

YOUR **HOTTEST**
BODY *EVER*

WITH TRACY CAMPOLI



CLEAN & SIMPLE

How to Create Easy and
Lasting Weight Loss

Now that you have completed the **FLAT BELLY IN 5 DAYS** phase of the program, it is time to move into **CLEAN AND SIMPLE**, the weight loss phase of **Your Hottest Body Ever**.

****You will remain on CLEAN AND SIMPLE until you reach your goal (This is how I eat 90% of the time).**

It is a simple and easy real world approach to weight loss that can be followed while traveling, in restaurants, and your entire family can enjoy.

LET'S GET STARTED!

Clean and Simple: WEIGHT LOSS PRINCIPLES



DO EAT:

- **Lots of fresh vegetables!** Veggies are the staple of your **HOT** body. Try to choose organic if possible. Eat them with every meal if possible and prepare them for snacks as well.
- **Lean protein.** To have a **HOT** body you must eat lean protein (try to make organic if possible, especially if eating meat).

- **Some examples are:** All fish and shellfish, eggs, chicken, turkey, lamb, beef, meat substitutes for vegetarians.
- **Healthy Fats:** Olive oil, coconut oil, grape seed oil, raw nuts, avocado.
- **For maximum weight loss and convenience,** substitute one meal per day for a smoothie.
- **Flavor your food with freshness!** Fresh herbs, chili pepper, ginger, vinegars, mustard, lemon, lime. Play with flavor to be sure you *enjoy* what you are eating!
- **Fresh fruit, BUT** until you are at your goal weight, eat no more than one to two servings of fruit to keep sugar and carb cravings low.
- **Coffee is allowed at this stage,** but no more than one cup per day. Green tea is best and you may drink up to 4 cups as it is proven to stimulate metabolism and is full of healthy antioxidants. Green tea does still have caffeine, so be mindful if you are sensitive to caffeine.

DO NOT EAT:

- **Refined and simple carbohydrates.** Following the HOT BODY food plan you will eat a lot of carbs because of your veggies. These are complex carbs and not refined sugar bombs that become fat on your body.
- **Fake sweeteners.** Please give your body a break by ditching the Splenda, sweet and low or other processed fake sugars. If you must sweeten your coffee, use natural stevia, raw honey, coconut sugar. Use sparingly, as we are trying to rid you of your sweet tooth, which then becomes fat on your body.
- **Avoid Alcohol...**now any of you that know me, know that I enjoy a beverage :) However, booze just turns into sugar, which puts stress on your body, which leads to fat. My advice is to avoid it until you have reached your goal.

7 DAY SAMPLE MENU for clean and simple:

	Breakfast 	Lunch 	Snack 	Dinner 	Snack 
DAY 1	One FLAT BELLY SMOOTHIE	1 Grilled piece of chicken on top of mixed salad of arugula, spinach, bell pepper, cucumber and tomato. Dressed with a dash of extra virgin olive oil and balsamic vinegar.	5-6 raw almonds.	1 Poached filet of Salmon served with steamed asparagus. One green salad with simple olive oil and fresh lemon juice.	1 Grapefruit cut in half topped with cinnamon and anise seed.
DAY 2	2 Hard boiled eggs and one cup of grape tomatoes	One FLAT BELLY SMOOTHIE	Fresh cut red bell pepper and celery with a tablespoon of mashed avocado	Sautéed Shrimp with Mixed Veggies of your choice and a green salad	3oz of sliced turkey
DAY 3	One FLAT BELLY SMOOTHIE	One large green salad topped with one can of water packed tuna dressed with dash of olive oil and vinegar of choice	Fresh cut veggies: Carrot, Celery, jicama, radish, cucumbers.. whatever you love!	Salmon Sashimi (no rice!) Steamed NON GMO Edamame. Small green salad.	Baby Carrots and Celery Stick
DAY 4	Omelette with fresh veggies of your choice	One FLAT BELLY SMOOTHIE	3oz sliced turkey and handful of grape tomatoes	1 lean (organic) steak served with steamed spinach and a salad of mixed greens	5-6 raw almonds or walnuts
DAY 5	Poached eggs on top of smoked salmon. Served with cucumbers and tomatoes	Large green salad topped with avocado and grilled chicken breast. Dressed with olive oil and vinegar	Avocado mashed with lemon juice served with cut veggies for dipping	One FLAT BELLY SMOOTHIE	Kale Chips (see recipes)
DAY 6	One FLAT BELLY SMOOTHIE	1/2 Grapefruit topped with cinnamon and anise seed	Turkey Breast rolled in lettuce, collard green or Nori wraps with bell pepper, carrots, and cucumbers.	Grilled Tuna Steak served with sautéed mixed veggies. Arugula and tomato salad dressed with olive oil and lemon juice	Kale juice (freshly squeezed or made in blender, see recipes)
DAY 7	One FLAT BELLY SMOOTHIE	Grape tomatoes and celery sticks	Salad of mixed greens, cucumber, tomato, celery, and 2 hard boiled eggs. Dress with Balsamic Vinegar & dash of Olive Oil	Grilled Turkey Burger (no bun) served with sliced tomato and onion. Sautéed Kale in coconut oil	Smoked salmon rolled with cucumber slices