



LIFE CHANGE BOOTCAMP EATING PLAN



FIRE TEAM WHISKEY
MILITARY FITNESS PROTOCOL

**Follow this nutrition plan to get more results!
First you need to calculate your daily caloric
maximum:**

If you need to lose weight: Your weight in lbs x 12 =

If you would like to maintain your weight: Your
weight in lbs X 15 = -----

If you would like to gain weight: Your weight in lbs X
18 = -----

**Track your food and drink and limit your TOTAL
carbohydrate intake each day to 50-100 grams.**

**The rest is easy. Track every food and
drink you have. Stay within 200 calories of
your caloric maximum and at or UNDER the
carbohydrate grams limit. And follow the
following rules:**

Only consume REAL, WHOLE FOODS. No foods from
packages..

Do not consume anything with sugar or manufactured
oils (or prepared in manufactured oils).

Do not eat any grains. No rice, bread, wheat, cereal, oatmeal,
pasta, quinoa, flour, wheat flour, pastries, cakes, anything
made with grains