

The Mindset Behind Getting Into Awesome Shape

BOOTCAMP

...It's Not About Being Perfect

Week 6: Lesson 2



A woman with curly hair and a man with straight hair are sitting at a table in a restaurant. They are both smiling and looking at each other. There are plates of food and glasses of wine on the table. The background is a bright, slightly blurred outdoor setting.

Options for Eating Out

Ask the waiter questions and be proactive about what's included on the menu. If you don't ask, you won't know.

Keep the condiments to the side. Opt for mustard instead of Mayo.

Ask for your meat and veggies to be grilled.

Fill up on salads instead of fries and mashed potato.

If you're having a day off your eating plan, then ask for smaller portions.

If a meal is massive, then share it with a friend. Or take the rest home in a doggy bag.



If you're going somewhere for the day, take your own food. Prepare it and take it in a coolie bag with you.





Don't be Fooled By Low Fat and Diet Food Labels

Think about the things you might have in your pantry - that might be actually messing with your efforts to reduce body fat and achieve your goals of getting into great shape.

Sabotaging Your Eating Plan When Things Are Going Great – Don't Fall For it!

You'll be a couple weeks into your new program, your exercise and eating have been fantastic, and then you start getting these strange feelings of:



“who am I kidding, this isn’t really going to work”,

“I’m probably putting in all this effort for nothing”

“I look at myself in the mirror and I’m too far gone

I’m too fat, too ugly and I’ll never be in great shape

I’m a loser, why I’m bothering to try?”

“Is this really just a big pile of crap, and that there is really some secret pill or potion I can use, that I don’t know about, that could get me into great shape?”



No one is perfect, everyone has doubts and fears.

When this happens you have to make the choice to pull yourself out of it.



Treat Days

Depriving yourself constantly and spending your days thinking about your treat day, can screw with your head.

- Just be sensible with your portion sizes. Have plenty of salad with it
- Don't eat junk for breakfast, lunch and dinner and every other opportunity in between.
- Always make sure you train or exercise on your treat day
- Drink heaps of water
- Get plenty of sleep

Juicing! Do this off and on through the day, for a couple of days afterwards, to get some decent nutrition back into your system.



BOOTCAMP

ACTION STEP

Do you sabotage your own healthy eating habits?

**Open up your [prevent-eating-plan-sabotage-action-plan.pdf](#)
Write them down and then include 10 points from today's
lesson that you can apply to help keep you on track.**

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

