

BODY
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7 DAY NUTRITION DETOX PLAN

LOSE 7 POUNDS IN 7 DAYS !
& Turn Your Body into a
FAT BURNING machine!

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Introduction:

You are probably asking yourself whether it's true that you can lose weight in just 7 days and we don't blame you. There are so many fitness products that promise you the same results that it is hard not to be skeptical. So how does our method, the Nutritional Boot Camp, differ from the rest and can it actually help you lose weight in such a short period of time? The answer is yes, it can and we have dozens of testimonials to prove it.

We have been working in the fitness industry for over 10 years now and have helped hundreds of women lose weight and get in shape. Today, we run our Toronto based company, Build My Body Beautiful (BMBB) (<http://www.BuildMyBodyBeautiful.com>) that caters directly to women who are looking to lose weight and lead an active and healthy lifestyle. In our weight loss programs we supplement our intense workouts with a nutritional guideline based on the BMBB Carb Cycling method. Most of our clients start their weight loss journey with the 7 day Nutritional Boot Camp, a 7 day nutritional guide that aims to "train" your body to burn fat for energy. During these 7 days it is not uncommon for our clients to lose up to 1.5 pounds a day and up to 10 pounds that week. It is highly recommended to start using the BMBB Carb Cycling method right afterwards, to continue losing weight in a healthy way and keep it off. Please note that Nutritional Boot Camp is a short term, one week nutritional guideline and we do not recommend staying on it for longer than that.

Please consult your doctor before starting a new diet program. This guideline is not a prescription and is not meant to treat diseases. It is based on our experience and that of our clients. You will need to take responsibility for your own dietary requirements as we are not aware of any food sensitivities, allergies or problems that you may have

BEFORE YOU START

There is a reason why weight loss is always one of the top 3 most popular wishes on the New Years' Resolutions list. And there is a reason why it finds its way back on that list every year too. It is tough. For many years nutritionists, dietitians and fitness professionals have been trying to make it more achievable for their clients by creating new weight loss programs and exercises. As a result, there are myriads of diet books and exercise CDs out there to help you achieve your fitness goals. However, most of us are still struggling with weight loss. Why is that? Perhaps, it is because most of these weight loss programs are missing a critical component of mental preparation. In order to lose weight and keep it off, you need to be ready internally to make an external change. So before you start following our method outlined below, consider performing the following tasks first:

- 1) Define your goal.** What is your ideal body look like? How would you feel once you achieve your weight loss goal? Which areas do you think you need to work on the most? Sit down, take a pen and paper and write down EXACTLY what your goal is. Here are some points to consider:
 - ✓ My trouble area(s) is/are: arms/stomach/hips/legs/other
 - ✓ How many pounds/kilos do you need to lose?
 - ✓ How many inches do you need to lose in each: shoulders/chest/stomach/hips/thighs/arms?
 - ✓ In how many months/days would you like to achieve your goals?

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- ✓ What do you need to do EVERY DAY to make it happen? Example: what kind of exercise, what kind of food you need to eat, etc.
 - ✓ How would it make you feel once you look the way you want?
- 2) Once you have written it all on a piece of paper, **keep it in the most visible area**, like on the door of the refrigerator or on the wall in your office.
 - 3) If you **have a visual image of the ideal body**, find it either on the internet or in a magazine and put it beside your outlined goal described above. Look at it every day for 5 minutes and visualize that it is your body.
 - 4) **Meditate and visualize your goal every day** to stay focused. These exercises can take as little as 10 minutes a day to keep you positive about achieving your goals.
 - 5) **Always remember how good you will feel**, once you have achieved your goal!
 - 6) **Stick to the plan!**

Nutritional Boot Camp

As mentioned before, this is a short term nutritional guide that is designed to kick start the BMBB Carb Cycling method afterwards. However, it also works great if you have to drop a few pounds before a vacation or a wedding and are pressed for time. In this case please remember that your results may not last long term.

It is important that you pay attention to the rules listed below and follow them during this week, as the smallest deviation from them may drastically affect your results:

THE RULES

In order to create a balanced and healthy lifestyle, it is important to follow a few rules. These rules will create structure and will make sure that you will get optimal results.

- ✓ Eat every three hours.
- ✓ Be exact with your portions and write every meal down. Portion control matters!
- ✓ Eat 5-6 small meals a day.
- ✓ You must eat within 45 minutes after waking up every morning.
- ✓ You must not consume more than 20 grams of carbohydrates a day this week (simply follow this diet and you will not go over the limit)
- ✓ Drink at least 3-4 liters of water per day.
- ✓ Be careful with condiments as many contain hidden sugars and carbs. Make sure you read the labels carefully.
- ✓ Fiber is also classified as carbohydrate, but it is not used by your body for energy and thus does not turn to fat, you are encouraged to eat fiber to ensure a healthy digestion.
- ✓ This week, you will be choosing **ONLY** the foods provided in the lists below. Avoid eating anything that is not on the list.
- ✓ You cannot have any protein bars and other commercial “low carb” foods except protein shake with max of 3g carbs/serving. Look for protein powders that have about 20-25 grams of protein.
- ✓ Avoid consuming alcohol
- ✓ Do not force meals or eat too much during your meals
- ✓ If you exercise regularly, it would be wise to workout a little lighter this week, as you may not have a lot of energy to exercise with your regular intensity. Steady state cardio workouts should be avoided this week, but you can do yoga instead.
- ✓ For best results, eat organic vegetables, grass fed beef and free ranged chicken.

FOOD LISTS

This week, you will be required to restrict your diet only to the food items provided below. There are 3 lists to choose from; list of proteins (P), list of vegetables (V) and list of fats (F). Make sure that you do not include any food items that are not on the list. You will be required to “assemble” your meals, as described in the Meal Assembly section below.

It is wise to invest in food scales and weigh your food before eating it, as it will ensure that you do not consume more food than you need to. Cooking your food in bulk and dividing it into food containers is a great way to stay organized, spend less time in the kitchen and save money. Check out [this video](#) on how to stay organized with your food.

PROTEIN LIST (P)

- ✓ 4oz Chicken Breast
- ✓ 4oz Turkey Breast
- ✓ 1 can Tuna Fish (canned in water)
- ✓ 5oz Fish (flounder, tuna (fatty or not), salmon, shark, etc.)
- ✓ 1 scoop Protein Powder Isolate (aim for high quality protein powders, like New Zealand whey)
- ✓ 4oz Lean Beef
- ✓ 2 Whole Eggs
- ✓ 5 Egg Whites
- ✓ Cottage Cheese (Full fat) * Only ½ C per day * most have carbs so count it

VEGETABLE LIST (V)

Aside from fiber, vitamins and minerals, vegetables also contain carbohydrates, such as starch and sugar. Eating vegetables is healthy and has many positive effects on our bodies. However, during Nutritional Boot Camp, our objective is to consume less than 20 grams of carbs a day. Therefore, we included only those vegetables that contain the lowest amounts of sugars and starch. We recorded the amount of carbs (minus the fiber) contained in each one of the vegetables on the list for your convenience. Make sure to keep track of the food you eat so that you maintain the carbohydrates at an appropriate level.

- ✓ Asparagus – 2g/cup
- ✓ Broccoli 4g/cup
- ✓ Cabbage 1g/cup
- ✓ Celery 0g/cup
- ✓ Cucumber 0g/cup
- ✓ Lettuce 0g/cup

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- ✓ Mushrooms 0g/cup
- ✓ Radishes 0g/cup
- ✓ Spinach 1g/cup
- ✓ Radicchio 0g/cup

HEALTHY FATS (F)

These fats are rich in Omega 3 and not only will satisfy your appetite, but also will turn on enzymes that burn fat for energy. You will see that you will be eating healthy fats almost with every meal. Carbs are the primary source of energy for our bodies. During the Nutritional Boot Camp, we will take away this primary fuel and replace it with the secondary fuel – fat. Once we did that, your body will become more efficient at burning fat. However, we want to reiterate again that to achieve optimal long term results, you should ideally use the BMBB Carb Cycling Method once Nutritional Boot Camp is over.

- ✓ 1tbsp Flax Oil
- ✓ 1tbsp Mayonnaise
- ✓ 1tbsp Hemp Seed Oil
- ✓ 1tbsp Extra Virgin Olive Oil (for salads)
- ✓ 1.5oz Goat Cheese
- ✓ 1tbsp Coconut Oil (for frying)

CONDIMENTS

You can use any condiments you wish, as long as they do not contain ANY carbohydrates. You can find many hot sauces that are calorie free, and use vinegar and/or lemon juice on your vegetables and meat. Use dry spices liberally. Avoid using ketchups, ranch sauces, sweet and spicy Asian sauces and other condiments that are rich in calories.

MEAL ASSEMBLY

Our food today contains many taste enhancers like sugar and trans-fats that are not only high in calories, but also harm our bodies. Many restaurants and packaged food manufacturers will try to sell you a “healthy” meal that is packed with these taste enhancers. For example, a salad that is considered to be a healthy meal may contain sugar in its dressing and deep fried bacon bits that contain trans-fats. At glance, these additions may not add that many calories to your salad, but according to our calculations the said taste enhancers may contain triple the amount of calories than the actual salad! Therefore, it is important to “assemble” your food, discarding unhealthy ingredients and leaving the healthy ones.

You can do the same with major macronutrients (protein, fats and carbohydrates). For example, if a salad contains 5oz of chicken breast, 1 cup of spinach and lettuce leaves and a tbsp. of extra virgin olive

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oil you will know that your salad is made out of 1 serving of protein (1P), 1 serving of vegetables (1V) and 1 serving of healthy fat (1F). Therefore, we can say that your salad equals $1P+1V+1F$.

During the Nutritional Boot Camp, you will be required to eat different combinations of macronutrients with every meal. Make sure to assemble your meals according to the formulas provided below. Use these formulas every day for the entire 7 days of Nutrition Boot Camp, without changing it.

Meal 1 (Breakfast) $1P + 1F + 1V$

Meal 2 (Snack) $1P + 1F$

Meal 3 (Lunch) $1P + 1F + 1V$

Meal 4 (Snack) $1P + 1F$

Meal 5 (Dinner) $1P + 1F + 1V$

Meal 6 (Snack, only if still hungry) $1P$

A SAMPLE MEAL PLAN

Meal 1 (Breakfast) 1egg and 4 egg whites omelet w/spinach, mushrooms and cheese

Meal 2 (Snack) $\frac{1}{2}$ c cottage cheese

Meal 3 (Lunch) chicken breast + large salad w/ vinegar and olive oil dressing

Meal 4 (Snack) Protein shake w/flaxseed oil

Meal 5 (Dinner) Fish + large salad w/ vinegar and olive oil dressing + 1 c broccoli

Meal 6 (Snack) 2 eggs

Final Words

Nutritional Boot Camp is a great way to lose weight fast. Nevertheless, you should not do it for longer than a week at a time. Unless followed by the BMBB Carb Cycling method, you should not expect drastic changes long term.

We love seeing our clients happy and beautiful and we also love supporting them at any time they need help. If you feel that you are in need of support, or would like to share your results with us please don't hesitate to email us at buildnburn@BuildMyBodyBeautiful.com and we will be happy to chat!

Committed to Your Success,



Ana and Ivan,

www.BuildMyBodyBeautiful.com

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