

BOOTCAMP

The Mindset Behind Getting Into Awesome Shape

...It's Not About Being Perfect



Sample Food List

Veggies and Salads

Asparagus
Broccoli
Brussels Sprouts
Cabbage
Capsicum / Bell Pepper
Cauliflower
Celery
Cucumber
Eggplant
Fennel
Spring Onion
Leek
Lettuce – that's any type of lettuce
Mushroom
Onion
Red Onion
Organic Carrots
Snow Peas
Spinach
Tomato
Zucchini

Fat Sources

Organic Virgin Coconut Oil
Extra Virgin Olive oil
Flax-seed oil
Udo's Choice Oil Blend (I haven't used this myself, but my clients have)
Almonds (raw)
Brazil Nuts (raw)
Hazelnuts (raw)
Pecans (raw)
Walnuts (raw)
Organic Almond Butter
Avocado
Flax seeds (ground)
Chia seeds

Protein Sources

Beef (steak, ground beef, etc)
Lamb
Skinless Chicken Breast
Turkey breast
Salmon
Tuna
Protein powders
(I personally use Organic Pea Protein Powder)
Scallops
Prawns / Shrimp
Cottage Cheese
Greek Yoghurt
Natural Yoghurt
Eggs (whole or whites – free range)
Tofu

Legumes

Kidney Beans
Black Beans
Black-Eyed Peas
Lima Beans
Chickpeas
Pinto Beans
Butter Beans
Navy Beans
Lentils

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Other Veggies and Grains

Pumpkin
Squash
Sweet Potato
Brown Rice
Oatmeal
Corn
Peas
Parsnips
Gluten Free, Multigrain Bread

Fruit:

Apples
Oranges
Apricots
Peaches
Pears
Grapes
Kiwi
Mango
Watermelon
Honeydew
Rock Melon / Cantaloupe
Rhubarb
Plum
Pineapple
Paw Paw / Papaya,
Blueberries
Strawberries
Blackberries
Raspberries
Cranberries
Cherries
Bananas

There are lots of Veggies, Nuts, Legumes etc that contain protein. So if you're vegan and vegetarian don't think you can't build lean muscle, without meat, because you totally can. Ensure you consume a good mixture of veggies containing essential amino acids (cannot be produced by the body – so it needs to be via your diet). A non-essential amino means it can be produced by the body.

Essential Amino Acids

Histidine
Isoleucine
Leucine
Lysine
Methionine
Phenylalanine
Threonine
Tryptophan
Valine

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Nonessential Amino Acids

Alanine
Arginine
Asparagine
Aspartic acid
Cysteine
Glutamine
Glutamic acid
Glycine
Proline
Serine
Tyrosine

Here's a link to the Nutritional Database:

Below is an example of raw Broccoli:

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2356/2>

If you scroll down on this page, on the nutrition site, to the nutrition information you'll see the Protein and Amino acids intake, just click on "more details" and box will expand for you.

Animal proteins contain very high amounts of the essential amino acids.

When it comes to meat, go out of your way to ask questions about where the meat has come from. How was it raised, was it free range, what were the animals fed. For the sake of your own health, knowing what goes into your body, and to support organic and free range farms who have a more compassionate approach to the welfare of their animals.

The same applies for dairy products. Without getting into all the details of this, which would be extremely distressing for the majority of you participating in this workshop, because I know how compassionate you are. Try to aim for dairy products that are organic and come from dairy farms that are bobby calf free.

If you're able to purchase organic fruit and veggies, and frozen organic fruit and veggies, then do so.