

14 Day Test Drive Focus Meeting



Name: _____



Date: _____

BBC's Goal Sheet

Top Goals:

1. _____
2. _____
3. _____
4. _____

Plan of Action:

1. _____
2. _____
3. _____
4. _____

Follow up Discussion:

1. _____
2. _____
3. _____
4. _____

Individualized Meal Plan

How Many Training Sessions Per Week? _____

What Time of Day Will You Train? _____

Use the Fitness Nut App to Calculate: BMR _____ TDEE _____

How Many Calories Each Day to Create 500 Calorie Deficit? _____

Breakfast

| What You Eat Now | Eat This Instead |
|------------------|------------------|
| | |

Lunch

| What You Eat Now | Eat This Instead |
|------------------|------------------|
| | |

Pre-Workout

| What You Eat Now | Eat This Instead |
|------------------|------------------|
| | |

Post- Workout

| What You Eat Now | Eat This Instead |
|------------------|------------------|
| | |

Dinner

| What You Eat Now | Eat This Instead |
|------------------|------------------|
| | |

Snack #1

| What You Eat Now | Eat This Instead |
|------------------|------------------|
| | |

Snack #2

| What You Eat Now | Eat This Instead |
|------------------|------------------|
| | |

MacroNutrition Meal Plan

Philosophy

MacroNutrition is a fitness specific meal plan and designed for those who train 3-6 times per week at maximum intensity. I base this style of living from a book called *Macrobiotic Nutrition* by Gerard Dente. By consuming foods in a specific percentage of your total calories you will prime your body to build muscle and burn fat. The percentages are divided up below:

- 45% Protein
- 35% Carbs
- 20% Fat

Calories become less relevant when you are eating Macronutrients (Proteins, Fats, Carbs) in the correct ratios. Keep your caloric intake relevant to your body weight. Follow the chart below to get a ballpark idea of how many calories to consume daily.

| Gender | To Lose Weight | To Gain Weight |
|---------------|-----------------------|-----------------------|
| Men | Body Weight x 12 | Body Weight x 16 |
| Women | Body Weight x 9 | Body Weight x 14 |

My whole foods/paleo philosophy combined with the MacroNutrition Meal Plan will provide you with a caloric limit that is flexible so you are not feeling deprived of food. As long as you stay within the P/F/C percentages everyday your body will respond in ways it never has before. To ensure that you are consuming the correct nutrients use technology!

Tracking

Download the free “Lose It” or “My Fitness Pal” app on your Smart Phone. Be sure to measure out your foods and input the proper quantities and calories into your app. Repeat every day for at least 14 Days or until you are able to easily eyeball your foods.

Important Daily Goals

- At least a gallon of water a day
- No Artificial Sweeteners
- No ADDED Sugar
- Eat every 2-3 hours

My Perfect Whole 45/35/20 Day (210 LBS – 2600-2800 caloric intake)

| Time | Food | Notes |
|---|--|---|
| 4:30 AM | Banana/Shaklee Protein Shake | One 8' Large/2 Scoops in Water and Ice |
| 7:30 AM | Omega 3 – Cage Free Brown Eggs/Cage Free Liquid Egg Whites/Fresh Chunk Salsa/Organic Bacon | 4 Whole/1 cup/2 Tbsp/1 Stripped Chopped/Scramble is Quickest |
| 9:30 AM | Organic Quick Oats/Shaklee Protein Powder | 1 cup/1 Scoop |
| 12:30 PM | Ezekiel Pita Wrap/Thin Sliced Chicken Breast/Organic Honey Mustard/Almond Cheese/Fresh Chunk Salsa | 2 wraps/6 oz. on each/As Needed/ .5 oz on each/1 tbsp. on each |
| 2:30 PM | 99% Lean Ground Turkey/Mashed Sweet Potato | 8 oz/6 oz/ Mixed Together in a Bowl |
| 4:30 PM | Shaklee Protein Shake/Spinch | 2 scoops in water and ice/optional |
| 7:30 PM | Grassfed Turkey Meat Balls/Green Veggies | Use the last meal of the day to make sure your Macros are 45/35/20/ 1 Cup |
| Times are not so relevant at first. This is my lifestyle and what works for me. As long as you are getting all nutrients in the right ratios and staying full, eat anything in any order. Always eat before a workout. If you work out early and have trouble eating, use Shaklee Performance for fuel. | | The macros are perfect in this meal plan. 45% protein/35% carbs/20% fat |

If you have any questions you can email me at DevanKlineFitness@gmail.com

Created By: Devan Kline, ACE C.P.T, Fitness Specific Nutritionist (F.S.N)





7 DAY DETOX JUMP START PLAN

7 DAY FAT FLUSH DETOX NUTRITION PROGRAM

Unlike most detoxes that starve you, or only have you drink liquid meals for weeks, We have developed a 1200 calorie detox fat flush plan that will provide you a jump start to your Burn Boot Camp Program. If you're interested in learning more about your long term health, losing fat, or helping someone you know get to where they want to be, please read on. The first page will give the reasons a detox and flush could help you get on the right track towards long term health.

On the second page is a sample organic meal plan to follow for 7 days. I've priced this plan out to less than \$3.75 per meal and that includes everything you will need for all 7 days including the protein powder. If you choose to change any of the menu items, be sure to check section 3 which was provided to us from 360 Your Life. You'll find a list of good and not so good fruits and vegetables as well as what are commonly referred to as the Dirty Dozen and Clean 15 which is a list of fruits and veggies that have the most pesticides and are most dangerous to our bodies. Be sure to read the list of what you can and cannot have for the first 7 days. Along with the meal plan is the fat flush drink which has been provided by Burn Boot Camp and all of the ingredients are attached.

LASTLY BUT MOST IMPORTANT...

Mindset. What I mean by that is you need to go into this with a goal Write it down on a piece of paper and read it every morning this way you go into the day with your goal being the first thing in your mind. I'm not kidding, if you're going to try this you need to know why, and what the end result is. If you cheat you're only cheating yourself. I know you can do this, and that's why you've decided to start a our rapid fat loss Boot Camp program. You're strong minded, strong willed and can do anything you put your mind to. So put your mind on paper and read it every morning. We can change the world to be a healthier place but we must lead by example.

WHY SHOULD I DO A DETOX CLEANSE FAT FLUSH?

Through our lives we come into contact with toxins. Some we ingest ourselves and we don't even realize what we're putting in our bodies. Pesticides from fruits and vegetables, as well as alcohol, caffeine and SUGAR are all examples of toxins that the liver needs to process and ultimately find a way to dispose of whether through the bathroom or sweat. After a while the liver has gotten backed up. When this happens the liver stops its function as a fat burner because it's too busy working on the toxins. A back up also leads to the toxins needing a way out of the body, in which they enter the blood stream and ultimately are released through the pores of the skin. Toxins coming through the skin will lead to acne, rashes, and wrinkles in the skin. A backed up liver also leads to headaches, fatigue and a harder time with allergies, because the liver is so over worked it cannot process the pollen or allergen and the body reacts with sneezing or getting stuffy.

WHAT'S DIFFERENT ABOUT THIS MEAL PLAN COMPARED TO OTHERS?

This is more of a nutritional plan that will lead to a detoxifying liver cleanse and a fat flush. We've incorporated 6 small organic meals to ensure you're getting all of the nutrients you need. Included are two liquid meals (Smoothies) 2 meals of fruit and 2 meals of vegetables. With these meals you will also drink 128oz, or 1 gallon of the fat flush drink mix, which the recipe can be found below.

WHAT SHOULD I EXPECT TO HAPPEN?

During the 7 days you should expect to lose anywhere from 3 to 7 pounds and may notice that your skin complexion is also improving. More importantly you're setting your body up for future fat burning success. You will feel healthier and will have more energy throughout the day. We will be following up with a second menu which is phase two of this plan, when we will include more to the diet and gradually increase your calories to what will soon be a normal nutritional plan for you.

SAMPLE OF WHAT TO BUY AT THE GROCERY STORE

Meal Plan Ingredients (What Organic Foods To Buy and in What Quantities)

| | | | |
|---------------------------|------------|--------------------------------|--------|
| Orange | 14 | Organic Cherry Tom | 2 |
| Lemon | 7 | Kiwi | 7 |
| Grapefruit | 7 | Blueberry for Salad..... | 1 pint |
| Banana | 14ea (5lb) | Sweet Potato | 5lbs 7 |
| Apple | 7 ea (4lb) | Garbanzo Organic Can | 2 |
| Organic Baby Spinach..... | 3 Packs | Green Tea..... | 1 Box |
| Baby Carrots | 1 Pack | Detox Dandelion..... | 1 Box |
| Organic Brocc..... | 3 bunches | Purified Water Gallon Jugs.... | 7 |
| Organic Kale..... | 2 bunches | Frozen Fruit Packages | 7 |
| Summer Sq. | 1 lb | Sugar Free Cranberry Juice | |

If changing out any of the above remember to stick to the approved foods list and stick to the meal plan guidelines as to when courses should be eaten

7 DAY FAT FLUSH DRINK

Drink 10 12ounce glasses of this throughout the day

- 1 Gallon of purified water
- 1 tablespoon of sugar free cranberry juice
- 1 dandelion root tea bag
- 2 tablespoons of pure squeezed lemon juice

DAILY PLAN FOR 7 MEALS PER DAY

Upon Waking – Have a cup of Green Tea before anything else. (This will boost the metabolism)

1st Meal – Fruit Smoothie (This recipe will make 2 servings one for morning and one for night)

Add 1.5 Cups of fruit in blender

Add 2 pieces of kale

Add 2 Scoop of Protein (I recommend all natural Shaklee Soy or Whey Protein)

(If choosing your own protein be sure no additives)

To learn where to buy Shaklee products, email devanklinfitness@gmail.com or cb.chrisbryan@gmail.com

Add Squeezed ½ Orange

Add 3 cups of Purified Water, 8 ice cubes and blend

2nd Meal – Fruit Cup (Chop 2 Cups of Assorted Fruits as the meal)

Choose from the assorted fruit list, I included grapefruit, kiwi, blueberry on list

3rd Meal – Spinach or Mixed Green Salad (Add more veg if you like)

Add 1 Cup of Baby Organic Spinach or Mixed Greens

Add 1 serving of Garbanzo Beans

Add 10 Cherry Tomatoes

Add ½ Apple

Add Sprinkle of Cheyenne Pepper (Very small amount – Very Important)

Squeeze ½ Orange and ½ Lemon onto Salad for Dressing

4th Meal – Fruit Cup (Chop 2 Cups of Assorted Fruits as the meal)

Choose from the assorted fruit list, I included grapefruit kiwi blueberry on list

5th Meal – Sweet Potato and Veggies (set oven to 350 and roast for 15-20 minutes)

Cut one sweet potato, 1 cup of broccoli and half summer squash into 1 inch cubes

6th Meal – Second Fruit Smoothie (Made earlier in the day)

DAILY PLAN FOR 7 MEALS PER DAY

Shaklee Cinch or Energizing Soy Protein Shake IMMEDIATELY after workout (Very Important to be right after)

Wake Up – Have a cup of Green Tea before anything else. (This will boost the metabolism)

1st Meal – 4 – 6 Egg Whites Scrambled in Coconut Oil (¼ cup of fruit)

¼ Cup Blueberries

Glass of Squeezed Orange Juice

2nd Meal – Goat Cheese Veggie Salad (Makes 4-6 servings)

1 Cup of Corn

¼ Basil

15 Organic Cherry Tomatoes

1 Avocado

1 TBSP Olive Oil

¼ Organic Goat Cheese (cut into cubes)

Lime Juice (To Taste)

Cayenne Pepper (Season to Taste)

3rd Meal – Spinach or Mixed Green Salad (Add Organic Cage Free Chicken Breast)

Add 1 Cup of Baby Organic Spinach or Mixed Greens

Add 1 serving of Garbanzo Beans

Add 10 Cherry Tomatoes

Add ½ Apple

Add Sprinkle of Cayenne Pepper (Very small amount – Very Important)

Add 6 Ounces of Cage Free, Organic Chicken Breast

Squeeze ½ Orange and ½ Lemon onto Salad for Dressing

4th Meal – Fruit Cup (Chop 2 Cups of Assorted Fruits as the meal)

Choose from the assorted fruit list, I included grapefruit kiwi blueberry on list

5th Meal – Sweet Potato/Greens/White Fish (set oven to 350, roast for 15-20 minutes)

Cut one sweet potato (Organic Cinnamon to Taste)

½ Cup Greens (Washed Baby Spinach/ Broccoli)

4-8 oz of Pan Seared White Fish in Coconut Oil (Coconut Oil is Important)

6th Meal – Goat Cheese Veggie Salad (Use serving 2 of 6 & keep leftovers for next day)

CLEAN 15 (Lowest In Pesticides)

1. Onions
2. Sweet Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet Peas
7. Mangoes
8. Eggplant
9. Cantaloupe (Domestic)
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet Potatoes
14. Grapefruit
15. Mushrooms

THE DIRTY DOZEN (Buy These Organic!)

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines (Imported)
7. Grapes (Imported)
8. Sweet Bell Peppers
9. Potatoes
10. Blueberries (Domestic)
11. Lettuce
12. Kale / Collard Greens

BONUS: GROCERY STORE BUYING GUIDE

SAY YES TO THESE!

Dark green, leafy lettuce (romaine, red leaf, green leaf, spinach)
Avocados
Tomatoes
Cucumbers
Celery
Carrots
Red beets (one or two will last a week)
Zucchini
Bell peppers
Broccoli
Cauliflower
Cabbage
Asparagus
Onions
Corn
Sweet potatoes or yams
Blueberries, raspberries, blackberries, goji berries, and any other berries that you enjoy!

Acorn or butternut squash
Watermelon
Honeydew
Cantaloupe
Pears
Apples
Bananas
Mangoes
Papaya
Peaches
Plums
Nectarines
Grapes
Coconut
Oranges and grapefruit

SAY NO TO THESE!

No Dairy
No Meat or Animal Product
No Bread
No Pasta
No Grains
No Cereal
No Chocolate
No Nuts
No Sauces
No Pickled Vegetables
No Canned Fruit

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Body Fat "Rating Scale"



Many people desire a "rating system" for assessing their current level of body fat. The following table provides a meaningful rating system.

MALE

| Age | RISKY | EXCELLENT | GOOD | FAIR | POOR | VERY POOR |
|-------|-------|-----------|-------|-------|-------|-----------|
| 19-24 | <6% | 10.8% | 14.9% | 19.0% | 23.3% | >23.3% |
| 25-29 | | 12.8% | 16.5% | 20.3% | 24.4% | |
| 30-34 | | 14.5% | 18.0% | 21.5% | 25.2% | |
| 35-39 | | 16.1% | 19.4% | 22.6% | 26.1% | |
| 40-44 | | 17.5% | 20.5% | 23.6% | 26.9% | |
| 45-49 | | 18.6% | 21.5% | 24.5% | 27.6% | |
| 50-54 | | 19.8% | 22.7% | 25.6% | 28.7% | |
| 55-59 | | 20.2% | 23.2% | 26.2% | 29.3% | |
| 60+ | | 20.3% | 23.5% | 26.7% | 29.8% | |

FEMALE

| Age | RISKY | EXCELLENT | GOOD | FAIR | POOR | VERY POOR |
|-------|-------|-----------|-------|-------|-------|-----------|
| 19-24 | <9% | 18.9% | 22.1% | 25.0% | 29.6% | >29.6% |
| 25-29 | | 18.9% | 22.0% | 25.4% | 29.8% | |
| 30-34 | | 19.7% | 22.7% | 26.4% | 30.5% | |
| 35-39 | | 21.0% | 24.0% | 27.7% | 31.5% | |
| 40-44 | | 22.6% | 25.6% | 29.3% | 32.8% | |
| 45-49 | | 24.3% | 27.3% | 30.9% | 34.1% | |
| 50-54 | | 26.6% | 29.7% | 33.1% | 36.2% | |
| 55-59 | | 27.4% | 30.7% | 34.0% | 37.3% | |
| 60+ | | 27.6% | 31.0% | 34.4% | 38.0% | |