

# OUTLAW FITCAMP

At Outlaw FitCamp we know that you want to be Unstoppable. In order to do that, you need to be at a fitness level that helps you reach your goals and live the life you want. The problem is self-help or big box gyms just doesn't work which makes you feel stuck, frustrated or missing out. We believe you deserve to live a transformative life, breaking all the molds, living life on your terms. We understand what is at stake. Your life, happiness, family's life, are all impacted by your fitness goals which is why we've impacted thousands of lives through our personalized fitness programs, which include fitness, nutrition and community.

Here's how we do it:

1. Tailored Fitness Plans
2. Personalized Fuel Plans
3. Community of Outlaws

So, find your fit by answering a few questions. And in the meantime, download the Outlaw55 Challenge to help jumpstart your fitness goals. So you can stop missing out on all that life has to offer you and instead awaken the beast within.







# OUTLAW55

## CHALLENGE

### 55 DAYS

5 DAILY ACTIONS  
5 MINDSET ACTIONS



## 5 DAILY ACTIONS

1. **FUEL PLAN:** Outlaw55 offers a FUEL PLAN based on your height and gender you can follow along during this 55 day challenge.
2. **STRENGTH:** 30 Minutes a day, 3x a week add in strength training.
3. **CARDIO:** 30 Minutes a day, 3x a week add in cardiovascular exercise.
4. **OUTDOORS:** 30 Minutes a day, 3x a week add in outdoor physical activity (walk, run, bike, frisbee, golf, hike etc.)
5. **COMMUNITY:** Pick one day a week to spend time with friends or family doing something active.

## 5 MINDSET ACTIONS

1. **SELF AWARENESS:** Take ownership! No blaming others for your lack of success, Take responsibility for your success and failures
2. **PAY FIT FORWARD:** Invite 1-2 or more friends with you on the Outlaw55 Journey, but do not depend on them.
3. **ACCOUNTABILITY:** Share your progress and journey updates on social media for accountability weekly.
4. **INSPIRATION:** Follow and surround yourself with positive empowering people and content that motivate you.
5. **BRAIN FUEL:** Listen to 20 minutes of a self betterment or motivational audio book/podcast daily

## DAILY CODE

1. NO ALCOHOL AND NO SMOKING.
2. NO PROCESSED FOOD
3. **ONLY CLEAN CONDIMENTS:** Download the FUEL PLAN to get OFC approved condiments
4. **METABOLISM BOOST:** Teas, probiotics, vitamins, hydrate, exercise daily
5. NO REFINED SUGARS OR WHITE FLOUR

## 3 STRIKE RULE

IF AT ANY TIME YOU MISS ANY OF THE ABOVE TASKS IN 55 DAYS THAT IS A STRIKE

1. MISSED ONCE, STRIKE ONE KEEP GOING
2. MISSED TWICE, STRIKE TWO KEEP GING
3. 3RD STRIKE YOU'RE OUT START OVER!

## CHALLENGE YOURSELF



GET YOUR FUEL PLAN AT  
FIND A LOCATION NEAR YOU AT

OUTLAW55.COM  
OUTLAWFITCAMP.COM

OUTLAW  
FITCAMP





# OUTLAW FITCAMP

## Statement On Nutrition

### *A statement from our founders.*

At Outlaw FitCamp, we want to help our members be as successful as possible and nutrition is an important part of any fitness equation. Therefore, we provide suggested dietary guidance for your gender and height based off of our combined 30+ years of experience in the fitness & wellness field.

The term “diet” in relation to nutrition simply refers to the foods consumed by a person or other organism. The word diet often implies the use of a specific intake of nutrition for health or weight-management reasons. In other words, food is FUEL. At Outlaw FitCamp, we believe that real quality rich food is vital for optimal health and success in reaching weight loss or any fitness related goals. A wholesome diet containing minimally processed, whole foods promotes optimal physical and mental health. Studies have shown that a nutrient-deprived diet high in processed/packaged foods results in whole body inflammation and is commonly the base marker for a multitude of physical and mental health issues & ailments. Therefore, our meal plans primarily include real wholesome foods with quality & balanced nutrition convenient for our diverse members and their various lifestyles.

If you fail to prepare you're preparing to fail. We understand preparing a fresh meal is not always feasible; therefore, we provide options that give our members the BETTER choice when they are on-the-go. Furthermore, We recommend and encourage our members to have prepared meals and plan ahead of their busy schedules to help them be successful and stay on track with their goals.

In addition to real food, we suggest certain high-quality supplements such as MTC oil (Medium chain triglycerides), a multivitamin and probiotic, that science has discovered to be beneficial for supporting a healthy brain and body, especially the gut. Supporting a healthy gut allows you to successfully digest and utilize the nutrients effectively and promote a healthy balance of gut bacteria which is vital for physical and mental health. We encourage clients to get vitamins and minerals from their diet by including vegetables, fruits, and lean proteins. Most common, due to a poor diet and environmental toxins, the body may need an extra boost of nutrients to balance out past and current deficiencies to function more optimally. For these reasons, we also discourage the use of artificial sweeteners and encourage organic sweeteners when possible to minimize chemicals that are potentially damaging to the good gut bacteria in your body.

In an effort to promote natural energy, overall health and wellness We do not believe in using harsh stimulants or fat burners when beginning a workout program. Since it is easy and common to rely on these stimulants rather than consistently exercising, follow a diet rich of wholesome nutrition, regularly consume adequate water and get enough rest, all important pieces to gaining optimal health and natural energy. After 4-6 weeks of solid healthy habits to jump start the body's metabolism, incorporating a pre-workout, fat burners, or other body boosters can help further increase metabolic processes. Our focus is to teach the important HEALTHY habits first before relying on stimulants.

Additionally, we do include fast-digesting protein shakes such as whey to our plans. To maximize the benefits of a workout, research has found that adding in a quick and convenient protein shake to refuel after a workout contributes to muscle recovery. Many dairy and plant-based protein shakes contain high quality ingredients and use natural sweeteners such as stevia without adding fillers. Sufficient protein is required to maintain and build muscle while losing body fat. This will produce a tighter feel to the body and look, along with metabolically active lean muscle to help maintain fat loss. Without sufficient protein, the body will break down muscle (catabolism) in addition to breaking down fat during weight loss. A catabolic state will not only slow down weight loss but is also counterproductive to your workouts in the gym. Our goal is to provide an anabolic state (muscle gain) to help boost the metabolism and burn fat, helping our members transform their body into a lean mean fat burning machine!

Our goal is to help our members have a better relationship with food and view their nutrition not as a “fad” diet, rather, learn that with proper nutrition intake they can be healthier with the right fuel and have a more efficient body. We are health focused, teaching consistent healthy lifestyle habits you can use in real life. NO FADS, NO GIMMICKS, simply helping you have a better relationship with food and understanding how it works with your body! Once these healthy habits are incorporated, the process of being fit becomes natural for life! READY, SET, GO!

# FUEL PLAN

## FAILURE TO PLAN IS PLANNING TO FAIL

WOMENS SUGGESTED PLAN 5'7 AND UP

✓ = PREFERRED PICK ONE OPTION PER MEAL/SNACK

### MEAL ONE

#### SUGGESTED MACROS

Protein: 20-30g  
Carbs: 20-25g  
Fats: 5-15g  
Calories: 205-355

TAKE MULTIVITAMIN + 1-2 TSP MCT OR COCONUT OIL (ORGANIC, UNREFINED)

- ✓ 1 1 whole egg + 1-2 egg whites w/ 1-2oz lean protein + veggies + 1/4c dry measured oats, cooked w/ 1/4c berries
- 2 1/2 to 2/3 cup lowfat cottage cheese + 1/2 cup berries + 2 Tbsp nuts
- 3 Protein Shake: 1-1/2 scoop whey protein mix w/ 8-12 oz water or unsweetened coconut/almond milk OR Ready To Drink Muscle Milk Lite + 1 small fruit OR 1/2 protein bar

2-3hrs  
after meal one

### SNACK ONE

#### SUGGESTED MACROS

Protein: 10-15g  
Carbs: 10-20g  
Fats: 3-7g  
Calories: 100-275

- 1 Plain yogurt options: Two Good, Yoplait Greek 100, Siggi's
- 2 1/2 Protein bar: Bulletproof, Oatmega, KIND PROTEIN OR 1/2-1 Ready to drink low carb protein shake (try Ensure, Muscle Milk Lite)
- 3 1 rice cake w/ 2 tsp peanut/almond butter

2-3hrs  
after snack

### MEAL TWO

#### SUGGESTED MACROS

Protein: 20-30g  
Carbs: 15-30g  
Fats: 5-15g  
Calories: 185-375

TAKE B-COMPLEX

- ✓ 1 5-6oz lean protein & 1-1/2 cup veggies w/ 1 tsp olive oil
- 2 Sandwich: 1 slice high fiber bread, 5oz deli turkey, 1 slice cheese, w/ tomato, lettuce, mustard, avocado, NO mayo
- 3 Mixed greens salad w/ 5-6 oz grilled lean protein & low calorie dressing on side.

2-3hrs  
after meal two

### SNACK TWO

#### SUGGESTED MACROS

Protein: 10-15g  
Carbs: 10-15g  
Fats: 3-7g  
Calories: 100-190

- 1 14-16 almonds (or 3 Tbsp other nuts/seeds)
- 2 Rollup: 2-3 oz deli turkey w/ laughing cow light cheese wedge/slice
- 3 1-2 hardboiled egg + cheese stick

2-3hrs  
after snack

### MEAL THREE

#### SUGGESTED MACROS

Protein: 20-30g  
Carbs: 5-10g  
Fats: 3-7g  
Calories: 145-250

- ✓ 1 4-6 oz lean protein + 1-1/2 cup veggies of choice, roasted or steamed w/ 1 tsp olive/coconut oil
- 2 1 whole egg & 3-6 egg whites veggie omelet w/ sprinkle cheese & 1 avocado slice
- 3 1/2 Chipotle bowl w/ extra lean protein, beans, ADD veggies, tomato salsa; NO rice, sour cream, guac

### PRE/POST WORKOUT

#### PRE CARDIO

#### POST CARDIO

#### PRE WORKOUT 30/45 MIN PRIOR

#### POST WORKOUT 30/45 MIN AFTER

1 serving of BCAA'S/water

1 serving of BCAA/water 3-4 Strawberries

1/2 scoop protein + small fruit OR

1 Rice cake w/ 2tsp almond butter + 1/2 tsp honey

1 scoop protein with water/milk

5-20g Protein 10-20g Carb

15-25g Protein 10-25g Carb

#### DAILY TOTAL MACROS

Protein: 90-135g  
Carbs: 60-105g  
Fats: 23-58g  
Calories: 825-1480

MACROS=MACRONUTRIENTS | CARBOHYDRATES/FATS/PROTEIN | Calculated for your height + gender

IMPORTANT: If you have any health issues, please consult your physician before following this plan!



# NAVIGATE YOUR PLAN

Our goal is to boost your metabolism and create a lean mean fat burning machine. As you become more active, you may find yourself becoming hungrier than when you began-this is a good thing! If you are following the plan and do find yourself hungry more often, a third snack may be added, but ONLY if you feel it's extremely necessary.

## SNACK THREE

Choose one item from approved snack sheet. Portion according to your daily calorie allowance.

## ON THE GO

If you're on the go, replace a meal option with one of these on the go options

- Egg white sandwich (less than 280 kcal)
- On the go: Ready to Drink Protein Drink with fiber (150-200 kcal, 20-25g protein, 5g or less carb)
- Chick-fil-a grilled chicken nuggets 8 ct + side salad (vinaigrette on side) w/ water or unsweetened tea
- Wendy's small chilli

## GUIDELINES

- NO FOOD 3-4 HOURS BEFORE BED (unless it's snack three and necessary) - This will help ensure that you are not pulling in needless carbs & calories.
- Remember you should try to be as disciplined as possible when starting your new nutrition program. Try to pre-make your food a couple of days in advance. Having all your food pre-made will ensure that you don't stray from your goal.
- Try to drink at least 75-128 oz. of water per day.
- The biggest thing to remember is that carbs are not the enemy just the timing of them is.
- No sugars or carbs (including fruit) Vegetables allowed 5-6 hours before bed time.
- Things to snack on see approved snack list and use sparingly remember calories add up by the end of the day. The goal is to jumpstart your metabolism and being hungry is a side effect of a well working metabolism. This means your body is burning fat and utilizing the nutrition properly. For fat loss it is key to keep caloric intake to what is calculated in your meal plan for best results. **See approved snack list for snack options when extra fuel is needed.**
- See approved list of condiments for seasoning to add to your meals.
- BCAA's (Branched chain amino acid) & 2-3 strawberries ALWAYS after training session or cardio.
- Lean protein is measured by cooked weight. Animal Lean protein: Chicken/Eggs/turkey/fish/shrimp/bison/pork
- Plant Based Lean protein: Tofu/Tempeh/Seitan/Lentils/Legumes/Nuts/Seeds/Dark Green Veggies/Hemp/Nutritional Yeast

## THINK FUEL OR FAIL

### PRE/POST WORKOUT NUTRITION

When exercising, especially resistance training, muscle tissue is broken down and rebuilt after the workout, making the post-workout food/recovery very important. Proper nutrient recovery, including proteins (which the body breaks down into amino acids), and their timing, are crucial for optimal tissue repair and building (synthesis). If you do not take advantage of the post-workout "nutrient timing window" your muscle tissue will not have the proper building blocks (amino acids) it needs to rebuild. Also, proper refueling is important for weight loss because it will prevent lean muscle tissue breakdown (catabolism), while the body breaks down fat for weight loss rather than muscle tissue. Maintaining as much lean muscle tissue as possible while trying to lose fat is important for building strength and keeping metabolism high.

A protein shake is the best way to refuel your muscle because it is digested and utilized more quickly than whole foods. There are great options to accommodate a variety of dietary lifestyles, including vegan, paleo and gluten/dairy free. Vegan protein powders are typically made with plant protein sources, including pea, rice, and hemp. If dairy is no problem for you, a whey protein shake is the best choice. Whey protein is digested in the body very quickly so it will get to your muscle tissue faster than other protein sources. Low-fat chocolate milk is also a great way to refuel after a workout because it has a great ratio of protein, carbs, and fats.





## APPROVED SNACKS

### REAL FOOD

- Celery and almond butter
- Carb master yogurt
- String cheese
- Apple and cinnamon
- Rice cakes
- Veggies and hummus
- Strawberries and sugar free whip cream
- Cottage cheese + pineapple/peach
- cucumber
- coconut
- Egg whites boiled
- Lunch meat
- Low sugar marshmallows

### SUPPLEMENTS

- Quest bars
- Quest chips
- Quest protein
- Iso Whey protein
- Ostrim meat sticks
- P28 Flat bread pizza
- Protein pudding
- Real Food Rich Piana
- Beef Jerky
- Low sugar smoothie
- Sugar free gum
- Sugar free tea
- Sugar free snow cone



### NUTS AND OTHERS

- Almonds
- Pistachios
- Sunflower seeds
- Edamame
- Sugar free jello
- Sugar free popsicles
- Low sodium triscuits
- Laughing cow products
- Frozen grapes







# APPROVED CONDIMENTS



## DIPS

- Salsa
- Mustard
- Walden Farms Brand
- Pico De Gallo
- Relish
- Low Sugar Ketchup
- Plain Yogurt

## BEVERAGES

- Coffee black
- fat free creamer
- Green tea
- Crystal light or no cal flavoring



Many seasonings contain hidden sugars and sodium and most restaurants brine or marinate their poultry in high sodium seasonings or sauces. If eating out try to avoid high sodium by requesting sauces on the side or choose from the list below. For salad dressing you can make your own by asking for lemon, oil and vinegar. When cooking watch for seasonings with high sodium or hidden sugars and stick to lower sodium options to keep water retention away so you can stay on target with your goals.

## SEASONING

- Herbs
- Olive/Avocado/Coconut oil
- Vinegar
- Cinnamon
- Coco Powder
- Extract- vanilla etc.
- Sodium free creole
- Pb2 powder
- Sodium free mrs. dash
- Lemon/Lime
- Sea salt/pepper/garlic/cayenne



## SWEETENER

- Truvia
- Stevia
- Splenda
- Sugar free whip cream
- Sugar free syrup
- Sugar free jam
- Honey