The Mindset Behind Getting Into Awesome Shape

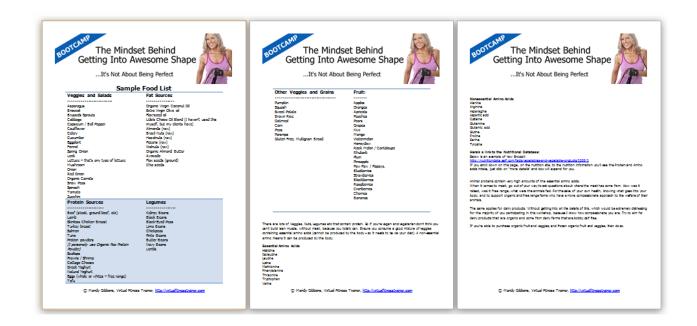
BOOTCAMP

...It's Not About Being Perfect

Week 6: Lesson 1

Choosing your Favourite Foods And Start Creating Your New Menu

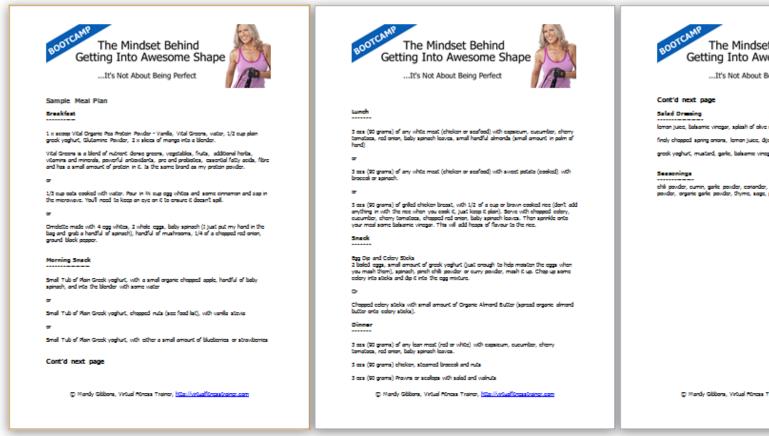
Choose your favourite fruit, veg, protein sources, fat sources. Start your ideas for your meals, around those ingredients.





Have 2 to 3 breakfast options, to make it more straight forward.

For dinners and lunches you'll want to have a few more options.







You don't have to miss out on burgers, fries, chicken nuggets - you just find healthier ways to make them.

Involve your children as part of the process, so they can get really excited about making healthy meals.

My main focus, is giving you examples of how to be more organised with your own nutrition and give you ideas that you can put into action.

A really awesome resource for you:

http://www.cleaneatingmag.com/

http://www.cleaneatingmag.com/recipes/20-minutes-or-less/

Images of recipes from CleanEating.com



BOOTCAMP ACTION STEP

Open Your choosing-your-fav-foods.pdf And write up your shopping list...

Then share it in the Bootcamp Private Facebook Group...

