

Lunch: (Within 3 hours)

Chicken breast

½ cup of brown rice

steamed veggies

Or

Turkey sandwich on whole wheat no mayo, loaded with veggies

Or

large salad with egg or lean meat

Snack: (Within 3 hours)

Protein shake and 10 almonds

This is the time of day that you don't need as much carbs. Carbs give us energy so in the morning we need more as it gets later in the day we don't need as much. So have a snack that has more protein and less carbs, that's why the bars are good for this time of day.

Dinner: (Within 3 hours)

Lean meat

½ of yam

or

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½ cup of brown rice and a dinner salad, have your dressing on the side, use clear dressings and dip your lettuce in it don't pour it all over because you don't need that much, 2 tbl. is enough.

After dinner, if you need a desert have a serving of Jell-O, the pre packed singles are great. You can put a dollop of fat free cool whip on it. Or try the sugar free puddings with cool whip they're just as good. OR try some strawberries with the fat free cool whip.

This is just a suggested day; make good choices, lean meats fresh veggies. All I want you all to do is eat clean. No fried foods, try not to use butter and oils too much, if you need oil use olive oil (or other healthy oils) sparingly. Give yourself a cheat meal (one a week)... then you won't feel like you can't have a burger or pizza because you can, in moderation. Stick with whole grains and fresh meats and veggies!!! I gave you a list of Carbs, Proteins, Fruits and Veggies. Use your list and create clean meals and healthy snacks

You all can do it!!!!

Complete List Of Snacks

Fat Burning Fruits (recommended with hand full of nuts for synergistic fat burning result)

**Apples
Oranges
Cherries 2 cups
Grapefruit
Apricots
Pears
Peaches
Plums
Grapes 1 cup**

Nuts

(I avoid peanuts because of some research that suggests negative health effects)

**Raw almonds
Raw Cashews
Raw Sunflower Seed
Raw Walnuts
Raw Brazilian Nuts**

Veggies

**Celery (all you can eat)
Celery with 1 Tbsp Raw, no salt added almond butter
Cucumber (all you can eat)**



Cucumber with 3 Tbsp Hummus

Carrots

Carrots with spectrum organic Caesar dressing

Steamed Broccoli with spectrum organic Caesar dressing

Jicama (All you can eat)

Jicama with squeezed lemon or lime and cayenne pepper

Baked Blue Corn Chips (a hand full – not the whole bag!!!) with salsa and/or guacamole

Cottage Cheese – 1 cup Non Fat

Cottage Cheese with sliced apples – ½ cup non fat or 2% low fat Cottage Cheese, 1 Small Apple

Cottage Cheese with Peaches – ½ cup Cottage Cheese, 1 small peach (fresh not canned)

String Cheese – 1 stick

Yogurt – Plain, non fat – 8oz

Yogurt with blueberries – 8 oz Plain, non fat yogurt, ½ cup blueberries

Yogurt with peaches - 8 oz Plain, non fat yogurt, 1 small sliced peach

Yogurt with nuts – 8 oz fat free plain yogurt, hand full of nuts (about 15)

Low Carb Tortilla with hummus – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp hummus

Low Carb Tortilla with Peanut Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp peanut butter

Low Carb Tortilla with Almond Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp almond butter

Low Carb Tortilla with Butter – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp smart balance butter

Low Carb Tortilla with salsa and avocado – 1 La Tortilla Factory Low Carb Tortilla, with salsa, 1/3 avocado

Corn Tortilla with salsa and avocado – 1 corn tortilla with salsa, 1/3 avocado

Protein Shake – 1 scoop whey protein, 16 oz no sugar added almond milk

Cucumber Tuna Boat

Peel cucumber,

Cut in half lengthwise

Scoop out seeds

Fill with canned whit tuna fish in water that has been mixed with Vegannaise (YUM ☺)

Sweet Tooth Chai Tea

2 Teabags of Yogi Mayan Cocoa Spice Tea

12-16oz No Sugar Added Almond Milk

Dash of Stevia

Mouth Watering Cucumber Jicama Snack

Peel and chop cucumber

Peel and chop Jicama

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Chop up and enjoy

Shopping list

I have created a complete shopping list to make going to the market easy for you. I have also added the stores that I personally shop at to buy these items for your convenience.

Nuts & Seeds

- | | |
|---------------------|---|
| Raw Brazilian Nuts | - Plum Market or Whole Foods Bulk section |
| Raw Walnuts | - Plum Market or Whole Foods Bulk section |
| Raw Peanuts | - Plum Market or Whole Foods Bulk section |
| Raw Sunflower Seeds | - Plum Market or Whole Foods Bulk section |
| Raw Cashews | - Plum Market or Whole Foods Bulk section |
| Raw Almonds | - Plum Market or Whole Foods Bulk section |
| Flax Seeds | - Plum Market or Whole Foods Bulk section |

Oils

- | | |
|------------------------|--|
| Flax Seed Oil | - Barlens Brand - Plum Market, Whole Foods/Trader Joes |
| Fish Oil | - Carlson Brand – Plum Market, Whole Foods/Trader Joes |
| Extra Virgin Olive Oil | - Plum Market, Whole Foods/Trader Joes |

Herbs & Spices

- | | |
|----------------|--|
| Stevia | – Plum Market, Whole Foods/Trader Joes |
| Cinnamon | – Plum Market, Whole Foods/Trader Joes |
| Black Pepper | – Plum Market, Whole Foods/Trader Joes |
| Cayenne Pepper | – Plum Market, Whole Foods/Trader Joes |
| Spike | - Plum Market, Whole Foods/Trader Joes |
| Mrs. Dash | - Kroger |

Dairy

- | | |
|-------------------|--|
| Liquid Egg Whites | - Eggology or All Whites – Most Stores (not egg beaters) |
| Shredded Cheese | |
| Sliced Cheese | - Trader Joes |
| Cottage Cheese | - Horizon Organic Lowfat 2% - Trader Joes |
| String Cheese | - Horizon Organic Lowfat – Trader Joes |
| Yogurt | - Organic plain, fat free – Trader Joes |

Grains & Bread

- | | |
|---|--|
| Rolled Oats (Oatmeal) | -Whole Foods bulk section |
| Brown Long Grain Basmati Rice | -Whole Foods, Plum Market Bulk Section |
| Ezekiel Bread(refrigerate immediately) | - Trader Joes |
| Ezekiel Cinnamon Raisin Bread (refrigerate immediately) | – Trader Joes |

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Whole Wheat Bread

-Orowheat 100% Whole Wheat Light, Milton's Whole Grain Plus
 Trader Joes 100% Whole Wheat Bread

Vegetables

Red Potato

Avocado

Green Lettuce

- Whole Foods/Trader Joes/Plum Market

Spinach

- Whole Foods/Plum Market/Trader Joes

Celery

Jicama

- Whole Foods /Trader Joe's/Plum Market

Cucumber

- Whole Foods /Trader Joes/Plum Market

Carrots

- Whole Foods /Whole Foods/Plum Market

Shredded Carrots

- Whole Foods /Trader Joes/Plum Market

Sprouts

- Whole Foods /Trader Joes/Plum Market

Broccoli

- Whole Foods/ Trader Joes? Plum Market

Yam

- Whole Foods /Whole Foods/Plum Market

Sweet Potato

- Whole Foods /Plum Market/Whole Foods

Asparagus

- Whole Foods /Trader Joes/Plum market

Frozen Mixed Vegetables

- Whole Foods /Plum Market/Trader Joes

Mixed Green Salad

- Whole Foods /Trader Joes/Plum Market

Condiments & Dressings

Salsa

Hot Sauce

Balsamic Vinegar

- Whole Foods /Trader Joes/Plum Market

Vegannaise

- Whole Foods /Trader Joes/Plum Market

Organic Mayonnaise

- Whole Foods /Trader Joes/Plum Market

Mustard

- Whole Foods /Trader Joes/Plum Market Henry's/Trader Joes

Caesar Dressing

- Spectrum Organic – Whole Foods /Trader Joes/Plum Market

Raw No Salt Peanut Butter

- Whole Foods /Trader Joes/Plum Market

Raw No Salt Almond Butter

- Whole Foods /Trader Joes/Plum Market

Smart Balance Butter

- Whole Foods /Trader Joes/Plum Market



Fruits

Apple

Blueberries

Pear

Orange

Peach

Cherries (fresh unsweetened)

Grapefruit

Apricots

Plums

Grapes

Organic Frozen Berries - Mother's Market/Henry's/Trader Joes

Meats

Chicken Breast (I use free range organic) - Plum Market/Whole Foods/Trader Joes

98% Lean Ground Beef - Trader Joes/Plum Market/Whole Foods

Turkey Slices - Whole Foods/Plum Market/Trader Joes

Sirloin Steak - Whole Foods/Plum Market /Trader Joes

Round Tip Steak - Whole Foods/Plum Market /Trader Joes

Seafood

Ahi (ocean caught not farm raised) - Henry's/Trader Joes

Mahi Mahi (ocean caught not farm raised – Henry's/Trader Joes

Halibut (ocean caught not farm raised) - Henry's/Trader Joes

Orange Roughy (ocean caught not farm raised) – Henry's/Trader Joes

Tilapia (ocean caught not farm raised) - Henry's/Trader Joes

Salmon (ocean caught not farm raised) - Henry's/Trader Joes

Tuna - Henry's/Trader Joes

Canned White Tuna in Water - Trader Joes/Henry's

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Miscellaneous

| | |
|--------------------------------------|--|
| Extra Firm Tofu | - Mother's Market/Henry's/Trader Joes |
| Dried Shredded Coconut | - No Sugar Added – Mother's Market |
| Raw Coco Nibs | - Mother's Market |
| Corn Tortillas | - La Fe Tortilleria or Trader Joes Brand – Mother's Market/Henry's/Trader Joes |
| Tortillas | - La Tortilla Factory Low Carb Mother's Market/Henry's/Trader Joes |
| Corn Tortilla Chips | - Baked Blue Corn Chips – Mother's Market/Henry's/Trader Joes |
| Organic Chicken Broth (low sodium) | - Mother's Market/Henry's/Trader Joes |
| Organic Vegetable Broth (low sodium) | - Mother's Market/Henry's/Trader Joes |
| Organic Beef Broth (low sodium) | - Mother's Market/Henry's/Trader Joes |
| No Sugar Added Almond | -Blue Diamond Almond Milk-Mother's Market/Henry's/Trader Joes |
| Tea | - Yogi –Mayan Coco Spice – Mother's Market/Henry's – Green Tea Mint Garden - Green Tea Super Antioxidant - Green Tea Energy - Echinacea Immune Support |

Supplements

| | |
|------------------------------------|---|
| Glucosamine and <i>Chondroitin</i> | -Now Brand extra strength (mother's Market/Henry's |
| Calcium | - Should have anywhere from 1500 to 2000 mg a day |
| Centrum | |
| Pomegranate concentrate | -Pomegranate brand Mother's Market, Henry's |
| Coenzyme Q10 | 100 ml Mother's Market, Henry's, Trader Joe's |
| Whey Protein | I use Jay Robb Whey Protein– It's relatively inexpensive, 100% all natural, no artificial sweeteners or flavors and there is 1000mg of L-Glutamine added per serving (to increase recovery time after workouts) |



30 Day Cleanse and Detox as well as Meal Replacement Protein Shakes and other health products can be found on the website under the Product Page or you can go to:

www.DavidKrainiak.Isagenix.com

Local Stores To Shop At

Trader Joes – I visit this store the most. It also has a big selection of organic fruits and veggies and is usually the cheapest in price.

3044 Walton Boulevard, Rochester Hills - (248) 375-2190

20490 Haggerty Road, Livonia, MI - (734) 464-3675

2398 East Stadium Boulevard, Ann Arbor, MI - (734) 975-2455

Whole Foods-

7350 Orchard Lake Rd, West Bloomfield, Michigan 48322 Phone -248.538.4600

3135 Washtenaw Ave Ann Arbor, Michigan 48104 Phone: 734.975.4500

2918 Walton Blvd Rochester Hills, Michigan 48309

2880 West Maple Rd Troy, Michigan 48084

Plum Market-

Old Orchard Plaza, 6565 Orchard Lake Rd. West Bloomfield, MI 48322, Contact 248.626.7000

Bloomfield Commons Plaza, 3675 West Maple Road, Bloomfield Twp, MI 48301, Contact 248.594.2555

Maple Village Plaza, 375 North Maple Road, Ann Arbor, MI 48103, Contact 734.827.5000

Krogers

Krogers does sell a lot more organic now and is trying to sell better quality food. I recommend The Krogers on Orchard Lake north of 16 mile. They have a huge fruit and vegetable area.

Hiller's Market



Hiller's Market is also a pretty good choice. They also have a large selection of organic fruits and vegetables.

What to get if you go out to eat

If you eat out here are some tips:

Eat before you go out so you are not starving.

Ask for no bread or tortillas chips, when they bring it to the table have them take it back or if that's not possible then just don't eat it.

Look at the menu closely and ask your server what comes with your meal. If there are tempting items that you don't want to eat, request for the server to leave them off.

Some restaurants are now getting savvy with a health conscious section on the menu; keep a look out when you are looking through a menu.

Drink water or tea (unsweetened)

Stop eating when you're full. Let the server take your plate so you don't keep stuffing yourself (sometimes being dehydrated will make you hungry)

No dessert – Eating something that has truckloads of sugar, fat and calories after you just ate a complete meal is a ridiculous tradition. Let's put an end to this madness!

Restaurants

Regardless of any restaurant you choose there is always an option to grill or bake, just ask your server.

-Order grilled or baked chicken breast, fish or steak. Ask for steamed vegetables and/or vegetable soup.

—
SPECIFY – no butter, no oil.

Only order what you intend to eat.

There are a lot of restaurants to choose from, keep these tips in mind when selecting a place:

Mexican

The majority of Mexican restaurants serve chips and salsa when you sit down, don't get out of control with it, send it back so you don't stuff yourself with it before your meal arrives.

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- Order two to three grilled chicken or fish tacos on corn tortillas. You can add salsa, hot sauce, guacamole and a little cheese
- Try ceviche(fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant) or a tostada salad, leave out the dressing and use salsa instead

Sushi

Avoid the tempura and anything else that's deep fried, the majority of rolls come with rice ask your server to leave it out.

- Order Sashimi (no rice),
- Edamame,
- Hand rolls with no rice (they're pretty good), I like salmon and tuna, you can also ask for vegetable
- Sashimi Salad
- Miso soup
- Ask for low sodium soy sauce

Italian

Beware of the bread, have the waiter take it away. Now-a-days a lot of Italian restaurants have a healthy or low carb section in their menus.

- Order high fiber low carb pasta with chicken or fish and marinara or tomato sauce.
- You can also order a grilled chicken salad with Italian or balsamic vinegar dressing,

Fast Food – This is definitely the least desirable choice when getting healthy and lean. There are quite a bit of choices on every corner but these are my top 3 suggestions of places to eat if you really don't have a lot of time:

Baja Fresh – Your choice of chicken, fish (not fried), steak tacos. Make sure they are in corn tortillas with salsa, you can also have guacamole. Make sure you don't eat the tortilla chips that usually come with it.

Rubio's – They have great healthy Chicken, fish and meat tacos and burritos. Make sure you don't eat the tortillas chips that usually come with it.



Pollo Loco – Order the chicken breast but remove the skin, corn tortillas, steamed veggies and salsa

Charo Chicken – Order Chicken breast but remove the skin, corn tortillas

Greek or Middle Eastern Restaurants - Chicken Kabob with brown rice or even no rice.

Resources

www.calorieking.com - I use this website to find out the calories, carbs, fat, protein etc. of hundreds of thousands of foods. It easy to use and its FREE!

www.glycemicindex.com – This website has tons of information of how the glycemic index is related to getting rid of excess body fat and being healthy.

A simple formula for a BALANCED MEAL:

Below is a simple chart that uses the idea “select most often” (unless noted as moderately) from my colleague Christopher R. Mohr, PhD, RD. This a good chart for a clean "balanced meal". Pick one item from the Protein column, one from the Carbs/Grains column, one from the Veggie and/or Fruit column. Watch your portion sizes! See chart on second page for portion size suggestions.

Think '*variety of colors*' with fruits and veggies:

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| Proteins | Carbs/Grains | Vegetables | Fruits |
|--|---|----------------------|------------------------|
| Beans | Amaranth | Corn | Cherries |
| Chicken Breast (without skin) | Barley | Peas | Grapefruit |
| Crab | Beans | Cucumber | Apricots, dried |
| Egg Whites or Egg Substitute | Brown Rice | Celery | Fresh Pear |
| Whole Eggs (<i>moderately</i>) | Buckwheat | Broccoli | Apple |
| Flounder | Bulgar (cracked wheat) | Tomato | Plum |
| Halibut | Millet | Bell Pepper | Fresh Peach |
| Low-fat luncheon meats | Oatmeal | Lettuce | Orange |
| Low or non-fat cottage cheese | Quinoa | Zucchini | Strawberries |
| Low or non-fat milk | Sorghum | Artichoke | Grapes |
| Low or non-fat yogurt | Triticale | Asparagus | Kiwi |
| Salmon | Wheat berries | Onions | Mango |
| Snapper (red or blue) | Whole Rye | Mushrooms | Fresh Apricots |
| Soy Milk | Whole Wheat Crackers | Cabbage | Papaya |
| Tilapia | Whole Wheat Pasta | Squash | Pineapple |
| Tofu | Whole Wheat Tortillas | Green beans | Blueberries |
| Tuna (steaks/ canned in water) | Wild Rice | Spinach | Raspberries |
| Turkey Breast (without skin) | Corn/Flour Tortillas (<i>moderately</i>) | Carrots-limit | Black berries |
| Lean cuts beef/pork (<i>moderately</i>) | Pretzels (<i>moderately</i>) | Potatoes/red | Pear |
| | [Good cereals: All Bran, Kashi 7 | potatoes | |
| | Whole Grain, Kashi Go Lean, | | |
| | Raisin Bran, Trader Joe's | | |
| Natural peanut butter (<i>moderately</i>) | Shredded Wickets, Cheerios] | | Small Banana |

(This chart is a sample of foods to 'select most often', this is not a complete list of all food choices).

*Watch sugar content in foods, 12 grams per serving and under is suggested.
 *Sugar substitutes not recommended, regular raw sugar in moderation is better.
 *Limit salt intake and try Sea Salt as an alternative (tastes the same)
 *Remember to get fiber in your daily food intake. Not only good for you, but helps you feel full. For women, the recommended daily fiber intake is 25 grams. Look for foods (i.e., cereal, bread) with at least

grams of fiber per serving.

For dairy options, try soy milk or rice milk.

Fats to add in moderation: raw almonds and walnuts, avocado, flax seeds or oil, fish oil, olive oil, sunflower oil, butter ok in moderation (watch out for trans fats)

Reducing (sodium, sugar, fat free options...if at restaurant, ask for it on the side)

Most fruits and vegetables also count as carbs.

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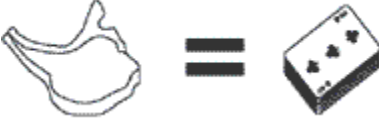

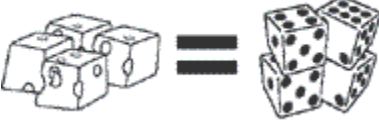



PORTION SIZES

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Food portion sizes

Portion sizes are important for staying a healthy weight.

When a food scale or measuring cups aren't handy, you can still estimate your portions by using this chart.

| | |
|--|--|
|  | <p>Three ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.</p> |
|  | <p>A medium apple or peach is about the size of a tennis ball.</p> |
|  | <p>One ounce of cheese is about the size of four stacked dice.</p> |
|  | <p>One-half cup of ice cream is about the size of a racquetball or tennis ball.</p> |
|  | <p>One cup of mashed potatoes or broccoli is about the size of your fist.</p> |
|  | <p>One teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p> |



What if I have questions?

I have painstakingly spent over 15 years learning and several hours creating The MIABC Ultimate Women's Boot Camp Meal Plan™ for you to benefit from.

The MIABC Ultimate Women's Boot Camp Meal Plan™ has helped hundreds of women quickly and easily lose belly fat, gain lean muscle and have endless energy.

I'll have you know that I am PERSONALLY dedicated to seeing to it that you achieve your health and fitness goals NO MATTER WHAT! All of our Boot Camp Coaches are extremely dedicated as well.

Here is my PERSONAL email to your direct nutritional support hotline
Nutrition@MIBootCamps.com (You can also ask your boot camp coaches for help)

Please email me with any questions or comments that you have.

Dedicated to Your Health And Fitness (NO MATTER WHAT!)

David Krainiak
Founder/Fitness Director
Michigan's Adventure Boot Camp
David K Enterprises Inc.



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