

YOUR **HOTTEST**
BODY *EVER*

WITH TRACY CAMPOLI



FOOD PLAN FOR LIFE

How to Create your Hot Body
...for Life!

Now that you have lost weight and reached your goal, it is time to introduce you to **YOUR HOTTEST BODY EVER FOOD PLAN FOR LIFE.**

This simple, easy and **EFFECTIVE** way of eating will keep you at your optimal weight and health...for life!

YOUR GOAL WEIGHT HAS BEEN REACHED!



Moving into **YOUR HOTTEST BODY EVER FOOD PLAN FOR LIFE** you follow the basic guidelines of clean and simple, however you may add some additions below:

Additional items may be added for

YOUR HOTTEST BODY EVER FOOD PLAN FOR LIFE

- One meal can contain low GI carb: such as Ezekiel bread, Oatmeal, Quinoa, Beans, Wasa Crisp Bread. Only one meal, as the basis of the HOT BODY food plan is veggies and lean protein.
- One additional serving of fruit may be added.
- Dairy can be added, as long as your body tolerates it. As long as you don't get gassy, bloated or are intolerant when eating dairy, you may add Greek yogurt and a small amount of good cheese back into your diet. Velveeta and processed "cheese food" is not good cheese!
- Clean "best choice" alcohol may be introduced. Do NOT drink beer or beverages mixed with juice, sodas, milk or cream. Once you have reached your goal weight, red wine or vodka with club soda is a better choice. But know that even best choice alcohol turns to sugar, which turns to fat...so moderation is a HOT BODY's friend!

7 DAY SAMPLE MENU for YOUR HOTTEST BODY EVER Food Plan for Life:

	Breakfast 	Lunch 	Snack 	Dinner 	Snack 
DAY 1	Oatmeal or Quinoa delight (see recipes)	Salad of kale, spinach and Arugula with grape tomatoes and 1 can water packed tuna. Dress with red wine vinegar and a dash of olive oil	Fat free Greek yogurt with 5-6 almonds and 1/2 teaspoon unsweetened fruit jam	Swordfish and veggie kabobs. Sautéed brussel sprouts.	One pear
DAY 2	One FLAT BELLY SMOOTHIE	Kale Salad Mix Up (see recipes) 1 Hardboiled egg	1 apple with 1 tsp almond butter	Chicken with Spinach and Mushrooms (see recipes) Mixed green salad	Small handful of walnuts
DAY 3	Morning Love Yogurt (see recipes)	Smoked Salmon lettuce wraps: Smoked Salmon wrapped in lettuce leaves filled with veggies of your choice, horseradish mustard. Green Salad dressed with fresh lemon juice and dash of extra virgin olive oil	Frozen Banana mashed with 5-6 walnuts (you'll never miss ice cream!)	Grilled chicken breast served with sauteed green beans. 1/2 cup of cooked quinoa mixed with grape tomatoes.	Small ramekin with frozen cherries
DAY 4	One FLAT BELLY SMOOTHIE	Mixed salad of fresh veggies. Grilled Eggplant topped with small amount of shaved pecorino Romano cheese. Sautéed broccoli rabe	Cut fresh veggies with 1-2 tbs hummus	Grilled (organic) steak with sautéed spinach. Steamed asparagus	Cut apple with sprinkle of cinnamon and sunflower seeds
DAY 5	Savory toast deliciousness! (see recipes)	La Dolce Vita Tuna Salad (see recipes)	Frozen banana with 1 tsp almond butter	Lamb chop with arugula salad. Side of mixed sautéed veggies	Sliced radish and celery and one oz. good cheese
DAY 6	Starbucks Protein exclude the cinnamon raisin bread.	One FLAT BELLY SMOOTHIE	Wasa crisp bread with unsweetened fruit jam	Scallops with sautéed veggies. Large green salad with small amount feta cheese, dressed with olive oil and red wine vinegar	Kale chips (see recipes)
DAY 7	Grown up PBJ (see recipes)	Roasted chicken thighs served with roasted fennel and onion.	Small handful of almonds and raisins.	1 cup of grape tomatoes and 2oz sliced turkey	Zucchini noodles with pesto (see recipes) Chopped veggie salad dressed with balsamic vinegar and a dash of olive oil

SHOPPING LIST

✓ **Fresh Vegetables**

Dark Green Leafy: Spinach, Arugula, Kale, Swiss Chard, Romaine, Watercress Collards
Dark Green: Broccoli, Brussels Sprouts, Green Bell Peppers, Asparagus, Green Beans
Zucchini, Carrots, Yellow/Orange/Red Peppers, Tomatoes, Fennel, Sprouts, Artichoke, Jicama ,
Eggplant
Onions
Garlic

Avoid starchy veggies while on clean and simple such as:

Butternut Squash, Acorn Squash, Spaghetti Squash, Sweet Potato, Beets, Parsnips

Always try to buy organic and local if possible

✓ **Protein and Protein Alternatives**

White Fish (cod, haddock, tilapia)
Fatty Fish (salmon, tuna)
Shellfish (scallops, shrimp, lobster, crab)
Lean Beef Cuts
Chicken & Turkey
Lean ground beef/turkey
Tofu, Tempeh

****Avoid beans, legumes while on clean and simple unless you follow a vegetarian diet****

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✓ **Fruit**

Fresh Whole Fruit (Apples, Oranges, Pears, Bananas, Grapefruit, Plum, Mango, Grapes)
Berries (Strawberries, Blueberries, Blackberries)
Melon (Cantaloupe, Honey Dew, Watermelon)
Tropical Fruits (Pineapple, Mango, Papaya, Kiwi)
Freeze Dried Fruit (no sugar, nothing added, good for sweet cravings, use sparingly)
Dried fruit (no sugar, nothing added, good for sweet cravings, use sparingly) raisins, dates, mango, papaya, apricot
Lemons
Limes

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✓ **Dairy And Dairy Alternatives**

(**Remember Dairy is added when you are in HOT BODY FOOD PLAN FOR LIFE STAGE, NOT during clean and simple)

Unsweetened almond, soy (non GMO!) or coconut milk

Fat free Greek yogurt

Skim or 1% Milk

1-2% Cottage Cheese

Organic Eggs

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✓ **Grains**

AVOID simple carbohydrates (and even whole grains) while in clean and simple TO BE ADDED WHEN YOU ARE IN HOT BODY FOOD PLAN FOR LIFE STAGE!)

Ezekiel Bread

Wasa Crisp Bread

Old Fashioned Rolled or Steel Cut Oats

Whole Grain Cereal (Cheerios, Kashi Heart to Heart, Quaker Oatmeal Squares, Shredded Wheat)

Kashi or Back to Nature Wheat Crackers

Quinoa Whole grain wraps

✓ **Healthy Fats & Oils**

Olive Oil

Grapeseed Oil

Coconut Oil

Avocados

Almonds & Almond Butter

Peanuts & All Natural Peanut Butter

Cashews

Pistachios

Sunflower butter

Walnuts, sunflower seeds, pepitas

✓ **Frozen or Packaged Foods**

Frozen Vegetables (no sauce or butter added)

Frozen Edamame (NON GMO! VIP!)

Frozen Vegetarian Burgers (good in a pinch, Morningstar farms are a good brand)

Organic canned or boxed soups (natural, low-sodium)

✓ **Spices/Condiments**

Dried herbs and spices

Fresh Herbs

Good Quality Sea Salt (grey, Himalayan)

Mustard

Hot sauce

Salsa

Natural Hummus

✓ **Supplements/Equipment**

Nutrition Bars:

[Raw Rev Glo bars](#) (I love the sea salt caramel, peanut butter...not so much!)

[Enjoy Life Sunbutter bars](#)

[Kind bars](#) (any flavor with 5g of sugar or less only)

High Quality Protein:

[Plant Based Nutritional Shake](#) (my personal favorite)

[Vibrant Health Pure Green Protein](#) (OMG this one tastes amazing!!!)

[Garden of Life Raw Protein](#)

Green Supplements:

[Green Vibrance](#)

[Amazing Grass Green Superfood](#)

Coconut Oil:

[Doc Bronner's Coconut oil](#)

[Nutivia Coconut oil](#)

High Powered Blender:

[NutriBullet Blender](#) (amazing and only about \$100!)

[Vitamix](#) (this is the Rolls Royce of blenders!)

[Chia Seeds](#)