



Meal Plan/Food FAQ:

1. I see fish under approved protein but not tilapia. Why is that?

A: Tilapia is now exclusively a farm-raised fish... They no longer exist in the wild. Because of this, the quality and health of the fish suffers dramatically due to being caged with hundreds, sometimes thousands of other fish. They get sick and transfer disease so they have to be fed antibiotics (which accumulate in tissue you eat). Their inability to move as well makes them unhealthy and they easily acquire parasites due to poor health, which is why it's not uncommon to find worms in tilapia. And their nutritional value becomes more detrimental than beneficial. If you can find a LOCAL, ORGANICALLY raised farmed tilapia that's acceptable, but also very rare and expensive. Try to stick with the other choices I've listed on your grocery list.

2. Liquid fats, must I have them? Can I use them? What does MCT oil or EVOO mean?

A. Yes, you absolutely need to make sure you are getting all of your fats in! You should be eating only super lean meats so we measure fats separately to keep it simple and precise. I always use one of my servings of fat as fish oil (see meal plan for detail). For the others, you should try to use what's listed. I usually pour liquid fats on my food with vinegar and mix like a salad or use to cook my veggies, etc. You can substitute the liquid fats for any other fat listed in the Various Program Instructions (VPI), but what we've listed is for your simplicity and based on years of testing and training with clients.

3. Should I weigh my carbs?

A. We do NOT weigh any carbs except potatoes and yams on the scale. Look at the label for each product to see how much is considered a serving and how many carbs are in each serving. For example, if 1 cup is 50g of carbs- 1/2 a cup would be 25g and so on.... Always go by the package label for grains.

For potatoes and yams, 1oz weighted = 6 grams of carbs.

4. Can we change the order of when we eat the carbs with our meal? For example, I have lunch (which is my meal 2) at my office around noon. I have more time to eat then. I will eat my meal 3 around 3-4 pm (I don't get a break then, so I have to eat quickly). It would be easier for me to have the carbs with meal 2 instead of meal 3. Can we change when we eat them, as long as the total carbs for the day stay the same?

A. Yes, as long as you keep the pre and post-workout meal (shake + carb) in place, you can move the other meals around to fit your schedule and preferences, IF NECESSARY. We organize the meals to get you the maximum benefit from your plan so I would suggest following as closely as possible.

5. Can we have avocados?

A. Yes, you can eat them but you have to count them towards your fat total. When we write custom meal plans for people, that's where we add it in.

1oz weighted avocado = 4 grams of fat

6. What if we want to drink coffee and add almond milk how would we calculate that into our Macros? Also, what about sugar free gum? Are we allowed to have that?

A. If you use unsweetened almond milk it's negligible, however, if you use a sweetened version, you will need to count that toward your carbs (see almond milk label). If you use coconut milk check the label as you

will likely need to count toward your fat. Regarding gum, I would recommend avoiding all artificial sweeteners, as they are neuro-toxins. I use Spry Gum, which can be purchased from health food stores.

7. When we use fish oil, can we take the pills if that's easier instead of cutting them all open and pouring them on our food?

A. Yes, absolutely, but in order to know how many to take you need to cut them open and measure first. You will only need to do this the first time you use them to get a gauge.

For example, with my fish oil capsules, 7 capsules equal 1 TBSP.

8. What do we eat or drink to replace the post workout meal on rest days?

A. This is explained on the nutrition plan sheet but you can replace with whole foods on rest days, as long as it still fits the macros for that meal. You should be getting all of your macros in every day... Do not skip meals on rest days.

9. What meal can I replace the with the protein shake? Can it replace any meal or should it only be certain ones? Can it replace my first meal?

A. If you have Essential CBD Infused Grass-Fed Whey or another powder, you can replace protein at whichever meal is best for you!

For example- if you typically have a hard time eating breakfast you can make a protein smoothie or if you are at work and you can't "eat" you can substitute protein powder as your protein source. Make sure you're still getting the other macros with that meal too, not just protein.

10. Can we put lemons in our gallon of water?

A. Absolutely! I love infusing my water with lemons, cucumber, berries, etc. to keep it fun and fresh!

11. Thoughts on Lamb and Veal for protein?

A. If less than 3% fat absolutely. If not, it will just need to be counted toward your fat macros for that meal also.

12. I have terrible sweet cravings in the afternoon. What do you suggest to do?

A. It will pass... It's your body releasing toxins. Drink a protein shake if you need to and make sure you're getting sufficient water intake. Your protein shake will help because it tastes like a treat!

13. Will greek yogurt ever be allowed as a protein?

A. We do not advocate for consuming dairy... Dairy is inflammatory to so many people and one of the goals of our suggested foods is to eliminate many of the foods that are common culprits for inflammation and food sensitivity.

14. Since I know sparkling water is approved how often can you drink it?

A. As much as you would like.

15. What are some good snacks to have handy when your planned two hour round trip appointment turns into 5 hours? How do we prepare for the unexpected?

A. We don't eat snacks; we eat 5-6 small meals per day. However, you can prepare for the unexpected by having things like protein powder, nuts, and low glycemic fruits on hand just in case, but again, try to make it fit your meals and refrain from "snacking" outside of your meal plan.

16. I have stuck to my plan, to the T, and am now at a banquet for work. I have my last meal packed in the car. This is a sit down dinner I don't know how I'm going to manage to sneak out of here and eat MY food in my car and not touch what they feed us tonight!

A. You have two options... You can try to eat the healthiest options available or you can bring your food in. If you decide to try eating a healthier option, try to fill your plate with veggies and lean meats, if

possible. Skip the sauce, dessert, and anything fried.

17. I reviewed the Approved Grocery list and saw that vinegar is not an approved condiment. Is this because it is acidic?

A. Actually vinegar is totally fine and won't affect your physiology unless you're going to drink it like coffee... As a condiment it's great.

18. Thoughts on lentils for protein??

A. Lentils are not ideal. It says on your grocery list to avoid beans and legumes. The ratio of protein / carbs is very high so it's not just protein. Additionally, lentils are a high FODMAP food and can be difficult for some people to digest. Once in a while won't hurt but I wouldn't make it a staple. If you do choose to consume lentils, just make sure you're counting them toward your carbs also and be mindful of how you feel digesting them.

19. So I made turkey burgers last night with 99% fat free ground turkey, but they came out kind of dry since there isn't any fat to moisten it up. Are there any tricks you guys have to keep the turkey from getting dry? (I grilled them on the George Forman)

A. You can add a small amount EVOO into the meat before you make it, but it would need to count toward your fat intake.

20. I have a question for chicken... If I use leg quarters would I have to calculate the fat in it for my macros as well and what about egg whites?

A. Yes and yes.... Count fat for both chicken legs and whole eggs. Egg whites are all protein so no need to count anything toward your fat for those.

21. Is it normal to feel bloated? Although I can see I'm a little tighter and even feel a little tighter I have been feeling a little bloated the last few days and I don't think I have really changed anything.

A. Two things: make sure you are drinking all of your water and also salting your food. When you work out hard and increase water intake it

is crucial that you maintain and replenish your balance of electrolytes - and NOT table salt. Table salt is NaCl (sodium chloride). You want to use pure sea salt (Na). You may also feel bloated because you are not properly digesting your foods. When undigested food remains in the gut, it begins to ferment and can cause gas, bloating, etc. Consider taking a high quality digestive enzyme before each meal and keeping a food journal to identify any possible food sensitivities or irritations you may have.

22. Regarding my happy meal, is this is ON TOP of our regular meal plan for the day, correct? So it is basically a 6th meal OR 500 calories added to my daily plan?

A. Yes! IF your plan has a happy meal, this would be in addition to the normal meals listed on your plan.

23. I try not to eat protein bars, but occasionally if I am in court or in a deposition, and I have to eat quickly and discretely, it is my only option for a meal. I always try to eat an actual meal if I can. However, is there a particular protein bar you recommend above others if I must eat one sometimes? I want to make sure I am eating the best one. Thanks!

A. To be totally honest they are all terrible. My best advice would be to drink a protein shake and mix oatmeal in it for carbs (if you have in that meal) or consume a piece of fruit, and take fish oil as your fat. None of them are ideal or work with this plan. IF you do choose to have a protein bar, try to choose one that uses organic ingredients, no artificial sweeteners or flavors, no vegetable/canola/palm/sunflower/safflower oil, and the fewer the ingredients the better!

Supplementation FAQ:

1. I ordered the supplements you recommended but I had just bought another large thing of protein right before. Is it ok if I order the [Essential](#) after I use the one I have?

A: Yes, absolutely! Use what you have and you can order the recommended protein after.

2. What makes a good protein powder?

A. I'm sure most of you have tried a protein powder and gotten really bloated and gassy after... There is a very specific reason for that. 99% of the supplement brands that make protein use high temperature heat processing, the reason being it's cheaper and faster to produce which means they can make more product and more sales for the company. The problem with this is that high temperature heat processing denatures the protein beyond the point of recognition so your body has a very difficult time digesting and absorbing it. Therefore, when you drink it, the bacteria in your intestines attack all the undigested protein passing through your gut and produce a ton of gas as a byproduct leaving you bloated as hell and gassy... and the worst part lacking results from poor nutrient assimilation.

If you ever wonder why old school body builders (and some current) eat raw eggs all the time, this is the reason. The more natural the state of the protein (meaning not denatured) the better your body is able to absorb it. This is one of the many reasons I only use Goliath NutriPower Essential Grass-Fed Whey. Also you'll notice a NIGHT and DAY difference using quality protein because your body is able to absorb it.

All in all, it's worth it to invest in quality supplements because you absolutely get what you pay for. If you're buying cheap products you're throwing money away.

Lastly, with ANY supplements - you want to make sure they are produced in an FDA approved lab. There is no such thing as an FDA approved supplement- the FDA doesn't approve supplements. The highest quality and best supplement brands are those with FDA approved lab sticker on label because it means they have been tested to make sure processing and manufacturing is what they say it is! I have videos on the different types of protein in member forum or feel free to ask any questions in the FB group. This is EXTREMELY IMPORTANT for your results which is why you'll hear me talk about it often.

4. General Supplement Questions

A. Fish Oil- is to be counted as a fat. I absolutely want all of you taking at least 1 tablespoon per day.

B. Multi-Vitamin/Mineral Complex - Split between morning and evening. Take with your first meal. Multi-vitamins are crucial because the quality of our food is not what it used to be before industrialization, due to factory farming, loss of nutrients in the soil, transportation time from farm to table, and use of pesticides and other chemicals.

C. Probiotic- Gut health plays a huge role in weight loss, optimal metabolism, and increased energy. Ensuring the gut has a proper balance of good and “bad” bacteria is critical. Probiotics help introduce good bacteria to the gut. Prebiotics are what feed gut bacteria and can be taken in supplement form or obtained via high fiber foods. Read more below.

D. Adrenal Support – The adrenals are tiny organs adjacent to the kidneys that product hormones to help regulate your immune system, metabolism, blood pressure, response to stress and other essential functions. When you become chronically stressed whether physically and/or mentally, the adrenals become overworked and are unable to keep up with hormone production. While lifestyle changes are crucial to help the adrenals, you can support them with a high quality adrenal support supplement.

E. BCAAs- You can take this pre or post workout to help replenish amino acids and aid in muscle synthesis. They also help prevent muscle breakdown when you must go longer than 3-4 hours with eating, so you can keep some in your bag, car, etc.

5. What are some important supplements for brain function?

A. Believe it or not three of the most important nutrients for brain function are a multi vitamin, probiotic and omega 3 fatty acid.

Here is why:

- 1) The myelin sheath is what surrounds the nerve cells and transmits nerve impulses from brain (afferent) and to the brain (efferent) and a deficiency of omega 3's causes massive interruptions and inhibits the speed and efficiency of impulses
- 2) Omega 3's constitute the majority of cell membrane of ALL cells in our body. This goes for skin, hair, nails, muscles, nerve, brain. You get the gist. Deficiency of omega 3's causes major issues with cell wall permeability affecting the ability of nutrients to get into the cell, ultimately impairing the cell from proper metabolism and function. This is why I stress about omegas for fat loss and fitness results but the truth is its essential for health.
- 3) The vast majority of brain tissue (white matter) is made of fat- specifically DHA which is a component of omegas 3
- 4) Inflammation is one of the main causes of poor brain function - this is caused primarily by poor diet - (a diet void of omega 3 and filled with processed foods rich in omega 6). Omega 3's reduce systemic inflammation and subsequently improve brain function
- 5) Then there is the gut- brain connection. What we currently know is a properly functioning gut is paramount to proper brain function. They call the gut the "Second brain" for a reason.

Typical American diets breed an unhealthy and unbalanced gut leading to inflammation, gut permeability and neurological disorders such as ADD, depression and autoimmune disorders. An innate diet with probiotics can help restore order to the gut and reduce inflammation

6) Multi-vitamins act as co-factors and co-enzymes for all metabolic processes in the body. Basically, they are catalysts for cellular metabolism. This includes neurotransmitter function, neural function, brain function, etc. These are major components of brain function

The above is why most of my clients the ones who listen and take the

supplements I recommend) report they have improved mental clarity and focus as two of their major side effects of this program

For you moms out there - this is the reason you should also 1000% be giving your kids these supplements as well.

Training Questions:

6. Does it matter what time of the day you work out?

A: No. Its whatever works best for you and your schedule... As long as you get it in!

7. Is there any cardio during Phase 1 of the 90 Day?

A: This workout is a conditioning style workout- meaning you will be getting an intense cardiovascular workout with the listed exercises alone. However, as I say, you can either crawl or run to your goals so I will leave it up to you if you want to do the following:

Approved cardio for the first phase is 3 days MAX of 20 minutes HIIT Cardio (high intensity interval training).

You can do outdoor sprints, treadmill sprints, plyometrics, stair stepper sprints, bike sprints or rowing Machine. If you can't fit it in or don't want to do cardio that's totally fine. Keep your diet on point and you'll still be good. Note- Steady state cardio is not HIIT cardio. You should be doing sprint intervals of 1/1 ratios - for example: Sprint 30 sec/rest 30 sec.

Sunday is active recovery day for everyone - meaning you are free to take a 45 min walk, leisurely bike ride or swim, play basketball, soccer etc.

8. If doing an early morning workout (as soon as you wake up), do you work out on an empty stomach or not? If not (which I'm sure is the case), what can you eat and do you have to wait a certain period of time before working out?

A. Yes, if you are working out upon waking up, you can workout on an

empty stomach, as long as it doesn't negatively affect your ability to get an intense workout in.

9. Are there any modifications for lunge jumps or any jump exercises? My knees have a tendency to bother me and I don't want to injure myself. The lunge jumps seem to bother me more.

A. Yes just do a squat or lunge (or whatever the movement is) without jumping. If you need further modifications, feel free to post in the FB group or email me at allie@bikinibossfitness.com.

10. Are you getting the most from your workouts?

A. If you've watched the videos in membership area, you've heard us stress about making sure you are keeping your intensity up during your workouts. This is accomplished by making sure you're using an appropriate weight and brief rest periods.

11. How do you know what an appropriate weight is?

A. The easiest way to know what weight is best is by this simple rule:

You should be using a weight heavy enough that you can barely get through your last few reps. In fact, I often have to take a brief rest in between the reps to be able to finish. And that's okay! By brief I'm talking about less than 5 seconds. Having to take a forced rest means it's going to be heavy and challenging enough to get results, which is the goal of the workout.

If you're flying through the reps without having to stop it means you need to increase your Weight Another way to maximize your workouts is by taking brief rest periods and using a higher tempo (speed) of reps. In all your workouts I have added the appropriate rest time to get you the most benefit with adequate recovery to be able to do your next set so stick with the guidelines I gave you and you'll be good. If it says 30 sec rest between sets don't rest 5 minutes. If you're new to lifting and you need longer at first that's ok but make it your goal to decrease as you go.

Lastly, even though you're doing the same workout plan for 4 weeks

you should ALWAYS be progressing.

-Increase your weight - add progressions - decrease rest (if you've been taking longer than recommended)

You shouldn't be doing the exact same thing over and over. I recommend printing out your workouts and bringing them with you to the gym on a clipboard so you can keep track of the weight you're lifting each week. It's a great way to gage your progress... Plus you'll feel really legit too

General Bikini Boss Questions: (Checkins, Measurements, etc.)

12. I'm interested in Bikini Boss Chicks apparel; who do I contact?

A. Please visit the store on website.

13. For my waist measurements should it be taken at the belly button or smallest part of waist (I did both but I still may be wrong)? How do I calculate my body fat?

A. Measurement for waist is done at the belly button. We do not require body fat % from you.

14. Who do I send my check-in to?

Please reference your check-in instructions document. Each program has different instructions.