

FIT BODY BOOT CAMP

FOOD LIST WITH MACRONUTRIENT BREAKDOWN

Protein Sources	g (grams) of Protein	Measurement
Lean Steak	8.5	1 oz
Lean Ground Beef ≥96%	6	1 oz
Lean Ground Turkey ≥97%	6.5	1 oz
Pork Tenderloin	8	1 oz
Chicken Breast	8	1 oz
Nitrate Free Deli Meat (e.g. Boar's Head Chicken)	6.5	1 oz
Lamb	5	1 oz
Venison	8.4	1 oz
Salmon	5.5	1 oz
Tuna	6.5	1 oz
Tilapia	7.5	1 oz
Shrimp	7	1 oz
Egg Whites (from whole egg)	3.6	1 egg
Egg Whites (pourable)	5	46g or 3 TBSP
Plain Greek Yogurt	22	1 cup
Cottage Cheese	26	1 cup
Thorne Protein Powder	21	1 scoop
Diet Doc Protein Powder	28	1 scoop
BioTrust Protein Powder	12	1 scoop
VegaSport	30	1 scoop

Alternative Protein Powders MUST contain 20-30g of Protein and ≤5g of Carbs per serving to be counted as a direct source of Protein (the fewer the ingredients the better).

** We recommend keeping dairy to 1 serving a day for protein choices. This includes*

Protein & Fat	g Protein	g of Fat	Measurement
*Any of the meats above under the percentages; count both. Ex: 93% Beef, 90% Turkey, etc.			
Whole Egg, Large Egg	6	5	1 Egg
Chicken Sausage (Varies by type/size)	Read Label	Read Label	Read package
Turkey Sausage/Bacon (Varies by type/size)	Read Label	Read Label	Read Package

cottage cheese, and Greek yogurt (must be plain or it contains too much sugar, and you will have to count the carbs). Lactose can cause an inflammatory response even if we are not

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*lactose intolerant. Many of us are very lactose sensitive and do not even realize it. Please stay away from drinking regular milk while on our program. If you insist on having milk, it will count as a carb source. **Keep it to 1 serving of dairy from a fat source as well!** This includes heavy cream and cheese (not almond/cashew/coconut milk). In summary, **only 2 servings of dairy a day for best results** (1 from protein sources and 1 from fat sources). A common question is: Will it hurt me if I do 3 a day? Answer: Every once in a while it's okay, just not on a daily basis.*

Fat Sources	g of Fat	Measurement
Extra Virgin Coconut Oil	14	1 TBSP
Extra Virgin Olive Oil	14	1 TBSP
Macadamia Nut Oil	14	1 TBSP
Flaxseed Oil	14	1 TBSP
Safflower Oil	14	1 TBSP
Grape seed Oil	14	1 TBSP
Avocado	4	1 oz
Raw or Natural Cheese	9	1 oz
Butter	10	1 TBSP
Heavy Cream	5.5	1 TBSP
All Natural Butters *only ingredients allowed are the type of nut and salt	8	1 TBSP
Walnuts	18.5	
Raw Pecans	20	1 oz
Raw Almonds	14	1 oz
Raw Cashews	12	1 oz
Raw Brazil Nuts	19	1 oz
Shelled Pistachios	14	1 oz
Raw Pumpkin Seeds	13	1 oz
Raw Sunflower Seeds	17	1 oz
Unsalted Peanuts	14	1 oz
Ground Flax Seeds	3.5	1 TBSP
Chia Seeds	5	1 TBSP
Almond Meal Flour	14	1/4 cup
Unsweetened Almond, Cashew, Coconut Milk	2.5	1 cup

***Raw cheese** has been made with unpasteurized milk. It contains healthy bacteria which: 1) help fight infection and 2) aid in digestion. Also, it contains a higher percentage of vitamins, which are typically lost through the pasteurization process due to high heat. (It is typically found near the deli section with the specialty cheeses.)

Free Veggies	g of Carbs	Measurement
Spinach (or any leafy greens; darker=better)	FREE	*All of these veggies are packed with
Broccoli	FREE	

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Carbohydrate Sources	g of Carbs	g of Fat	g of Protein	Measurement
Cabbage	FREE		fiber, low in calories, carbs, and natural sugars. Load up with 6 servings a day (1 cup chopped, 2 cups leafy).	
Cauliflower	FREE			
Asparagus	FREE			
Kale	FREE			
Cucumbers	FREE			
Celery	FREE			
Mushrooms	FREE			
Eggplant	FREE			
Zucchini	FREE			
Yellow Squash	FREE			
Jalapenos	FREE			
Red/Yellow/Green Pepper	FREE			
Sauerkraut	FREE			
Okra	FREE			
Dill Pickle (No sugar added)	FREE			
Ginger Root	FREE			

Starch= ★

Carbohydrate Sources	g of Carbs	Measurement
Onions	16	1 cup
Artichokes	14	1 medium globe
Green Beans	10	1 cup
★Russet Potato (white)	5	1 oz
★Red Skin Potatoes	5	1 oz
★Sweet Potatoes	6	1 oz
★Corn	30	1cup
Brussels Sprouts	2.5	1 oz
Carrots	2.5	1 oz
Tomatoes	1	1 oz
Edamame	12	3/4 cup
Leeks	13	1 cup
Radishes	4	1 cup
Water chestnuts	15	1/2 cup
Sugar Snap Peas	2.3	1 oz
Cooked Spaghetti Squash	2	1 oz
★Cooked Pumpkin	1.5	1 oz

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★Cooked Acorn Squash	15		1 cup
★Cooked Butternut Squash	16		1 cup
★Cooked Parsnips	5		1 oz
Strawberries	2.2		1 oz
Blueberries	4.1		1 oz
Kiwi	4		1 oz
Grapefruit	10		1/2 medium
Raspberries	3.4		1 oz
Navel Orange	18		1 medium
Apple	19		1 medium
Banana	27		1 medium
Cantaloupe	2.3		1 oz
Honeydew Melon	2.6		1 oz
Watermelon	2.1		1 oz
Peach	9		1 medium
Mango	3.4		1 oz
Grapes	5		1 oz
Pear	26		1 medium
Pineapple	3.6		1 oz
Sweet Cherries	5		1 oz
Lemon or Lime	1		1 wedge
★Black Beans (cooked)	38		1 cup
★Pinto Beans (cooked)	33		1 cup
★Kidney Bean (cooked)	40		1 cup
★Lima Beans (cooked)	36		1 cup
★Quinoa (Cooked)	42		1 cup
★Ezekiel Bread (read label)	15		1 slice
★Old Fashioned Oatmeal (dry)	27		1/2 cup
★Oat Flour	26		1/3 cup
★Steel Cut Oats (dry)	27		1/4 cup
★Brown Rice (cooked)	45		1 cup
★Basmati Rice (cooked)	40		1 cup
Powdered Peanut Butter (no sugar in the ingredient list)	5		2 TBSP
★Quest Bar	Read Label (Count Protein, Carbs, and Fat)		1 bar
★Combat Bar	Read Label (Count Protein, Carbs, and Fat)		1 bar
★Think Thin High Protein Bar	Read Label (Count Protein, Carbs, and Fat)		1 bar
★FitJoy Bar	Read Label (Count Protein, Carbs, and Fat)		1 bar

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Acceptable Dressings/Sauces/Seasonings:	Drinks
*Most marinades and flavoring packets are loaded with sugar. Read labels carefully. Every item below is "FREE" unless otherwise specified.	Black Coffee
	LaCroix Water
	Unsweet. Black Tea
Salt (Sea Salt is preferred)	Unsweet. Green Tea
Pepper	Water
Stevia	Amino Acids
Cinnamon	Mio
Basil	Pure Crystal Lt
Bay Leaves	
Minced Onions	
Paprika	
Garlic	
Cilantro	
Oregano	
Cooking Spray	
M Salt	
Mrs. Dash Seasonings	
Low Sodium Soy Sauce	
Hot Sauce	
Salsa ($\leq 2g$ sugar)	
Dijon Mustard (watch for hidden sugar)	
Balsamic Vinegar ($\leq 2g$ sugar)	
Red wine Vinegar ($\leq 2g$ sugar)	
Apple Cider Vinegar ($\leq 2g$ sugar)	
Bolthouse Yogurt Dressing (Creamy-count Fat; Vinaigrette-count Carbs)	

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MACRONUTRIENT COUNTING SUCCESS GUIDE

What is a macronutrient (macro(s))? -A nutrient the body requires in large amounts, or protein, carbohydrates (carb(s)), and fat. Our plan is very easy to follow. It only requires the counting of direct sources of macronutrients off of the “Food List with Macronutrient Breakdown” we have given you.

How do you know what to count as a protein, carb, or fat? - We have done it for you. Any food allowed on this program will be listed as a protein, carb, or fat.

Also, we have done all the work calculating the protein, carbs, and fat in each source for you. (*See “Macronutrient Calculator”)

Each week you will be given a plan with specific amounts of direct sources. Your job is to choose which foods you will be consuming to fit your customized macros.

You have two choices on how you calculate how much of each food you need to hit your macros: 1) Using the “Food List with Macronutrient Breakdown” and calculating by hand (examples below). or 2) Using the “Macronutrient Calculator” (which is explained on the top of the calculator).

Example 1:

Meal 1: 25g Protein, 40g Carb, and 0 g Fat.

Step 1: Pick your protein source-lean ground beef

Step 2: Refer to the food list. Lean ground beef contains 6g of protein per 1 oz cooked. You need 25g of protein per meal.

Step 3: Calculate how many ounces of meat you need to hit 25 g of protein. $25\text{g protein needed} / 6\text{g of lean ground beef} = 4.17$ ounces

Step 4: After cooking, weigh-out 4.17 ounces of lean ground beef. Place in a Tupperware container.

Step 5: Repeat Steps 1-4 for carbs

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Step 1: Pick your carb source-sweet potato

Step 2: Refer to the food list. Sweet potatoes contain 6g of carb/1 oz cooked

Step 3: Calculate how many ounces of sweet potatoes you need to hit 40g of carb. $40\text{g of carb needed} / 6\text{g of carb per 1 ounce of sweet potato} = 6.7$ ounces of sweet potato

Step 4: After cooking weigh-out 6.7 ounces of sweet potatoes and place in a Tupperware container.

Example 2:

Meal 1: 25g Protein, 15g Carb, and 10 g Fat.

Step 1: Pick your protein source-Egg whites and whole eggs

Step 2: Refer to the food list. Whole (Large) eggs contain 6 grams of protein and 5g of fat. Egg Whites from a large egg contain 3.6g of protein (You cannot use all whole eggs or you will be over the fat.).

Step 3: Calculate how many whole eggs and egg whites you need to hit your macros. 2 whole eggs will give you 12g of protein and 10g of fat (your macros). You need 13 more grams of protein. $13\text{g of protein needed} / 3.6\text{g of protein per egg white} = 3.6$ egg whites. Round up to 4.

Step 4: Cook up your 2 whole eggs and 4 egg whites, or place in a Tupperware container for cooking later.

Step 5: Repeat Steps 1-4 for carbs (Since this is a lower carb meal that contains fat, you need to select a fruit or veggie.)

Step 1: Pick your carb source-strawberries

Step 2: Refer to the food list. Strawberries contain 13g of carb/1 cup cooked

Step 3: Calculate how many cups of strawberries you need to hit 15g of carb. $15\text{g of carb needed} / 13\text{g of carb per 1 cup of strawberries} = 1.15$ cups of strawberries

Step 4: Place in a Tupperware container or Ziploc bag.