



21 DAY NUTRITION CHALLENGE

YOUR GOALS WITH THE BBC 21 DAY NUTRITION CHALLENGE

- To Complete The Burn Boot Camp 21 Day Nutrition Challenge Checklist In Its Entirety.
- Learn How to Create Your Own Fat Flush Detox Tea.
- Discover The Easiest Way to Track Calories and Macro Nutrients.
- To Fully Understand Macro Nutrition and P/F/C Ratios.
- To Create a Lasting Habits Though 21 Days of Consecutive Clean Eating.
- To Learn How to Prepare One Week of Meals in 2 Hours.

COMPONENT #1 – THE 21 DAY BREAKDOWN

- Paleo Detox Phase – Day 1 – 10
- Whole Foods Phase – Day 10 – 21

COMPONENT #2 – STICKING TO YOUR CALORIES

- Weight loss is a science, calories in v. calories out. You must expend more energy then you intake to lose weight and intake more than you expend to gain weight.
- Figuring your calories to lose weight – Your body weight + 0. If you are 140 lbs., then your intake is 1400 calories per day.
- Figuring your calories to gain lean muscle – Your body weight + 0 + 500 calories. If you are 110 lbs., then your intake would be $110 + 0 = 1,100 + 500 = 1,600$ calories per day.
- It is very important to never go under 1,200 calories. If you are 119 lbs. or less your goals are to gain lean muscle and lose body fat. Be sure to use the “gain lean muscle” calculation.

Now that you have your recommended daily calories allotment...

COMPONENT #3 – LOGGING YOUR CALORIES AND PFC RATIO WITH “LOSE IT”

- Sign up for a free account with www.loseit.com or login to your app store and download the free Lose It app to your smart phone.
- Log EVERY DAY for your 21 Day Nutrition Challenge with 100% execution.
- Sticking to the meal 21 Day Nutrition Meal Planning Options, attempt to get your Macro Nutrients correct with the “My Day” feature. At the end of each day, your Macro Nutrients SHOULD look like this...

45% Protein intake, 35% Carbohydrate intake, and 20% Fat intake

The most important aspect of this program is to stick to your calorie allotment each and every day following the three phases of the program. Your Macro Nutrition numbers are simple a percentage of those calories. The closer you can get to 45/35/20 the faster you will burn fat and the more muscle you will build.

COMPONENT #4 – THE BURN BOOT CAMP GROCERY GUIDE

- This is a list of Burn Boot Camp approved foods tried and tested by our trainers. The food groups on this list are broken up into Paleo and Whole Foods. Use this list a reference during and beyond your 21 Day Nutrition Challenge.

<p>Lean Protein*</p> <ul style="list-style-type: none"> <input type="checkbox"/> Seafood (wild-caught not farm-raised) – shell fish, salmon, haddock, cod, mahi-mahi <input type="checkbox"/> 100% grass feed and organic beef, bison, lamb, elk, venison, etc. <input type="checkbox"/> Pastured and organic pork, rabbit, etc. <input type="checkbox"/> Poultry (pastured and organic) – chicken, turkey, duck, pheasant, etc. <input type="checkbox"/> Processed Meats (grass-fed/pastured, organic and nitrate free) – bacon, sausage, organic deli meat, etc. <input type="checkbox"/> Eggs and liquid egg whites (cage-free and organic) 	<p>Dairy, Fats and Oils</p> <p>For Cooking</p> <ul style="list-style-type: none"> <input type="checkbox"/> Animal Fats* <input type="checkbox"/> Clarified butter, ghee* <input type="checkbox"/> Extra-Virgin Olive Oil <p>For Eating</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avocados* <input type="checkbox"/> Olives* (all kinds) <input type="checkbox"/> Coconut meat *(flakes) <input type="checkbox"/> Cheese: almond, Feta or Goat <input type="checkbox"/> Milk: Almond or Coconut (unsweetened) 	<ul style="list-style-type: none"> <input type="checkbox"/> Grapeseed oil <input type="checkbox"/> Sunflower oil <input type="checkbox"/> Coconut Oil*(unrefined) <input type="checkbox"/> Nuts*: Almonds, cashews, hazelnuts, pecans, pistachios, Macadamia, walnuts <input type="checkbox"/> Nut Butters*: Almond, sunflower <input type="checkbox"/> Yogurt: Greek, Almond, Coconut 																																																																
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COMPONENT #5 – THE PALEO DETOX PHASE (1-7)

- For the first 7 days of your program you will be doing a cleansing and detoxification period. You will use the Burn Boot Camp 7 Day Fat Flush detox drink along with the following paleo food options.
- The 7 Day Fat Flush Drink Instructions:

Purchase the following ingredients: Organic Dandelion Root Tea, Organic Whole Lemons, Organic Cranberry Juice (no sugar added), 7 Gallons of DISTILLED Drinking Water

To prepare the Fat Flush Drink: [CLICK HERE TO VIEW THE INSTRUCTIONAL VIDEO](#)

How to Consume Fat Flush Drink – Prepare all 7 of your fat flush drinks at one time. Let your drink steep overnight to draw out the detoxification qualities from the Dandelion Root Tea. Consume 1

gallon of the drink for 7 days in a row in conjunction with the following meal plan...

- The Paleo Detox Phase Meal Plan– Along with your fat flush drink, you will be eliminating grains, legumes, and dairy products for the first 7 days to reset and detox your body. Remember, you have a calorie allotment you must stay at for the entire program and a macro nutrition goal that you will aim to achieve each of the 21 days. Your calories allotment will never change. You should expect to lose 5 – 7 lbs. in your first 7 days because you are shredding water weight and toxins.

Breakfast Options:

Egg Whites/Whole Egg/Green Veggie Omelet - [Shaklee 180 Whey Meal Replacement Shake with 1 serving of fruit](#) – [Sweet Potato Egg Casserole](#) – [Egg White Mini-Muffins](#) – [Protein Pancakes](#)

Lunch Options:

Sweet Potato/Ground Turkey – Grilled Chicken Salad Over Spinach with Light Olive Oil – Grass-fed Bison, Beef, or Venison, [Paleo Chili](#), [Paleo Meatloaf](#), [Sweet Potato Cauliflower Soup](#), Baked Chicken Breast/Brussel Sprouts (or Steamed Broccoli)

Dinner Options:

Grilled Chicken Breast/Red Potato/Any Green – [Chicken Spaghetti Squash](#) – Grass-fed Steak/[Cajun Carrot Fries](#) – [Stuffed Basil and Garlic Chicken](#) – Egg White Omelet/Green Veggie – Shaklee 180 Whey Protein Meal Replacement with 1 Serving Fruit

Snack Options:

Hard Boiled Eggs – Handful of Tree Nuts (Almonds, Cashews, Walnuts, Pecans) – Any Serving of Fruit – Almond Butter – [Paleo Chocolate Chip Cookies](#)

- ***It is important to remember that these are OPTIONS. You can use the Burn Boot Camp grocery guide, the internet, and Brooke Thomas's Thankful 30 Cookbooks. The philosophy of this program is to create lasting habits so I will not have a "DONE-FOR-YOU" meal plan. I want to help educate you on the correct food choices to make. Knowledge is the ultimate accountability. Whatever food choices you make you will weigh out your food, know exactly what quantities you are putting into your body, log your food into the app, and adjust your PFC ratio to meet the recommended percentage of your calories.

COMPONENT # 6 - THE WHOLE FOODS PHASE

- For the second phase of the 21 Day Nutrition Challenge you will use the following meal options to guide your food choices. You have now detoxed your body and it is okay to add grains, dairy, and legumes back into your diet. Should you choose, continue to eat "paleo" for maximum results if your will power allows for it. Continue to drink a gallon of PURIFIED water to retain results from detox phase.

- Breakfast Options:

Egg Whites/Whole Egg/Green Veggie Omelet - [Shaklee 180 Whey Meal Replacement Shake with 1 serving of fruit](#) – [Sweet Potato Egg Casserole](#) – [Egg White Mini-Muffins](#) – [Protein Pancakes](#) – Rolled Oats – Ezekiel Bread with Almond Butter – Peanut Butter [Protein Pancakes](#) with Maple Syrup – Grits -

Lunch Options:

Sweet Potato/Ground Turkey – Grilled Chicken Salad Over Spinach with Light Olive Oil – Grass-fed Bison, Beef, or Venison, [Paleo Chili](#), [Paleo Meatloaf](#), [Sweet Potato Cauliflower Soup](#), Baked Chicken Breast/Brussel Sprouts (or Steamed Broccoli) – Ezekiel Bread Turkey Sandwich with Lettuce, Tomato and Veaganise – [Avocado Chicken Salad](#) – [Fresh Quinoa Salad](#) – [Simple Hummus and Veggies](#)

Dinner Options:

Grilled Chicken Breast/Red Potato/Any Green – [Chicken Spaghetti Squash](#) – Grass-fed Steak/[Cajun Carrot Fries](#) – [Stuffed Basil and Garlic Chicken](#) – Egg White Omelet/Green Veggie – Shaklee 180 Whey Protein Meal Replacement with 1 Serving Fruit – [Quinoa Naked Burritos](#) – [Crockpot Taco Stew](#) – [Quinoa and Turkey Zucchini Boats](#) – [Stuffed Peppers](#) – [Cauliflower Crust Pizza](#)

Snack Options:

Hard Boiled Eggs – Handful of Tree Nuts (Almonds, Cashews, Walnuts, Pecans) – Any Serving of Fruit – Almond Butter – [Paleo Chocolate Chip Cookies](#) – [Paleo Lemon Bars](#) – [Protein Balls with Shaklee 180 Soy or Whey](#) – [Brooke Thomas' Black Bean Brownies](#) – [Pumpkin Muffins](#) – [Gluten Free Granola Bars](#) – [Sweet Potato Bites](#)

COMPONENT #7 – THE KEY TO YOU SUCCESS – “MEAL PREP 101”

- My wife Morgan is the meal prep queen! She has taught countless people the importance of planning ahead and how it can change your life forever. Carve out two hours of your week (Sunday night usually works best) to dedicate to your health and nutrition.

All of the meal options laid out for you can be prepared ahead of time on Sunday night and you can have breakfast, lunch, and dinner for the entire week minimal cooking in between!

[CLICK HERE TO WATCH MEAL PREP MORGAN SHOW YOU HOW TO PREPARE MEALS IN 2 HOURS FOR AN ENTIRE WEEK OF EASY, GRAB AND GO PALEO AND WHOLE FOOD NUTRITION](#)

RESOURCES FOR THE 21 DAY CHALLENGE

21 Day Check List

THIS IS YOUR GUIDE TO BUILDING LASTING HEALTHY HABITS OVER THE NEXT 21 DAYS. PLACE A CHECK MARK NEXT TO EACH TASK ONCE IT IS COMPLETE, TO COMPLETE THE BURN BOOT CAMP 21 DAY NUTRITION CHALLENGE ALL CHECK MARKS MUST BE COMPLETED AND YOUR FINAL WEIGHT MUST BE ACCURATLEY RECORDED.

[BBC 21 DAY NUTRITION CHALLENGE FACEBOOK PAGE.](#)

PART OF YOUR CHECKLIST REQUIRES YOU TO HOLD YOURSELF ACCOUNTABLE THROUGH OUR TWO DESIGNED SOCIAL MEDIA GATHERING SPOTS, ONE OF THEM BEING OUR FACEBOOK PAGE. AS WELL AS A REQUIREMENT ON YOUR CHECKLIST TO PARTICIPATE, ALL ANNOUCEMENTS, REMINDERS, QUESTIONS, UPDATES, WORKOUT VIDEOS, MINGLING, PALEO RECIPES, WHOLE FOOD RECIPES, AND ACCOUNTABILITY WILL BE HELD HERE! WE WILL BE CHECKING THIS ON A DAILY BASIS. CLICK THE LINK ABOVE AND LIKE IT NOW!

INSTAGRAM

ANOTHER RESOURCE TO KEEP YOU ON TRACK IS THE BURN BOOT CAMP INSTAGRAM PAGE. THIS IS GREAT FOR PROVING TO US THAT YOU ARE FOLLOWING THROUGH WITH YOUR 21 DAY COMMITMENT. WHEN POSTING YOUR INSTAGRAM PHOTOS BE SURE TO ALWAYS #BBCNUTRITIONCHALLENGE SO WE KNOW YOU ARE DOING WHAT YOU SAY YOU ARE. WE WILL BE CHECKING THIS ON A DAILY BASIS. CLICK THE LINK ABOVE TO FOLLOW US ON INSTAGRAM.

[BROOKE THOMAS – THANKFUL 30 COOK BOOKS](#)

BROOKE'S CROCKPOT AND HEALTHY RECIPE COOK BOOK IS PERFECT FOR THIS CHALLENGE! SHE IS AN AMAZING NUTRITIONIST OUT OF CHARLOTTE, NC AND WE FOLLOW THE SAME EXACT PHILOSOPHY. DEFINITELY PICK UP HER COOK BOOKS IF YOU ARE HAVING TROUBLE WITH MEAL IDEAS! CLICK THE LINK ABOVE TO CHECK THEM OUT!

[SHAKLEE 180 MEAL REPLACEMENT PROTEIN SHAKES](#)

SHAKLEE IS THE LEADER IN CLEAN, ALL NATURAL NUTRITION. OUR 21 DAY CHALLENGE CAN INCORPORATE SHAKLEE PRODUCTS! THE BEST WAY TO GET YOUR BIOAVAILABLE PROTIEEN UP IS TO CONSUME SHAKLEE ONCE PER DAY. EACH CANISTER OF SMOOTHIE MIX WILL LAST YOU ABOUT 30 DAYS AND IT IS SUPER DELICIOUS! CLICK THE LINK ABOVE TO ORDER SHAKLEE BEFORE YOUR 21 DAY PROGRAM STARTS!

THE 21 DAY NUTRITION CHALLENGE CHECKLIST

- COMPLETE THE FOLLOWING CHECK LIST IN ORDER TO COMPLETE THE CHALLENGE
- Record Your Starting Weight Here: _____
- Determine our daily calorie allotment.
- Download and familiarize yourself with the free calorie and PFC tracker, "Lose It".
- Print the Burn Boot Camp Grocery Guide and go shopping.
- Watch Morgan's Meal Prep 101 video.
- Complete Sunday Meal Prep for Detox Paleo Phase 1 Based On The Recipes.
- Stay at your daily calorie allotment every day during Detox Paleo Phase 1
- Post your favorite recipe that is NOT in this guide on the Facebook Page.
- Post a picture of your 7 Fat Flush Gallons in your fridge on Instagram using #bbcnutritionchallenge.
- Consume the entire Fat Flush gallon each day in Detox Paleo Phase 1.
- Complete Sunday night meal prepping for Whole Foods Phase 2 - Week.
- Drink 1 gallon of purified water each day in Whole Foods Phase 2 - Week 1.
- Stay at your daily calorie allotment every day during Whole Foods Phase 2 - Week 1.
- Update us on your progress thus far by posting on the Facebook Page how you are feeling.
- Post a selfie on Instagram using #bbcnutritionchallenge of you eating a healthy meal.
- Complete Sunday night meal prepping using recipes for Whole Foods Phase 2 - Final Phase.
- Get within 5% of each of your 45/35/20 Macro ratios every day in Whole Foods Phase 2 - Final Phase.
- Stay at your calorie allotment every day for Whole Foods Phase 2 - Final Phase.
- Drink 1 gallon of purified water each day in Whole Foods Phase 2 - Final Phase.
- Record Your Final Weight In and Write It Here: _____.
- Post a selfie on Instagram #bbcnutritionchallenge with your results.
- Post a Review on the 21 Day Nutrition Challenge.
- TURN YOUR CHECK LIST INTO BURN BOOT CAMP TO WIN YOUR PRIZE!