



YOUR BODY BETTER
BEST BODY EVER BOOT CAMP
VACATION DIET GUIDELINES

These diet guidelines are for vacation/travel eating. It will keep your weight gain to a minimum while allowing you to enjoy your vacation. The foods chosen may be different from your normal Boot Camp diet, due to availability of choices while travelling. For best long-term results, do not make these substitutions in your normal meal plan. For more information on Boot Camp meal plans, email Coach Anna at info@yourbodybetter.com.

You may gain a pound or two on the scale, but it's largely water weight. Just skip the heavy carbs in your Meals 5 and 6 when you return from vacation and your weight should return to normal within 4-5 after vacation.

Meal	Foods
1	Protein + Starchy Carbs
2	Protein + Fruit
3	Protein + Veggies
4	Protein + Veggies
5	Protein + Veggies
6	Protein Shake

Protein (serving is about the size of the palm of your hand)

lean chicken, beef, string cheese, protein powder, fish and shellfish, tofu, tempeh, qorn,

Starchy Carbs (serving is 1-2 pieces)

hash brown potatoes, oatmeal, ½ waffle, cereal, bread, even a pastry is okay since you're on vacation

Fruits (serving size is approximately 1 ½ cups)

banana, apple, pear, orange, grapefruit, pineapple, mango, papaya, grapes, etc.

Veggies (serving size is 1-2 cups)

salad greens, green beans, broccoli, summer squash, Brussels sprouts, cucumber, peppers, mushrooms, asparagus, artichokes, cabbage, carrots, avocado, jicama, tomatoes, turnips, eggplant, spaghetti squash, etc.