

ALL ABOUT FITNESS Bootcamp – Diet Guide

General Rules:

- Eat the size and thickness of your palm of your hand for lean meats (3oz to 4oz)
- Eat grains in a portion of approximately the size of your fist.
- Eat “small” meals every 3 – 4 hours. Do not skip meals!
- Increase protein intake.
- Reduce carbohydrates intake (limit pastas, white rice, white bread, etc.)
- Pay close attention to calorie intake
- Calorie intake, ideally, should be less than 2000 per day. Each person has a different metabolic rate and this number may vary for each person.
- Use the following “What to eat” and “What NOT to eat” as a guideline.
- Keep a food journal and track ALL the foods you eat (including juices, coffee with creamers, alcohol, snacks, and anything you eat). The little things ALL add up!
- Stick with drinking water.

What to eat:

- All Vegetables (raw, steamed, broiled, or baked)
- Salads (NO CREAMY dressing. Use Italian dressing, vinaigrettes, or nonfat salad dressing)
- Chicken (skinless or remove the skin, baked, grilled, broiled, or roasted)
- Beef (Lean cuts usually labeled “select”, “round”, “chuck”, “sirloin”, or “tenderloin” grade)
- Turkey (skinless or remove the skin, baked, grilled, broiled, or roasted, bacon)
- Lean or extra-lean ground beef, ground chicken, or ground turkey
- Lean pork (tenderloin or loin chop)
- Fish (fresh, frozen, canned in water) and shellfish (shrimp)
- Fat-free hot dogs and turkey dogs
- Low fat whole-grain breads and rolls (100% whole wheat, rye, or pumpernickel)

ALL ABOUT FITNESS Bootcamp – Diet Guide

What **NOT** to eat:

- ALL fried foods (i.e. french fries, hash browns, potato chips, fried chicken, fried fish, fried vegetables, fried tortillas, etc.)
- Vegetables served with cream, cheese, or butter sauces
- Creamy salad dressings and regular mayonnaise (use nonfat or light mayonnaise)
- Beef cuts labeled “prime” (they are fatty and marbled cuts of beef)
- Regular ground beef
- Pork spare ribs and bacon
- Breaded fish, fish canned in oil, or seafood prepared with butter or served in high-fat sauce
- Regular hot dogs or sausages
- Bakery foods (i.e. donuts, pastries, sweet rolls, muffins, cakes, cookies, croissants, biscuits, white breads, or rolls)
- Sodas and all juices. If you must, you can substitute a regular soda for diet soda but only in moderation.