



# BOOTY BAND

# NUTRITION

GUIDE

BY *bootyco*



# BOOTY BUILDING 101

Building a booty requires you to isolate and target your glute muscles through specific exercises. The Booty Band Program has been designed to:

- **BUILD, SCULPT, LIFT & TONE- SEE RAPID RESULTS:** Our Booty Band & Booty Exercise Guide strengthen and build all three glute muscles- Maximus, Medius & Minimus to help you rapidly develop a perky, lifted and firm butt. Takes just 5 minutes per day for 30 days!
- **FAT BURNING RESULTS & NO BULKY THIGHS:** Our Booty Band and the provided Booty Exercise Guide will let you convert your fat to muscle giving you the ideal lifted, perky and round booty. Our unique exercises isolate and target only the glute muscles. As a result your thighs stay lean and toned with no extra bulk or size added.



BootyCo Workout Guide

For more info on the Booty Band or to buy yours visit <https://bootyco.com>

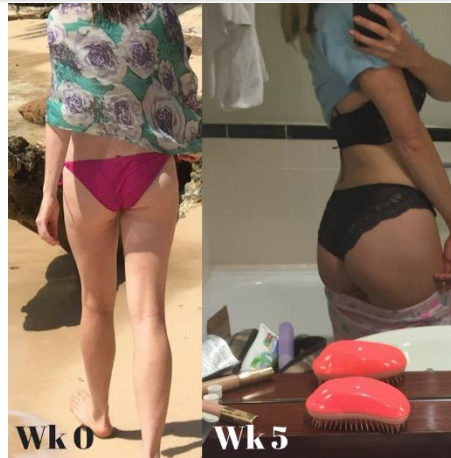
# BOOTY BAND RESULTS



## 30 Day Results:

*Wanted to share my results, since I am in awe and proud of my results in just 30 days! Sharing with all my friends and family and definitely recommending your product. Thank you!*

**Lisa K:** She used the Booty Band for 10 minutes a day, 5 days a week. She did not change her diet.



## 5 Week Results:

*The Booty Band and the Booty Workout Guide use exercises which work muscles I did not even know I had. Right away you can feel the burn and after a week start to see the results!*

**Emily P:** She used the Booty Band for 10 minutes a day 4/5 days a week. She increased her protein consumption to 1 gram per pound of body weight.

## 6 Week Results:

*The Booty Band totally helped me transform my flat butt. It's now perky and strong rather than flat and flabby.*

**Lisa M:** She used the Booty Band as well as the full nutrition plan to help her transform her entire figure. Lisa is a recent mum too!



# BOOTY NUTRITION OVERVIEW

Always remember that your booty is made of MUSCLE. To build shape you must build muscle. To better see muscle you must reduce fat. The best way to build muscle and reduce fat is to ensure you balance your PROTEINS and CALORIES.

We will show you in this guide:

- ✓ What proteins to eat and how much
- ✓ What you should be eating every day to help you build a booty
- ✓ Easy and delicious recipes

This nutrition guide also focuses on bringing you back to a healthy, unprocessed, chemical free diet. You will notice that you will have more energy, your skin will glow, you won't constantly be craving food and most importantly your body will be nourished.

We recognize that women come in all shapes and sizes so read the table below which will have additional tips based on your body type and goals.

WHAT BODY TYPE ARE YOU?	Workout Tips	What to Eat
<ul style="list-style-type: none"><li>✓ You want to lose fat</li><li>✓ You want your booty to be more perky by adding muscle</li></ul>	<ul style="list-style-type: none"><li>• Add cardio to your work outs to burn fat</li><li>• Do low intensity longer cardio sessions like walking, rowing, cycling. Ensure your heart rate is high but you can still hold a conversation. This is the "fat burning" range. Aim for 3-4 sessions a week.</li></ul>	When following the meal plan ensure you do not eat excess calories
<ul style="list-style-type: none"><li>✓ You do not want to lose fat</li><li>✓ You want to build both the size and shape of your booty</li></ul>	<ul style="list-style-type: none"><li>• Focus on weight and strength training.</li></ul>	When following the meal plan you can add additional servings to boost your calories. Try to make these proteins. If you do cardio ensure you replenish the calories burned with food.

# FOOD GROUPS EXPLAINED

Below are the main food groups that you should be eating and that we will be building our meal plans from. It's important that the ingredients listed do not have any additives or extras like bread crumbs.

Proteins	Vegetables & Leafy Greens	Herbs, Spices, Seasonings	Healthy Fats & Oils	Beverages
<ul style="list-style-type: none"> <li>✓ Beef- All parts</li> <li>✓ Fish- All fish</li> <li>✓ Pork- All except sausages</li> <li>✓ Poultry</li> <li>✓ Lamb</li> <li>✓ Wild Game</li> <li>✓ Organ meats</li> <li>✓ Eggs</li> <li>✓ Lentils</li> </ul>	<ul style="list-style-type: none"> <li>✓ Leafy vegetables except those considered carbohydrates</li> <li>× Potatoes</li> <li>× Corn</li> <li>× Peas</li> </ul> <p>Note: You can reintroduce the X vegetables once you have achieved the results you want</p>	<ul style="list-style-type: none"> <li>✓ Herbs- All</li> <li>✓ Lemon/Lime</li> <li>✓ Salt &amp; Pepper (salt in moderation as it causes water retention)</li> <li>✓ Chillies</li> <li>✓ Vinegar- All</li> <li>✓ Soya Sauce (GF)</li> <li>✓ Fish Sauce (GF)</li> <li>✓ Curry Paste (GF)</li> <li>✓ Spices (GF)</li> <li>✓ Mustard (GF)</li> </ul> <p>GF= Gluten Free</p>	<ul style="list-style-type: none"> <li>✓ Nuts- All</li> <li>✓ Seeds- All</li> <li>✓ Oils- Coconut, Olive, Avocado, Nut Based Oils</li> </ul>	<ul style="list-style-type: none"> <li>✓ Water</li> <li>✓ Sparkling Water</li> <li>✓ Coffee- Black or with a little nut based milk</li> <li>✓ Tea- All. We recommend green tea for weight loss especially matcha green tea powder</li> </ul>

# MEAL PLAN EXPLAINED

## MEAL PLAN

In the following pages we will provide you with example recipes for each of the 3 meals and 2 snacks you can eat daily.

Monitor your protein and your calories.

If you **consume 1200-1400 calories per day** then you will lose fat. Do not consume less than 1200 as your body needs this to function well.

You need to ensure you consume high protein to build your booty.

The general rule for muscle building is **0.8-1 gram per every pound of body weight**. So if you weigh 132 pounds you should consume 105-132 grams of protein

MEAL	FOOD	PROTEIN	CALORIES
BREAKFAST	Egg Muffins	15 G	180
	Coffee		5
SNACK	Hummus & Carrot Sticks	7 G	133
LUNCH	Burrito Bowl	43 G	350
	Green Tea		2
SNACK	Nut Butter & Celery Sticks	8 G	130
DINNER	Salmon & Vegetables	46 G	400
TOTAL		119 G	1200

# TIPS FOR SUCCESS

**MEASURE YOUR PROGRESS:** It's so important to take photos and measurements rather than just relying on scales.

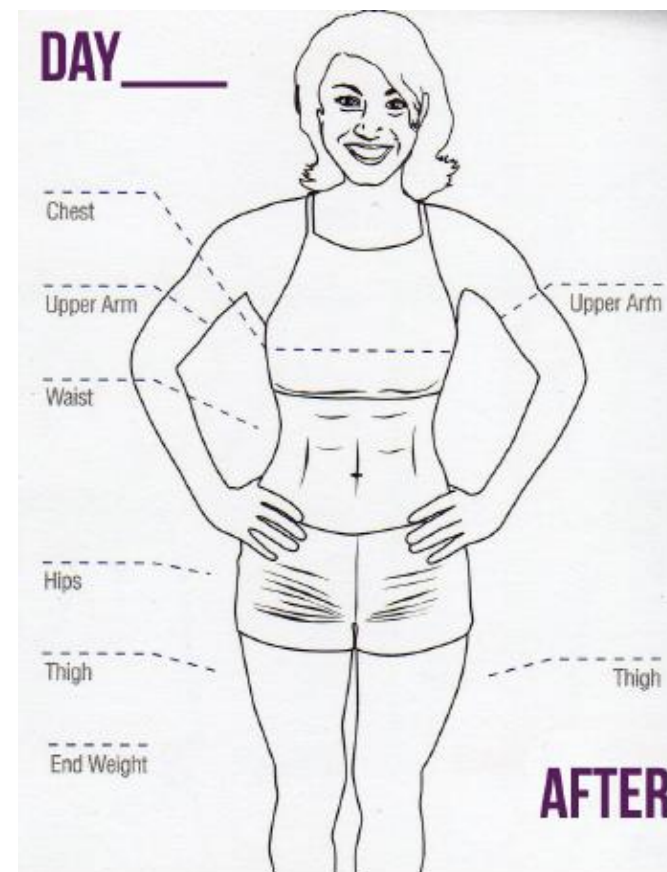
**BATCH COOK:** Simplify your cooking by preparing large batches and eating the same meal for several days. For example cook enough soup for the week and freeze half. Cook enough grilled chicken for 3 lunches.

**BANISH TEMPTATION FROM YOUR HOME:** If you do not buy bad food then you will be much less likely to be tempted to eat it on impulse. Ensure you clear out your fridge and cupboards before you begin.

**RECRUIT YOUR FRIENDS:** Bring a few close friends on board to do the program with you or at least provide you with support. Plan social gatherings around healthy options like walking or daytime meals. These won't tempt you to drink alcohol or cave in to a delicious dessert.

**EXERCISE EVERY DAY:** Use your Booty Band every day and also try and do some extra exercise on top of this like walking. Establishing a routine and all those endorphins are sure to help keep you on track

## How to Record Your Measurements



# Fat Loss Recipes:

These recipes will help you lose fat and consume enough protein to help your booty build muscle. Ensure you tally up the daily calories and protein to meet your daily levels.



# BREAKFAST RECIPES

## Egg Muffins

Serves: 6 (12 muffins)

Prep time: 15 mins

Cook Time: 45 mins

Batch Cook? Yes

### Ingredients

- ½ pound protein (minced beef)
- 1 cup spinach, chopped
- ½ cup red bell pepper, diced
- ½ tablespoon fresh cilantro, chopped
- ¼ tablespoon red pepper flakes
- ¼ tablespoon sea salt
- 9 eggs, beaten

### Directions:

1. Preheat oven to 350 degrees. Grease 12 cup muffin pan with coconut oil.
2. In skillet, cook your protein.
3. Mix all ingredients except eggs together in a bowl
4. Spoon evenly into muffin tray
5. Pour over the beaten egg
6. Bake muffins for 30-35 mins. Check with a skewer to ensure cooked.
7. Store in an airtight container in fridge and reheat before serving.

PROTEIN: 15 G  
CALORIES: 180



# BREAKFAST RECIPES

## Skinny Omelette

Serves: 2

Prep time: 5 mins

Cook Time: 5 mins

Batch Cook? No

### Ingredients

- 2 Eggs and 3 Egg whites
- 1 Teaspoon olive oil
- 1 red pepper, deseeded and chopped finely
- 2 spring onions, finely chopped
- 1 tbsn Ham shredded and chopped
- Optional: 1 tablespoon tomato- chopped
- Optional: Fresh herbs- chopped

### Directions:

1. Mix all eggs with salt and pepper and set aside
2. Heat oil in medium pan and cook pepper for 3-5 minutes
3. Cook spring onion for 1 minute
4. Pour in eggs and cook over medium heat until almost set
5. Sprinkle ham and cook until just set
6. Serve straight from pan – sprinkle herbs or chopped tomato on top

PROTEIN: 25 G  
CALORIES: 200



# BREAKFAST RECIPES

## Baked Egg in Avocado

Serves: 2

Prep time: 5 mins

Cook Time: 20 mins

Batch Cook? No

### Ingredients

- 2 ripe avocados
- 4 fresh eggs
- 1/8 teaspoon pepper
- 1 tablespoon chopped chives

### Directions:

1. Preheat the oven to 425 degrees.
2. Slice the avocados in half, and take out the pit. Scoop out about two tablespoons of flesh from the center of the avocado, just enough so the egg will fit snugly in the center.
3. Place the avocados in a small baking dish. Do your best to make sure they fit tightly.
4. Crack an egg into each avocado half. Try your best to crack the yolk in first, then let the egg whites spill in to fill up the rest of the shell.
5. Place in the oven and bake for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set.
6. Remove from oven, then season with pepper, chives, and garnish of your choice.

PROTEIN: 21 G  
CALORIES: 449



# BREAKFAST RECIPES

## Pouched Eggs- Tomato, Swiss Chard & Chickpea

Serves: 3

Prep time: 15 mins

Cook Time: 30 mins

Batch Cook? Yes

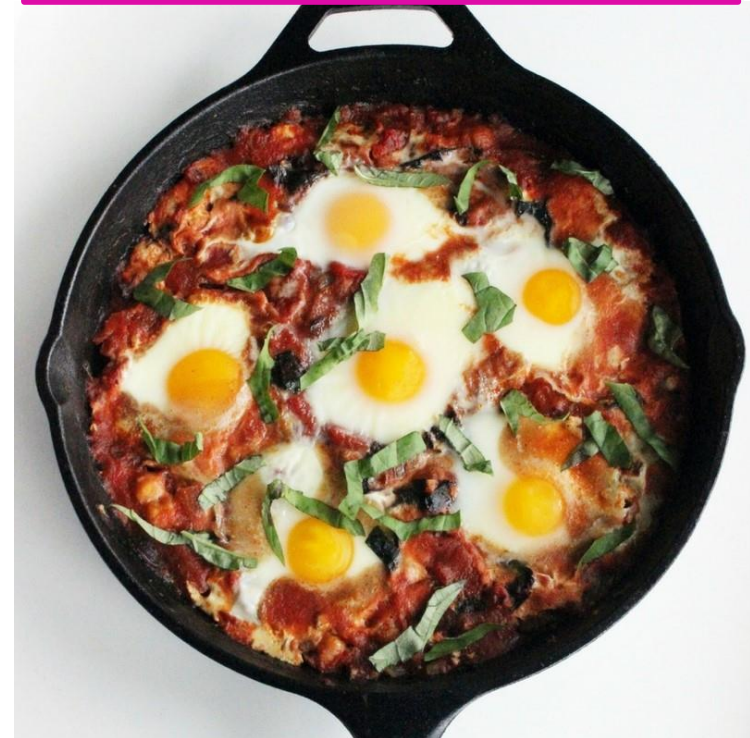
### Ingredients

- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 1 white onion, diced
- 1/2 cup chickpeas, drained
- 1 can diced tomatoes
- 1 teaspoon cumin
- 1 1/2 teaspoons cinnamon
- 2 teaspoons paprika
- 1/2 tablespoon red pepper flakes
- 2 cups Swiss or red chard, chopped
- 6 eggs
- Fresh basil, for garnish

### Directions:

1. Preheat oven to 400°F.
2. Heat oil in ovenproof skillet over medium heat. Add onion and garlic and sauté for five minutes. Add chickpeas and sauté for another three minutes.
3. Add diced tomatoes, cumin, cinnamon, paprika, red pepper flakes, and bring to a boil. Turn the heat down to simmer for 10 minutes.
4. Add Swiss chard and cook down for about one minute.
5. Make six little wells in the tomato and chard mixture, and add eggs to the skillet slowly.
6. Move the skillet to the preheated oven, and bake for 15 to 20 minutes or until the whites are set.
7. Remove from oven, sprinkle with basil, serve, and enjoy.

PROTEIN: 20 G  
CALORIES: 330



# LUNCH/DINNER RECIPES

## Roast Pumpkin & Chicken Soup

Serves: 4

Prep time: 10 mins

Cook Time: 40 mins

Batch Cook? Yes

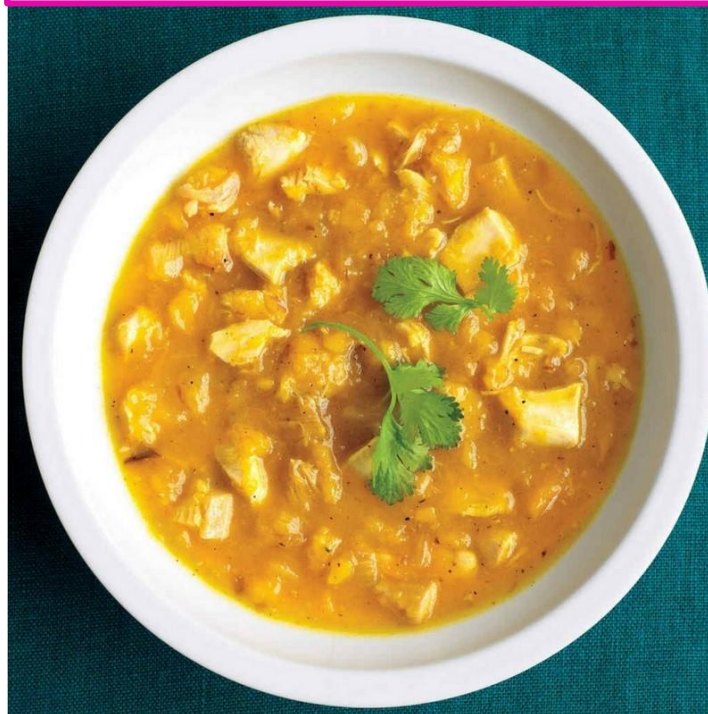
### Ingredients

- 4 bone in, skin on chicken thighs
- 1 medium butternut squash, peeled, seeded and diced
- 1 small yellow onion, diced
- 2 tbsp. olive oil
- Salt and pepper
- 4 cups low sodium chicken broth or water
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1-2 tbsp. fresh lemon juice
- Fresh coriander or herb of choice, optional

### Directions:

1. Preheat oven to 430 degrees. In a roasting pan toss chicken, squash, onion and oil. Season with salt and pepper. Roast together until chicken and squash is cooked- approx. 30 minutes.
2. Transfer chicken to a plate and let cool. Transfer the rest to a medium pot and add remaining ingredients. Bring to simmer on medium.
3. With potato masher, mash the vegetables until soup is thick and chunky.
4. Separate chicken from bone, chop and add to soup. Stir in lemon juice, season and serve with fresh herb.

PROTEIN: 25 G  
CALORIES: 200



# LUNCH/DINNER RECIPES

## Salmon with Vegetables

Serves: 2

Prep time: 15 mins

Cook Time: 10 mins

Batch Cook? Yes

### Ingredients

- 7 ounces green beans (about 1 1/2 cups)
- 20 small cherry tomatoes
- 1 tablespoon extra-virgin olive oil
- Salt and freshly ground pepper
- 2 (8-ounce) thick salmon fillet steaks, pin-boned, with or without skin
- 1 lemon
- 5 leaves fresh basil

### Directions

1. Preheat the oven and a roasting tray at 500°F. Boil a pot of salted water.
2. Blanch green beans until tender in the salted boiling water, and drain. Combine the green beans with the cherry tomatoes in a large bowl. Toss them together with olive oil and a pinch of salt and pepper.
3. Give your salmon fillets a quick wash, and pat dry with paper towels. Squeeze the juice of 1/2 a lemon on both sides, then season both sides with salt and pepper. Drizzle a tiny bit of olive oil over the top.
4. Put your salmon fillets at one end of the preheated roasting tray, and place the green-bean-and-tomato mixture at the other end of the tray.
5. Roast in the preheated oven for 10 minutes, then remove from the oven and serve with the remaining lemon.

PROTEIN: 46 G  
CALORIES: 400



# LUNCH/DINNER RECIPES

## Burrito Bowl

Serves: 1

Prep time: 15 mins

Cook Time: 5 mins

Batch Cook? Yes

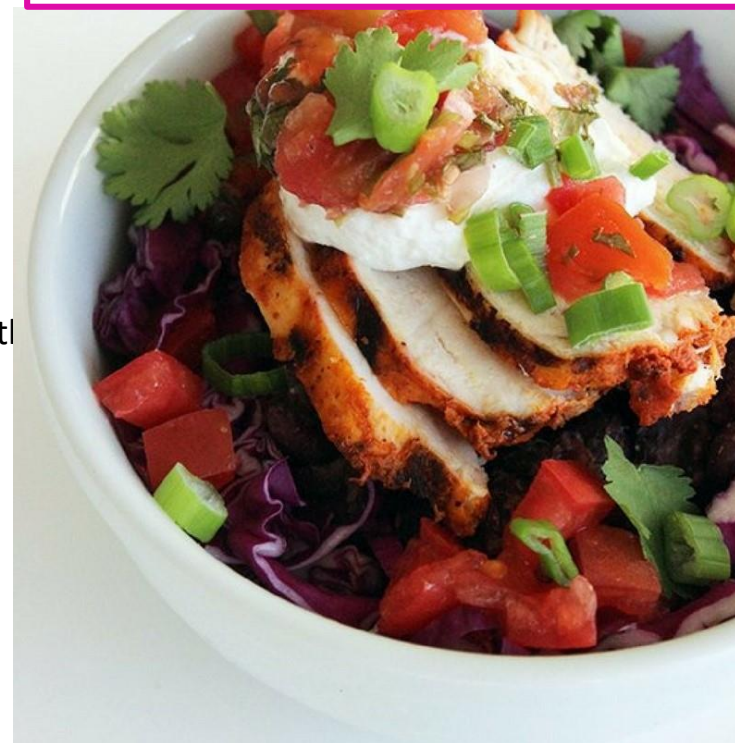
### Ingredients

- 1/4 cup black beans
- 1 teaspoon chicken broth
- Pinch of cumin
- Pinch of cayenne
- Pinch of garlic powder
- 1/2 cup red cabbage, sliced thin
- 3 ounces precooked grilled chicken breast, sliced thin
- 2 tablespoons non fat Greek yogurt
- 2 tablespoons fresh salsa
- Fresh cilantro, for garnish

### Directions:

1. Microwave black beans with chicken broth, oregano, cumin, cayenne, and garlic powder on high for 30 to 45 seconds until heated. Set aside.
2. Add red cabbage to your bowl, and spoon the black beans on top. Layer sliced chicken, Greek yogurt, salsa, and cilantro and green onions, and enjoy immediately!.

PROTEIN: 43 G  
CALORIES: 350



# LUNCH/DINNER RECIPES

## Chicken, Asparagus & Lemon

Serves: 3

Prep time: 15 mins

Cook Time: 20 mins

Batch Cook? Yes

### Ingredients

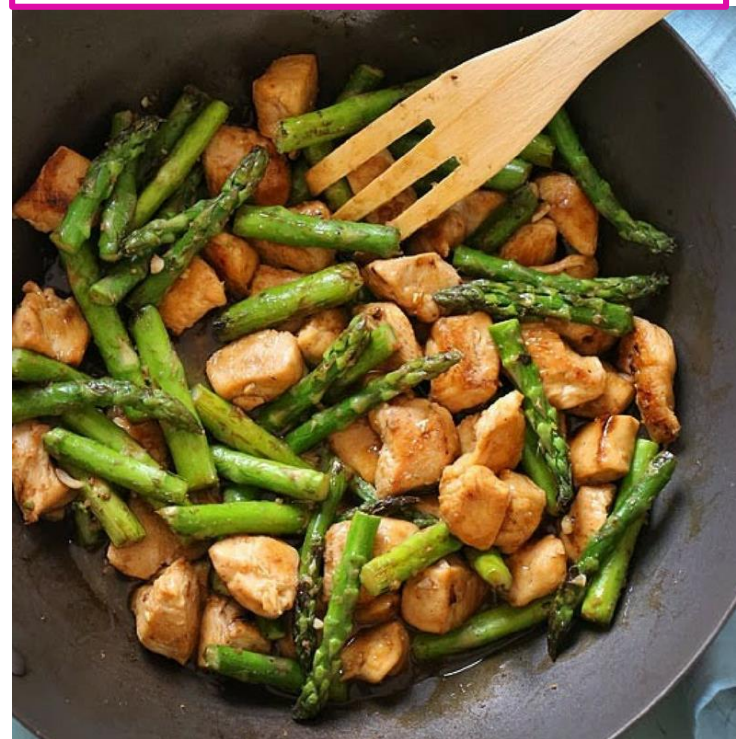
- 1 1/2 pounds skinless chicken breast, cut into 1-inch cubes
- Salt, to taste
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons soy sauce
- 2 tablespoons water
- 1 tbsp canola or grapeseed oil, divided
- 1 bunch asparagus cut into 2-inch pieces
- 6 cloves garlic, chopped
- 1 tbsp fresh ginger
- 3 tablespoons fresh lemon juice

### Directions:

1. Put your wok on medium heat add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp. Add the garlic and ginger and cook until golden, about 1 minute. Set aside.
2. Increase the heat to high, then add 1 teaspoon of oil. Cook chicken in 2 batches until browned and cooked through, about 4 minutes on each side. Set aside.
3. Add the soy sauce mixture; bring to a boil and cook about 1-1/2 minutes. Add lemon juice and stir well, when it simmers return the chicken and asparagus to the wok and mix well, remove from heat and serve.

PROTEIN: 41 G

CALORIES: 268





# CARB ALTERNATIVE RECIPE

## Cauliflower Rice

Serves: 2

Prep time: 5 mins

Cook Time: 2 mins

Batch Cook? Yes

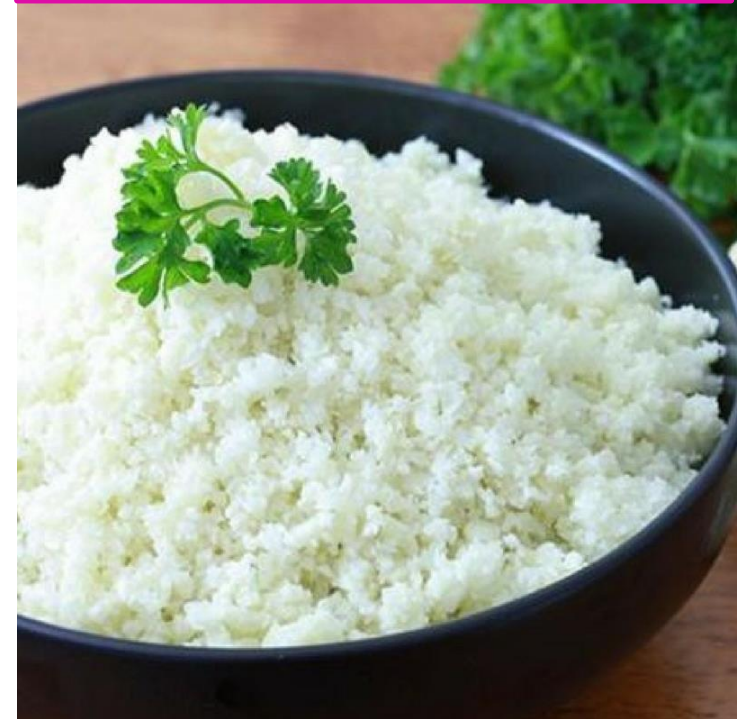
### Ingredients

- ½ head small cauliflower (about 130 g) cut into florets
- Salt, pepper, olive oil to taste




### Directions:

1. Place cauliflower in a food processor until it resembles the fine texture of cous cous
2. Cook in microwave for 2 minutes in a lightly covered dish. Don't add water.
3. Add a dash of salt, pepper and olive oil when serving

PROTEIN: 3 G  
CALORIES: 33



# SNACK RECIPES

Snacks	Ingredients	Steps	Protein / Calories
<b>Roasted chickpeas (3 servings)</b> 	1 can chickpeas (300gm) 1 tbsp cumin 1 tbsp chilli flakes 1 tsp olive oil Black pepper	Toss the chickpeas in the cumin, chilli, oil and black pepper. Place on a baking tray and cook at 180 degrees for 10 minutes. Store in Tupperware.	Protein: 19g Calories: 120
<b>Nut Butter &amp; Celery Sticks/ Apple</b> 	Celery Sticks (1 Cup ) or Sliced Apple 2 tbsp. natural nut butter 6 almonds	Spoon the nut butter on top of the celery stick Serve with the almonds on top.	Protein: 8.8 g Calories: 130
<b>Turmeric &amp; cumin hummus with carrot sticks</b> 	For the hummus: 1 can chickpeas 1 1/2 tsp: of each turmeric & cumin 2 tbsp olive oil 1 tbsp tahini Black pepper Serve with 2 carrots, peeled & chopped	For the hummus, mix all the ingredients together till smooth in a blender. Serve 100 gms with the carrot sticks.	Protein: 7 gm Calories: 133

# Maintenance Recipes:

After you have achieved your fat loss goal you can start to add more carbs and dairy to your diet. We have provided recipe ideas on the following pages.

# BREAKFAST RECIPES

Meals	Ingredients	Steps
Egg white omelette with avocado on toast with half a grapefruit	Handful of mushrooms and tomatoes 1 clove garlic, chopped 1 tsp coconut oil 3 egg whites, or half a cup 2 tbsp almond milk Black pepper ½ avocado	Dice the mushrooms and tomatoes. Add the coconut oil to the pan, and fry the garlic, mushrooms & tomatoes. Whisk the egg whites with the almond milk and pepper. Pour into the pan. Cook for 5 mins, and then flip in half. Cook for a further 3 minutes. Serve with the avocado.
Yoghurt & granola	1 cup greek yogurt ¼ cup low sugar granola ½ cup of fruit of your choice, e.g. raspberries, blueberries	Pop everything in one bowl, and enjoy!
Green smoothie	1 cup kale 1 cup spinach 100ml almond milk 1 tsp matcha green tea powder 1 cup blueberries 1 banana	Pop everything in a blender, and whizz. Pour into a glass - and voila.
Poached egg on toast with spinach and half a grapefruit.	1 egg 1 tbsp vinegar 2 pieces rye bread 1 cup spinach ½ avocado ½ grapefruit	Poach the egg by: Fill a pan with water Add the vinegar (this helps the egg white stay together) When the water's hot, carefully break into the water. Cook for 4 minutes. Serve on the rye bread, with a side of spinach, avocado and grapefruit.

# BREAKFAST RECIPES

Meals	Ingredients	Steps
Blueberry & banana protein pancakes	3 egg whites ½ banana, ½ cup blueberries ½ cup oatmeal, 1 scoop whey protein 1 tsp baking powder Coconut oil for frying A dollop nut butter for serving	Mix all the ingredients together, except the coconut oil and nut butter. Spray a frying pan with coconut oil, and heat. Spoon 2 tbsp of the batter and cook for 3-4 minutes, until bubbles form on the top. Flip and cook for a further 2 mins.
Greek yogurt banana split	1 cup Greek yogurt 1 banana ¼ cup granola (sugar-free) 1 tbsp nut butter ½ cup blueberries 1 tbsp cacao nibs (optional)	Slice the banana in half, dollop the greek yoghurt and nut butter on top. Then sprinkle over the granola, blueberries and cacao nibs (if using).
Omelette with turkey bacon & spinach	3 eggs, whisked ½ onion, 1 clove garlic & tomato - diced 2 slices turkey bacon, chopped Handful of spinach ½ avocado slices Drizzle of extra virgin olive oil	Fry the onion, garlic and tomato in coconut oil in a pan. Add the turkey bacon, and when it's cooked pour the eggs into the pan. Cook through for 5 mins, then flip in half. Serve with the spinach and avocado on the side, with a little olive oil drizzled over.
Banana, blueberry & matcha smoothie	1 scoop whey protein 1 banana, 1 cup milk, ½ cup oats 1 cup of each: blueberries & spinach 1 tsp matcha green tea powder 1 tbsp almond butter	Pop everything in a blender, and whizz. Pour into a glass - and voila.

# SNACK RECIPES

Snacks	Ingredients	Steps
Fruit with either nuts, popcorn	1 piece of fruit with either: 1 handful of nuts (almonds, peanuts or pistachios) 1 pack low fat popcorn	Pick whichever you fancy and enjoy!
Cucumber & cream cheese crackers	Half sliced cucumber 1 tablespoon cream cheese  2 plain rice crackers	Spread the cream cheese on top of the rice crackers. Place the cucumber on top, and crack some black pepper on top.
Rice cakes with almond butter & banana	2 rice cakes 1 tbsp almond butter 1 banana, sliced 1/2 tbsp cacao nibs	Spread the almond butter on top of the rice cakes. Place the banana slices on top. Sprinkle over the cacao nibs.
Handful of nuts: almonds, cashews or pistachios	Whichever nut you please!	
Canned sardines on rye bread	1 tin sardines 1 slice rye bread	Place the sardines on the rye - and voila!
Rye bread with sunbutter (sunflower seeds mixed with dates)	5 tbsp sunflower seeds 5 mejool dates 1 slice rye bread	Place the sunflower seeds in a blender, and whizz until they form a crumb. Add the dates and blend until it forms a nut-butter consistency. Spread 1 tbsp on a slice of rye bread.
Spinach omelette with toast and fruit	3 eggs 1 cup fresh spinach 1 slice Ezekiel bread, toasted 1 medium apple	Coat a skillet with cooking spray and saute the spinach until soft. Whisk eggs in a small bowl until combined and season the mixture with black pepper. Add eggs to skillet and allow to cook through. Serve with apple and toast

# LUNCH RECIPES

Meals	Ingredients	Steps
Tuna salad with rice	1 can tuna (preferably low sodium) ¼ cup dried brown rice (measure before you cook it) Handful of spinach, tomatoes and parsley Dressing: 1 tbsp olive oil, 1 tsp chilli flakes, ½ lemon juiced & pepper	Cook the rice in boiling water. Chop the tomatoes, and add to the rice with the spinach, tuna and parsley. Mix all the ingredients for the dressing together, and pour over.
Grilled chicken & veggies	1 chicken breast Sprig of thyme 1 tbsp Olive oil Pepper Unlimited green veg: e.g. beans, broccoli, spinach	Marinate the chicken in oil, thyme, salt & pepper. Grill in the oven until cooked. Serve with unlimited green veg on the side.
Turkey & avocado wrap	1 turkey breast ½ avocado Bunch of cilantro Capsicum, chopped Handful of lettuce and tomatoes Whole-wheat wrap	Cook the turkey breast on a griddle pan. Cool and slice into thin strips. Chop the avocado, cilantro, lettuce and tomatoes. Pop everything in the wrap, fold and enjoy.
Turkey & cream cheese cracker sandwich	2 multi-seed rice thin crackers 1 turkey breast ½ cucumber, sliced 30g low fat cream cheese Handful of spinach ½ avocado, chopped	Cook the turkey breast on a griddle pan. Cool and slice into thin strips. Spread the cream cheese over the crackers. On top of one cracker, place the turkey strips, cucumber, spinach leaves and avocado on top. Place the other cracker on top.

# LUNCH RECIPES

Meals	Ingredients	Steps
Turkey or chicken salad	1 Turkey or chicken breast 1 cup shredded lettuce ½ cup shredded carrots Handful of olives 1 boiled egg Dressing: 1 tbsp olive oil, ½ lemon juiced & pepper	Cook the turkey or chicken breast on a griddle pan. Cool and slice into thin strips. Add everything to one bowl, and toss in the dressing.
Avocado on rye bread with feta	2 slices rye bread, toasted 1/2 avocado, sliced 50g feta 1 tsp chilli flakes (optional) Drizzle of olive oil 1 cup leaves: arugla, spinach	Place the avocado on top of the rye bread, and sprinkle over the feta. Sprinkle over the chilli if using, and drizzle with a little olive oil. Serve with a side salad.
Lean low-carb burger	3-4 oz extra lean ground beef 1 tsp Mrs Dash seasoning Black pepper 2 large leaves of lettuce, to replace the buns 1 tsp honey mustard 1 tsp low sugar ketchup 2-3 slices tomatoes ¼ avocado	Mix the meat with the seasoning and pepper, and use your hands to press the meat to form a patty. Place burger on a grill, and cook for 4 minutes on each side. Pop the burger into the lettuce leaf sandwich, and add the tomatoes, avocado, and sauces.



# LUNCH RECIPES

Meals	Ingredients	Steps
Lean burger	3-4 oz of extra lean ground beef 2 slices of whole wheat bread Handful of lettuce & tomatoes 1/2 avocado 1 tsp mustard & 1 tsp low sugar ketchup	Mix the beef with Mrs Dash seasoning and black pepper. Form into a pattie form and place in a skillet over a medium heat. Cook for 8-10 minutes on each side. Serve in the bread with the avocado and sauce on top.
Chicken & broccoli pasta salad	2 oz cooked pasta (no salt) 3-6 oz grilled chicken, seasoned with Mrs Dash 1/2 cup broccoli, steamed 1 tbsp low fat cream cheese Black pepper Drizzle of extra virgin olive oil	Cook the pasta, broccoli and chicken - and stir together when cool. Add the cream cheese, black pepper and drizzle with olive oil.
Taco salad	3-4 oz extra lean ground beef 1 tsp Mrs Dash seasoning 1 cup shredded lettuce 1/4 cup feta 1/4 cup diced tomatoes and onion 1/4 cup low sodium black beans, rinsed 1 tbsp low fat sour cream 1 tsp taco sauce	Cook the beef in a skillet with Mrs Dash seasonings and black pepper. Toss all the other ingredients together, and place in a bowl. Spoon the beef on top.
Avocado on rye bread with feta	2 slices rye bread, toasted 1/2 avocado, sliced 50g feta 1 tsp chilli flakes (optional) Drizzle of olive oil 1 cup leaves: arugla, spinach	Place the avocado on top of the rye bread, and sprinkle over the feta. Sprinkle over the chilli if using, and drizzle with a little olive oil. Serve with a side salad.

# PROTEIN SHAKE: AFTER WORKOUT

Meals	Ingredients	Steps
Plain Protein shake	1 scoop of whey with 1 cup water or milk of your choice	Blend
Pina Colada	1 cup coconut water ½ cup low fat coconut milk 1 scoop whey protein 2 limes 1 cup frozen pineapple chunks	Blend
Lean & Green	1 cup milk, of your choice 1 cup mango, frozen 1 scoop whey protein 1 tbsp flaxseed 1 tbsp chia seeds.	Blend
Key Lime Pie Shake	1 cup Greek yogurt 1 cup milk, of your choice 3 limes, juiced 1 scoop whey protein	Blend
Sunrise Smoothie	1/2 cup Greek Yogurt 1/2 cup milk, of your choice 1/2 cup strawberries 1 orange 1 banana 1 scoop whey protein	Blend

# PROTEIN SHAKE: AFTER WORKOUT

Meals	Ingredients	Steps
Banana, cacao and peanut butter smoothie	<ul style="list-style-type: none"> <li>1 banana</li> <li>1 cup milk of your choice (chocolate flavoured almond milk is our fave!)</li> <li>1 tbsp peanut butter</li> <li>1 tbsp raw cacao</li> <li>1 tsp cinnamon</li> <li>1 tbsp whey protein</li> </ul>	Blend
Mango, pineapple & spinach smoothie	<ul style="list-style-type: none"> <li>1 cup milk, of your choice</li> <li>1 cup baby spinach</li> <li>1 scoop whey protein</li> <li>½ banana</li> <li>¼ cup of each: frozen mango chunks &amp; frozen pineapple</li> <li>1 tbsp flax meal</li> <li>1 tbsp chia seeds</li> </ul>	Blend
Blueberry, almond butter and almond milk	<ul style="list-style-type: none"> <li>1 cup blueberries</li> <li>1 banana, frozen</li> <li>1 cup almond milk</li> <li>1 tbsp almond butter</li> <li>1 tsp cinnamon</li> </ul>	Blend
Strawberry Surprise	<ul style="list-style-type: none"> <li>½ cup coconut water &amp; ½ cup milk</li> <li>1 cup strawberries</li> <li>1 tbsp: almond butter, chia seeds, goji berries</li> <li>1 scoop whey protein</li> <li>2 medjool dates</li> </ul>	Blend

# DINNER RECIPES

Meals	Ingredients	Steps
Grilled chicken with sweet potato	5 oz grilled Chicken breast, seasoned with Mrs Dash & pepper 1 tsp extra virgin olive oil 1 small sweet or red potato Mixed green veggies of your choice (unlimited)	Sprinkle the Mrs Dash and black pepper over the chicken breast. Pop in the oven to grill. Microwave the sweet potato for 5-6 minutes. Cut in half and drizzle the olive oil over the middle. Serve with the veg on the side
Grilled lean burger with sweet potato	5 oz lean ground steak Fresh parsley, mint, grated onion, and chopped garlic 1 egg 1 small sweet potato Side of green veggies of your choice	Form the burger by mixing the steak with the parsley, onion, garlic and egg. Grill at 190 degrees Celsius for 10 minutes on each side. Microwave the sweet potato for 5-6 minutes. Cut in half and drizzle the olive oil over the middle. Serve with the green veg on the side.
Chicken with rice & corn on the cob	5 oz chicken breast 1 tbsp olive oil 1 tsp Mrs Dash seasoning ¼ cup of brown rice  Half corn cob	Rub the chicken in olive oil and Mrs Dash seasoning, and grill. Serve with steamed brown rice, and corn on the cob on the side.
Beef with mashed sweet potato and feta	65g lean beef 1 tbsp olive oil and sprig of thyme ½ medium sweet potato (mashed) Handful of spinach and arugula 40g low fat feta	Coat the beef in olive oil and thyme, and grill. Sprinkle the feta on top, and serve with the mashed sweet potato, and spinach and arugula mix on the side.

# BOOTY BUILDING 101

Building a booty requires you to isolate and target your glute muscles through specific exercises. The Booty Band Program has been designed to:

- **BUILD, SCULPT, LIFT & TONE- SEE RAPID RESULTS:** Our Booty Band & Booty Exercise Guide strengthen and build all three glute muscles- Maximus, Medius & Minimus to help you rapidly develop a perky, lifted and firm butt. Takes just 5 minutes per day for 30 days!
- **FAT BURNING RESULTS & NO BULKY THIGHS:** Our Booty Band and the provided Booty Exercise Guide will let you convert your fat to muscle giving you the ideal lifted, perky and round booty. Our unique exercises isolate and target only the glute muscles. As a result your thighs stay lean and toned with no extra bulk or size added.



BootyCo Workout Guide

For more info on the Booty Band or to buy yours visit <https://bootyco.com>

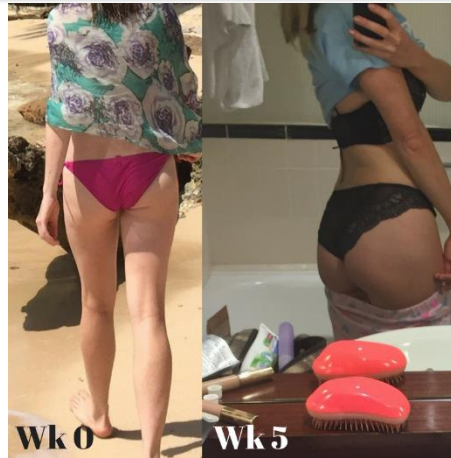
# BOOTY BAND RESULTS



## 30 Day Results:

*Wanted to share my results, since I am in awe and proud of my results in just 30 days! Sharing with all my friends and family and definitely recommending your product. Thank you!*

**Lisa K:** She used the Booty Band for 10 minutes a day, 5 days a week. She did not change her diet.



## 5 Week Results:

*The Booty Band and the Booty Workout Guide use exercises which work muscles I did not even know I had. Right away you can feel the burn and after a week start to see the results!*

**Emily P:** She used the Booty Band for 10 minutes a day 4/5 days a week. She increased her protein consumption to 1 gram per pound of body weight.

## 6 Week Results:

*The Booty Band totally helped me transform my flat butt. It's now perky and strong rather than flat and flabby.*

**Lisa M:** She used the Booty Band as well as the full nutrition plan to help her transform her entire figure. Lisa is a recent mum too!



# THANK YOU!

Feedback? Results Share?  
We'd love to hear from you!  
[hello@bootyco.com](mailto:hello@bootyco.com)