



**60-DAY
XCELERATOR GUIDE**



XCELERATOR CARB CYCLE MEAL PLAN

Congratulations on taking important steps toward reaching your health and fitness goals and deciding to take part in the Burn Bootcamp 60 Day Summer Xcelerator Program!

Burn Bootcamp's nutrition philosophy is simple, if it doesn't come from the ground or feed from the ground you should not eat it. Fitness is 80% nutrition and how you fuel your body is a direct reflection of how it will perform. Modern day nutrition, generally speaking, is the worst it has ever been. Adults and children alike are getting fatter, sicker, and lazier than ever before and it is time you learned the truth about nutrition! At BBC we know our stuff and we want nothing more than to share it with you, the leaders of your communities and of your households!

Your BBC Trainers have designed a special meal plan to help you maximize both your inch loss and fat loss results over the next 60 days! There are two things that make this plan great, one it's very easy to follow as there are several food for food examples of what you should eat. Do not worry about calories! Two, is that this program is designed to insure that you do NOT gain any of the weight back after the 60 days by adding foods that provoke lean mass gain. This is not a fad diet plan in fact it's a way for you to take back control of your nutrition in a way we hope will become the normal for you going forward!

HOW THE XCELERATOR PLAN WORKS

This plan works by consuming 80-100 grams of carbs on low carb and 180-200 grams on high carb day, which is also referred to as Carb Cycling. On Monday, Wednesday and Saturday you will have high Carb days, and the remainder days of the week will be low carb days. Be sure to watch our quick Carb Cycle video to get a better understanding of how this works in the body, but in short, what we're doing is forcing the body to use body fat as its main source of energy on low carb days and replenishing our carbohydrate stores on High Carb days.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIGH CARB 180-200 grams	LOW CARB 80-100 grams	HIGH CARB 180-200 grams	LOW CARB 80-100 grams	LOW CARB 80-100 grams	HIGH CARB 180-200 grams	LOW CARB 80-100 grams

We have found this to be the most efficient way to retain and build lean muscle while simultaneously burning body fat. We have given several examples on the following pages of what High Carb and Low Carb days will look like. You will find an approved food/grocery list so we're taking the guess work out of this for you! All you have to do is read, shop, and follow! Please email us with any questions at devanklinefitness@gmail.com

You can also checkout www.devanklinefitness.com/25-best-healthy-recipes/ to find some things to spice it up! You can easily track your food using the **"My Fitness Pal"** or **"Lose It"** Smartphone apps

APPROVED GROCERY GUIDE

LEAN PROTEIN

Pasture Raised Skinless Chicken Breast
Grass-Fed Ground Beef
Wild-Caught Fish (Salmon, Tilapia, Mahi Mahi, Tuna)
Pasture Raised Ground Lean Turkey
Cage-Free Eggs
Nitrate-Free Turkey Bacon
Nitrate-Free Deli Meats
Ground Bison

HEALTHY CARBS

Sweet Potatoes
Gluten Free Oatmeal
Organic Granola
Brown Rice
Ezekiel Bread/Wraps
Quinoa
Bananas
Berries (Strawberry, Raspberry, blueberries)
Apples (Granny Smith & Red Delicious)
Lemons
All Green Vegetables
Spaghetti Squash
Tomato/Tomato Sauce
Carrots
Celery
Mixed Peppers/Fresh Salsa
Kale or Spinach

HEALTHY FATS/OILS/DRESSINGS

Avocado
Raw Almonds/Almond Butter/Peanut Butter
Raw Walnuts/Pecans/Cashews
Coconut Oil for High Heat Cooking
Organic Honey Mustard
Extra Virgin Olive Oil (for Dressings)
Balsamic Dressing
Grass-fed (Full-Fat) Butter
Raw Tree Nuts (Pecans, Cashews, Pistachios, Walnuts)
Flax Seed
Chia Seed
Organic Honey Mustard

NATURAL SWEETENERS

Stevia in the Raw
Raw Honey
Xylitol
Pure Maple Syrup

DRY GROCERY

Organic Chicken/Vegetable Broth
Dried Fruit
Raw Seeds
Garbanzo Beans
Black Beans
Organic Pumpkin
Diced Tomatoes
Almond/Coconut Flour for baking
Baking Soda
Vanilla Extract
Organic Dark Chocolate or Cacao Chips
Sea Salt or Pink Himalayan Salt
Black Pepper
Garlic
Cinnamon
Dried Italian Seasonings
Cayenne Pepper
Garlic Powder
Taco Seasoning (Wildtree is best)
Chili Powder
Ground Cumin
Crushed Red Pepper
Any Fresh Herbs (Basil, Mint, Cilantro, etc.)

“DAIRY”

Feta or Goat Cheese
Almond Cheese
Almond/Coconut/Greek Yogurt
Organic Cottage Cheese
Almond/Coconut Milk

SAMPLE LOW CARB DAYS

Food	Calories	Protein	Carbs	Fat
Green Tea 8oz with Cayenne Pepper Fresh Lemon	2	0	0.5	0
1 TBSP Unrefined Organic Coconut Oil	120			14
Shaklee 180 Metabolic Boost				
Shaklee 180 Protein Shake	170	16	18	3
Organic Sweet Potato 5oz	105	0	25	0
1 Whole Free Range Egg	90	7	0	7
Free Range Chicken Breast 4oz	184	36	0	4
Organic Broccoli 5oz	50	5	10	0
1/2 Cup Brown Rice	108	2.5	22	1
Grass Fed 90/10 Ground Beef 5oz (Or Steak)	320	40	0	15
Organic Broccoli 5oz	50	5	10	0
2 Cups of Spinach or Kale	14	2	2	0
1 Ounce Yellow Bell Pepper	9	0	2	0
Cherry Tomatoes 1/2 Cup	14	0	3	0
Minimum 1 Gallon of Water Per Day				
	Calories	Protein	Carbs	Fat
Macro Totals	1236	113.5	92.5	44

Low Carb Day							
	Type	Serving	Units	Calories	Fat (g)	Protein (g)	Carbs (g)
All Whites Egg White	Breakfast	1.5	Cups	200	0	40	0
Avocado	Breakfast	0.25	Each	80	7.37	1	4.29
Salsa, Med, Organic	Breakfast	0.333	Tablespoon	2	0	0	0.33
Spinach, Baby, Fresh	Lunch	4	Cups	28	0.47	3.43	4.36
Quinoa, Cooked	Lunch	0.5	Cup	111	1.78	4.7	19.7
Cucumber, Sliced	Lunch	10	Slices	8	0.11	0.41	1.51
Egg Whites, Large, Ckd	Lunch	2	Each	50	0	11.83	0.75
Chicken, Breast, baked	Lunch	4	Ounces	193	5.67	32.67	n/a
Turkey, Ground, Lean	Dinner	4	Ounces	170	8	21	0
Broccoli, Stmd, Chopped	Dinner	2	Cups	109	1.28	7.43	22.4
Raw, Unsalted almond Butter	Snacks	0.5	Serving	95	8.5	4	3
Banana, Large, 8 - 8 7/8 Long	Snacks	0.5	Each	61	0.22	0.74	15.53
Shaklee 180 Smoothie	Snacks	1	Serving	170	3	16	18
Totals for the Day				1277	36.4	143.21	89.87

Low Carb Day							
	Type	Serving	Units	Calories	Fat (g)	Protein (g)	Carbs (g)
Almond Cheese, Cheddar	Breakfast	1	Ounce	50	1	7	3
All Whites Egg White	Breakfast	1	Cup	133	0	26.67	0
Broccoli, Stmd, Chopped	Breakfast	1	Cup	55	0.64	3.71	11.2
Mustard, Honey, Fat Free	Lunch	1	Teaspoon	8	0	0	2
Ezekiel Pita Bread	Lunch	1	Each	100	0.5	7	21
Fish, Canned Tuna, In Oil, No S	Lunch	2	Ounces	112	4.66	16.52	0
Squash, Spaghetti, Baked, Cook	Dinner	2	Cups	84	0.81	2.5	20.3
Chicken Breast, Skinless, Cooke	Dinner	4	Ounces	187	4	35.16	0
Sauce, Tomato, Canned	Dinner	1	Cup	59	0.44	3.23	13.18
Chili Peppers, Jalapeno, Choppe	Dinner	1	Cup	37	1.28	1.25	6.45
Smoothie	Snacks	1	Serving	170	3	16	18
Egg, Hard Boiled, Whole, Large	Snacks	4	Each	312	20	24	2.4
Totals for the Day				1307	36.3	143.04	97.53

Low Carb Alternatives	Calories	Protein	Carbs	Fat
23 Almonds (1 Serving)	163	6	6	14
1 Hard Boiled Egg	77	6	1	5
1 oz or 48 Pumpkin Seeds (1 Serving)	126	5	15	6
1 Slice Turkey Spinach Wrap (Have 5!!)	15	2	0.5	0.5
Kosher Dill Whole Pickle	15	0	3	0
Almond Butter 1 Tablespoon	180	7	6	16
Organic Kale Chips (1oz)	47	1	4	4
Endive (Qty 4) and Avocado (50grams or 1/4 of whole)	80.5	1	4	7
4 Tomato Slices with 1/2 tbs Goat Cheese per slice	90	5	1	7

SAMPLE HIGH CARB DAY

Food	Calories	Protein	Carbs	Fat
Green Tea 8oz with Cayenne Pepper Fresh Lemon	2	0	0.5	0
1/2 Cup Gluten Free Oatmeal	160	6	26	3
Shaklee 180 Protein Shake	170	16	18	3
Organic Sweet Potato 10oz	210	0	50	0
1 Whole Free Range Egg	90	7	0	7
Free Range Chicken Breast 4oz	184	36	0	4
Organic Broccoli 5oz	50	5	10	0
1/2 Cup Brown Rice	108	2.5	22	1
Wild Caught Salmon 4 oz Filet	240	30	0	12
Organic Broccoli 10oz	100	10	20	0
2 Cups of Spinach or Kale	14	2	2	0
1 Ounce Yellow Bell Pepper	9	0	2	0
Cherry Tomatoes 1/2 Cup	14	0	3	0
23 Almonds (1 Serving)	163	6	6	14
Minimum 1 Gallon of Water Per Day				
	Calories	Protein	Carbs	Fat
Macro Totals	1514	120.5	159.5	44

High Carb Day							
	Type	Serving	Units	Calories	Fat (g)	Protein (g)	Carbs (g)
Banana, Large, 8 - 8 7/8 Long	Breakfast	1	Each	121	0.45	1.48	31.6
Raw, Unsalted almond Butter	Breakfast	1	Serving	190	17	8	6
Oatmeal, Plain, Unenriched	Breakfast	0.5	Cup	153	2.64	5.33	27.42
Spinach, Baby, Fresh	Lunch	4	Cups	28	0.47	3.43	4.36
Turkey, Ground, Lean	Lunch	3	Ounces	128	6	15.75	0
Ezekiel Pita Bread	Lunch	1	Each	100	0.5	7	21
Mustard, Honey, Fat Free	Lunch	1	Teaspoon	8	0	0	2
Salsa, Med, Organic	Lunch	1	Tablespoon	5	0	0	1
Potato, Sweet Potato, Spears	Lunch	5	Ounces	100	0	1.67	25
Chicken Breast, Skinless, Cooked	Lunch	4	Ounces	187	4	35.16	0
Turkey, Ground, Lean	Dinner	4	Ounces	170	8	21	0
Broccoli, Stmd, Chopped	Dinner	2	Cups	109	1.28	7.43	22.4
Fish, Whitefish, Cooked	Dinner	4	Ounces	195	8.52	27.75	0
Shaklee 180 Smoothie	Snacks	1	Serving	170	3	16	18
Egg, Hard Boiled, Whole, Large	Snacks	2	Each	156	10	12	1.2
Ezekiel Pita Bread	Snacks	1	Each	100	0.5	7	21
Totals for the Day				1778	49.6	163	175.9

High Carb Day

	Type	Serving	Units	Calories	Fat (g)	Protein (g)	Carbs (g)
All Whites Egg White	Breakfast	1	Cup	133	0	26.67	0
Ezekiel Pita Bread	Breakfast	1	Each	100	0.5	7	21
Salsa, Med, Organic	Breakfast	1	Tablespoon	5	0	0	1
Almond Cheese, Cheddar	Breakfast	2	Ounces	100	2	14	6
Spinach, Baby, Fresh	Lunch	4	Cups	28	0.47	3.43	4.36
Turkey, Ground, Lean	Lunch	3	Ounces	128	6	15.75	0
Broccoli, Stmd, Chopped	Lunch	3	Cups	164	1.92	11.14	33.6
Carrots, Slices	Lunch	3	Cups	150	0.88	3.4	35.6
Egg Whites, Large, Ckd	Lunch	3	Each	75	0	17.74	1.13
Broccoli, Stmd, Chopped	Dinner	2	Cups	109	1.28	7.43	22.4
Bison, Ground, Patty, Cooked	Dinner	1	Each	207	13.16	20.68	0
Squash, Zucchini, w/ Skin, Fresh,	Dinner	1	Each	33	0.63	2.37	6.1
Smoothie	Snacks	1	Serving	170	3	16	18
Egg, Hard Boiled, Whole, Large	Snacks	2	Each	156	10	12	1.2
Oatmeal, Plain, Unenriched	Snacks	0.5	Cup	153	2.64	5.33	27.42
Honey, Raw & Unfiltered	Snacks	1.5	Tablespoons	90	0	0	25.5
Totals for the Day				1800	42.5	162.9	202.8

High Carb Day

	Type	Serving	Units	Calories	Fat (g)	Protein (g)	Carbs (g)
Smoothie	Breakfast	1	Serving	170	3	16	18
Strawberries, Whole	Breakfast	1	Cup	46	0.43	0.96	11.6
Blueberries	Breakfast	1	Cup	84	0.49	1.1	21.45
Almond Milk Unsweetened	Breakfast	1.25	Cups	38	3.13	1.25	1.25
Banana, Large, 8 - 8 7/8 Long	Breakfast	0.5	Each	61	0.22	0.74	15.53
Spinach, Baby, Fresh	Lunch	4	Cups	28	0.47	3.43	4.36
Chicken Breast, Skinless, Cooked	Lunch	4	Ounces	187	4	35.16	0
Carrots, Slices	Lunch	2	Cups	100	0.59	2.27	23.38
Quinoa, Cooked	Lunch	0.5	Cup	111	1.78	4.7	19.7
Almond Cheese, Cheddar	Lunch	1	Ounce	50	1	7	3
Oil, Olive, Extra Virgin	Lunch	1	Tablespoon	120	14	0	0
Chicken Breast, Skinless, Cooked	Dinner	4	Ounces	187	4	35.16	0
Potato, Sweet Potato, Spears	Dinner	4	Ounces	80	0	1.33	20
Smoothie	Snacks	1	Serving	170	3	16	18
Egg, Hard Boiled, Whole, Large	Snacks	4	Each	312	20	24	2.4
Smoothie	Snacks	1	Serving	170	3	16	18
Broccoli, Stmd, Chopped	Snacks	1	Cup	55	0.64	3.71	11.2
Totals for the Day				1969	59.8	168.81	187.87

High Carb Day (Vegan)							
	Type	Serving	Units	Calories	Fat (g)	Protein (g)	Carbs (g)
Smoothie	Breakfast	1	Serving	170	3	16	18
Blueberries	Breakfast	1	Cup	84	0.49	1.1	21.45
Raspberries	Breakfast	1	Cup	64	0.8	1.48	14.69
Quinoa, Cooked	Lunch	0.5	Cup	111	1.78	4.7	19.7
Broccoli, Stmd, Chopped	Lunch	0.25	Cup	14	0.16	0.93	2.8
Beans, Garbanzo, Cooked, No Salt	Lunch	0.5	Cup	134	2.12	7.27	22.48
Spinach, Baby, Fresh	Lunch	5	Cups	35	0.59	4.29	5.45
Kale, Raw, Chopped	Dinner	2	Cups	66	1.2	5.74	12
Beans, Green	Dinner	1	Cup	34	0.24	2.1	7.67
Squash, Zucchini, w/ Skin, Fresh,	Dinner	1	Each	33	0.63	2.37	6.1
Quinoa, Cooked	Dinner	0.5	Cup	111	1.78	4.7	19.7
Smoothie	Snacks	1	Serving	170	3	16	18
Smoothie	Snacks	1	Serving	170	3	16	18
Raw, Unsalted almond Butter	Snacks	2	Servings	380	34	16	12
Totals for the Day				1576	52.8	98.68	198.04

HIGH CARB ALTERNATIVES

High Carb Alternatives	Cal	Protein	Carb	Fat
Organic Sweet Potato 5oz	105	0	25	0
1/2 Cup Gluten Free Oatmeal	160	6	26	3
1/2 Cup Brown Rice	108	2.5	22	1
1 Slice Ezekiel Bread	80	4	14	0
1/2 Cup Quinoa	310	12	55	5
1 Serving Garbanzo Beans	110	6	19	1
1 Serving Black Beans	110	7	19	1

THE

Extra



MILE PROGRAM

THE Extra MILE PROGRAM is created to challenge you to take 1 extra step each day to help you reach your health a fitness goals.

Each week has 7 new challenges that you need to complete Monday-Sunday, give yourself a big check-mark once you have accomplished the challenge!

Week 1 Daily Challenges

- ☐ Drink 1/2 your body weight in ounces
- ☐ Hold a plank for 3 minutes
- ☐ Park in the furthest spot from all your destinations today to walk extra steps
- ☐ Do eight 70 yard sprints
- ☐ Sleep 7 hours
- ☐ Get sweaty for at least 45 minutes today
- ☐ Prepare healthy meals/snacks that will last you throughout the week

Week 2 Daily Challenges

- ☐ Journal your food for 7 full days
- ☐ Drink 16 ounces of water upon waking
- ☐ Do 50 Push-Ups on your toes (does not have to be consecutive)
- ☐ Do not consume sugar today
- ☐ Say outloud 5 things you are proud of yourself for
- ☐ Run/Walk a 5k (make sure to time yourself!)
- ☐ Find a healthier version of your favorite meal and make it!
(Stick to the foods on the Grocery Guide)

Week 3 Daily Challenges

- ☐ Do ten 50 yard sprints
- ☐ Drink a gallon of water today
- ☐ Do 100 Ab Toe Touches in a row
- ☐ Take 30 minutes without TV or phone and think about what is important to you
- ☐ Eat an extra serving of fruit and vegetables today
- ☐ Run/Walk a 5k (make sure to time yourself and beat your time from week 1)
- ☐ Tell someone close to you how your feeling after 21 days!

Week 4 Daily Challenges

- ☐ Email Morgan@burnbootcamp.com and tell her how the first 3 weeks are going!
- ☐ Do the Summer Ab routine (Found on DevanKlineFitness YouTube channel)
- ☐ Share 5 new healthy habits you have developed with a close friend/family
- ☐ Run/Walk a 5k for time (beat your time!)
- ☐ For each gram of carbohydrate you consume, do 5 push ups
- ☐ Drink a gallon of water
- ☐ Fun Run! (Run .5 miles and do 20 push-ups, 20 jump squats, 20 mountain climbers.) **Repeat 4 times**

Week 5 Daily Challenges

- ☐ Run a mile under 10 minutes
- ☐ Do 100 Squats
- ☐ Tell 5 people how much they mean to you
- ☐ Try a fruit or vegetable that you've never had
- ☐ Do 10 push ups before you get into your car each time
- ☐ Purge your Pantry (No Unhealthy Snacks!)
- ☐ Find bleachers or stairs and run 750 stairs

Week 6 Daily Challenges

- ☐ Hold a 2 minute plank
- ☐ Tell yourself 5 positive things you love about yourself
- ☐ Drink ONLY water today (nope, not even coffee :)
- ☐ Learn all common names for artificial preservatives in food
- ☐ Treat yourself to a new workout item (headband, pair of shoes, tank-top)
- ☐ Take a Yoga class
- ☐ Neighborhood Run- jump squats at every parked car & mailbox

Week 7 Daily Challenges

- ☐ Record yourself doing an exercise and post in on the Burn Bootcamp FB page
- ☐ Do one thing today that scares you
- ☐ Do a 5 minute wall sit
- ☐ Write a review on our Facebook page about your experience with this challenge
- ☐ Do 25 Full Burpees, with push-ups
- ☐ Invite a friend to come exercise with you
- ☐ Try a new food

Week 8 Daily Challenges

- ☐ Cut out all caffeine this week
- ☐ Go exercise with a child, pet, or friend
- ☐ Learn all common names for artificial sweeteners in food
- ☐ Run/Walk a 5k for time
- ☐ Don't eat out at all today (only consume food/drink from your house!)
- ☐ Remove all foods with artificial ingredients in them
- ☐ Do Crunches during every commercial break



Before you Start the 60 Day Challenge

DEFINE YOUR "WHY"

Why are you taking this challenge? Aside from losing weight or toning up, what will be the "why" that motivates you to get out of bed early or stay up later to get your workout in. Your "why" will be the motivator to step up to the challenge and get the results you are looking for!

My "why" is _____

MY 3 GOALS ARE

(1 Physical, 1 Mental, 1 Emotional)

1. _____

2. _____

3. _____

MEASUREMENTS/ FIT TESTING

Starting/ Ending

Weight: _____/_____

Waist: _____/_____

Butt: _____/_____

Leg: _____/_____

Arm: _____/_____

Number of Jump Rope Reps in 2 Min: _____/_____

Plank Time (without falling to knees): _____/_____

of Push Ups on Toes: _____/_____

Time of 100 yard Sprint: _____/_____

