

Rapid Results Transformation Guide

Don't Think, Just Shrink!™



**BARRY'S
BOOTCAMP**

Your order today comes with 15 days of FREE VIP access to BarrysBootcamp.com!

For the next 15 days you have **FREE** access to **AMAZING** weight loss and life changing tools. Plus, you'll receive the support and help you need to totally **TRANSFORM YOUR BODY** and change your life. It's easy and Barry and his team are here every step of the way.

Here's how you get started.

- 1** Go to www.BarrysBootcamp.com
- 2** In the upper-right hand corner of the page, you'll find the member login area.
- 3** If you ordered over the phone, beneath the password box click on "Phone Order". You'll be prompted to enter your phone number and billing zip code. If you ordered on the web, just enter the email and password you used when you placed your order.
- 4** Once logged in, you'll create your profile and then you can start using Barry's tools and support.

Dear Fellow Bootcamper!

Welcome to **Barry's Bootcamp**. Congratulations! You've taken the first step forward to completely transforming your body over the next few weeks.

Hollywood's biggest celebrities and thousands of people, just like you, have walked through the doors of my Bootcamp frustrated because they've spent so much time and money trying *regular* gyms or diet products that over-promise and under deliver. At my Bootcamp, they're able to transform their bodies and get the results they want, **FAST!**

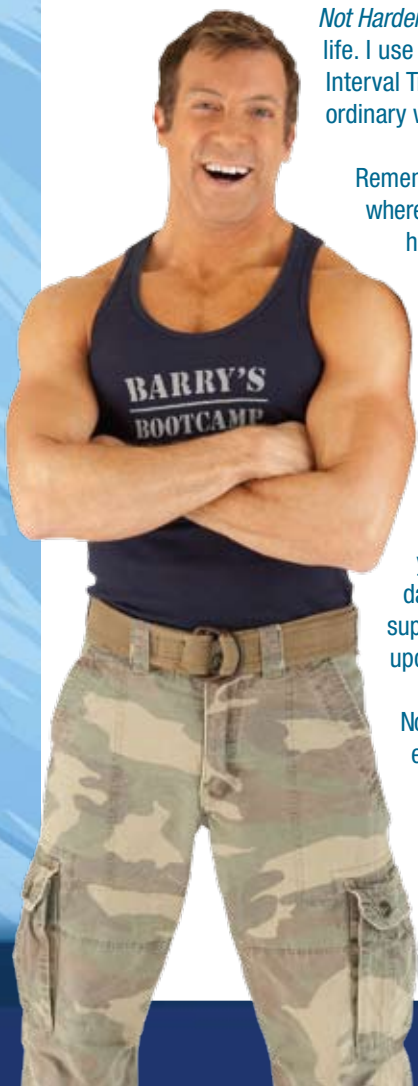
The secret? Just give me 100% effort doing each exercise I show you for just 1 minute. At **Barry's Bootcamp** you'll learn how to *work out Smarter Not Harder*, to lose the fat and get in the best shape of your life. I use a whole new way of working out called Focused Interval Training, or FIT, that burns **FAT 9** times faster than ordinary workouts.

Remember to go to our website, **BarrysBootcamp.com** where you'll find amazing weight loss tools and support to help you with your success. Be sure to check out **Dr. Gourmet**, a new program that customizes a smart eating plan just for you—Dr. Gourmet takes into account the foods you like to eat and your weight loss goals and then creates weekly meal plans, great recipes, and even customized shopping lists. Dr. Gourmet shows you how to *eat your way thin!* And to track your weight loss and success in real-time there's **Fat Burn**. Fat Burn monitors your exercise, daily activities and calorie intake and tells you how much weight you're losing every single day. At **BarrysBootcamp.com** you'll also get additional support from other Bootcamp pros and special weekly updates from ME!

No matter what shape you're in—even if you've never exercised in your life—you'll see incredible results with my Bootcamp system...and we're going to have **FUN!** You can do it!!

Peace and love,

Barry



Barry's Program Guide

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Due to the physical nature of this routine, it's recommended that you get a complete examination and approval from your physician before getting started.

**Please take time to read this entire book before you get started. Understanding the program is going to help you maximize your results. If you have questions or need additional support, please login to www.BarrysBootcamp.com.*

■ *Ok, Let's Get Started!*

Getting in the best shape of your life has never been easier! We've done all the planning for you—showing you step by step—what to do to get results FAST. All you have to do is stay committed. Remember, it's just one minute at a time. That's what **Don't Think Just Shrink™** is all about! At **Barry's Bootcamp**, losing weight is Mission: Possible!

Just grab your DVD's, your Transformer, your Power Handles and a bottle of water and follow these 4 simple steps.

STEP 1. WORKOUT SMARTER, NOT HARDER

All you have to do is follow your **Barry's Bootcamp 30-Day Calendar**. We've planned all your workouts day by day to get you maximum results. In as little as 21 minutes, our Bootcamp workouts show you how to exercise Smarter Not Harder! You'll *blast away fat* and *super-sculpt your body* at the same time!

Using your Barry's Bootcamp 30 Day Calendar, simply start on day 1 and do the **Fat Blaster™ Lower Body Workout**. You'll alternate with the **Fat Blaster™ Upper Body Workout** every *other* day. Each Fat Blaster™ Workout lets you choose your fitness level from beginner to advanced. Remember it's OK to start slow if you're a beginner. Just give 100% effort doing each exercise Barry asks you to do for only 60 seconds. To recover, you'll get a 30 second rest between each exercise.



After you complete the 21 minute **Fat Blaster™ Workout**, it's time to target your problem areas with Barry's specially designed Mission Specialist Workouts. These bonus workouts help you super-sculpt specific muscle groups in just 12 minutes! Choose from **Mission Specialist Abs, Upper Body and Lower Body**. *Want more of a challenge?* Go for the advanced level available on each DVD.

STEP 2. EAT YOUR WAY THIN

It's time to throw those old diets out the window! We know diets don't work, but eating smart does. Making smart food choices can be tasty and fun with Barry's **"Don't Think, Just Shrink™" Eating Plan**. *Eating at home? On the Go? Fast Food? No problem!* Barry's done all the work for you and shows you how to eat your way thin. Don't forget to use **Dr. Gourmet**, your personal menu builder online at BarrysBootcamp.com. You tell Dr. Gourmet about the foods you like to eat and your calorie requirements, and he creates a customized menu for you packed with your favorite foods. It's like having your own personal chef!

And remember, it's important to stay properly hydrated! Make absolutely sure to have 8 glasses of water a day and skip sodas and alcohol as much as possible.

STEP 3. TRACK YOUR SUCCESS

Stay motivated by tracking and celebrating your successes in real-time. Barry brings you an innovative new tool—**Fat Burn**—an exciting new program at BarrysBootcamp.com to see your weight loss results minute-by-minute, pound-by-pound...everyday! Fat Burn is your own personal calorie coach. You just enter your meals, your activity and exercise for the day and Fat Burn tracks your weight loss in real-time. It takes all the guesswork out of losing weight and eating right. You'll also find support with Barry's Online Community with advice from health experts. You can even chat with fellow Bootcampers too.

Before you begin your transformation, be sure to use the included measuring tape to take your current measurements and take a "Before" picture as a memento of your pre-Bootcamp body. The body you've always wanted is waiting for you!

STEP 4. DON'T GIVE UP!

Be proud of yourself for taking this step to get in the best shape of your life! Bootcamp not only transforms bodies but it transforms lives too. Stay committed and you will see results.



Instructions for Power Handles and Bands

- 1** Grab the band a few inches below the tip
- 2** Push the band through the middle slot of your power handle
- 3** Pull the band down until secure



WARNING: THESE BANDS CONTAIN LATEX

Instructions for inflating The Transformer

Special Note: For first time use, you may need to deflate and reinflate the ball a few times to reach the correct size.

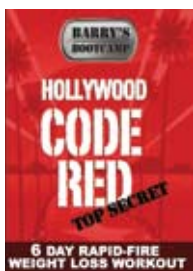
- 1** To inflate, attach grey hose to the blue nozzle on the pump.
- 2** Place the white tip on the opposite end of the hose and remove the stopper from The Transformer.
- 3** Insert the tip of the hose into the opening of The Transformer.
- 4** Step up and down on the pump until The Transformer is fully inflated, replace the stopper.
- 5** When fully inflated The Transformer should be close to 21" tall. (circumference 66") Use the included tape measure. Remember, the first time you may need to deflate and reinflate the ball a few times to reach the correct size.

* To deflate, remove the stopper and squeeze the air out of The Transformer.



■ Advanced Training & Equipment

Once you start seeing results with **Barry's Bootcamp** you'll know that getting the body you want is Mission: Possible. Barry's created some amazing additional workouts to help you reach your fitness goals even faster!



CODE RED

Need to look great by next week? **Code Red** is the workout and eating plan that Barry created to help his celebrity clients get red carpet ripped...FAST! The **Code Red Workout and Eating Plan** is your 6-day rapid-fire weight loss solution. Co-hosted by Pamela Anderson's co-star on TV's *VIP*, **Natalie Raitano**, Code Red is a fun, challenging 15-minute workout that will help you melt off the pounds in just 6 days.

BOOTY BANDS AND "BOOTY CAMP WORKOUT"

Everyone wants to have a terrific tush or dynamite derrière and **Barry's Booty Camp Workout** featuring his new **Booty Bands** is the ultimate solution. Barry's Booty Bands focus targeted resistance on the lower body areas you want to lift and sculpt. This powerful 15-minute Booty Blasting Workout is *guaranteed* to shape and tighten your buns and thighs.



ADVANCED RESISTANCE BANDS

You don't use the same weight for each exercise at the gym—right? Barry's patented

Power Handles allow you to change the resistance level for each Bootcamp exercise. In addition to the 2 levels of resistance bands (included), you can get even more challenging bands online at **BarrysBootcamp.com**

or by calling our customer service hotline at

(877) 914-9444. These easy

to use bands adjust the resistance level of each exercise so you can get the most out of your workout.



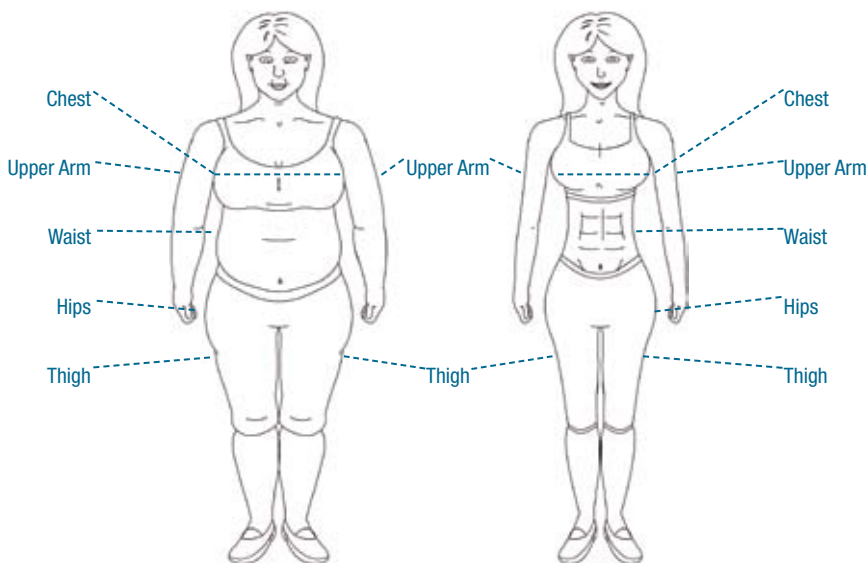
Green=Level 1 Orange=Level 2 Black=Level 3 Red=Level 4

■ Your Measurements

Getting on a scale can be hazardous to your health. The numbers on the scale can produce a skewed sense of progress. *I'm working out and eating right. So why does the number on the scale stay the same?* The answer is that you're building muscle as you lose fat. Since muscle weighs more than fat, you're bound to see measurable results in the mirror before you read them on the scale.

One great way to check your progress is to *really* measure it. Use our measuring tape and the images below to fill in your current measurements. Think of this as your "Before" image.

Don't flex your muscles! Hold the measuring tape snug, not too loose or too tight. When measuring your waist and hips, stand with your legs together.



BEFORE

Chest _____
 Right Upper Arm _____
 Left Upper Arm _____
 Waist _____
 Hips _____
 Right Thigh _____
 Left Thigh _____
 Start Weight _____

AFTER

Chest _____
 Right Upper Arm _____
 Left Upper Arm _____
 Waist _____
 Hips _____
 Right Thigh _____
 Left Thigh _____
 End Weight _____

Your Pictures

Get ready to see the results you've been dreaming of! By taking photos of yourself BEFORE you begin, you'll be able to see your success day-by-day. After 30 days you'll see *exactly* where you shed fat and melted away inches. Seeing is believing and these pictures are proof of your success!

So take a picture of yourself against a white wall in your workout clothes without wearing anything too baggy. This is so that *you'll* see results; so take pictures of your body, full length from a few angles: the front, sides and back. Stand normally in your picture. Don't suck it in! This should be an *honest* picture of you. Take a deep breath, let it out, then snap! You're now ready to see some amazing results.

FRONT

BACK

LEFT SIDE

RIGHT SIDE

Your Goals

It's time to set some goals about your personal fitness dreams and not just a number on a scale. *Want a flatter tummy or better backside? How about great shoulders or sculpted arms?* How about being able to fit into those jeans from 10 years ago? Now is the time to commit to that goal. **Barry's Bootcamp Fatblaster™ & Mission Specialist™ Workouts** and **Barry's Don't Think Just Shrink™ Eating Plan** will help you reach your goals.

Write your fitness goals here:

■ *Barry's Don't Think, Just Shrink™ Eating Plan*

A HUGE part of your success is about eating right. A great workout doesn't mean much in the face of burger and fries. Knockout those bad eating habits with **Barry's Don't Think, Just Shrink™ Eating Plan**. Eating smart doesn't have to be hard. Barry's done all the thinking for you!

Barry has designed an eating plan that will show you how to eat healthy and slim down—FAST.

Here's how **Barry's Don't Think, Just Shrink™ Eating Plan** works. Barry gives you all types of meals from gourmet to fast-food. You eat what you want but you make the smart choice. Here's how the meals are broken down:

- **Easy Meals** – 5 Minutes or Less! Meals at home
- **On the Go Meals** – How to Eat Out Right!
- **Gourmet Meals** – Great meals in less than 30 minutes!
- **Build Your Own Meals** – *Need More Choices?* Here's how to cook your own smart recipes. We show you how to create healthy meals and snacks around what you like to eat.

Don't forget to login to **BarrysBootcamp.com** where **Dr. Gourmet** can also create customized meals for you based on your food preferences.

Also, every month you'll find great new meals and recipes to choose online to give you more variety as you eat your way thin!

It's that easy!!

Here's what your daily eating plan will look like:

BREAKFAST (choose one)

- Easy Meals
- On the Go Meals
- Gourmet Meals
- Build Your Own Meals

MORNING SNACK (choose one)

- Build Your Own Meals
- On the Go Meals

LUNCH (choose one)

- Easy Meals
- On the Go Meals
- Gourmet Meals
- Build Your Own Meals

AFTERNOON SNACK (choose one)

- Build Your Own Meals
- On the Go Meals

DINNER (choose one)

- Easy Meals
- On the Go Meals
- Gourmet Meals
- Build Your Own Meals

EXTRA SNACKS

Add an extra snack if:

180-190 lbs = 1 extra snack

191-200 lbs = 2 extra snacks

201 lbs+ = 3 extra snacks

WARNING: After dinner snacking can ruin your food plan and weight loss for the day! If you want a healthy night time alternative, try a great flavored decaf herbal tea.

● Easy Meal Ideas

BREAKFAST

● Berries & Cottage Cheese

Calories: 265

Fat: 16 grams

Protein: 20 grams

Carbohydrates: 10 grams

1/2 cup low fat cottage cheese

1 tbsp. low sugar jelly

1/4 cup sliced almonds

1/2 cup berries of your choice

● Quick & Easy Oatmeal

Calories: 220

Calories From Fat: 3 grams

Protein: 13 grams

Carbohydrates: 38 grams

1/2 cup quick oats

add 1/2 cup water and

microwave for 1 minute

1/2 cup skim milk

1 tsp. cinnamon

1 packet no calorie sweetener

(stevia is a great all natural

no calorie sweetener)

● All American Eggs, Bacon, Toast & Cheese

Calories: 274

Fat: 10 grams

Protein: 19 grams

Carbohydrates: 28 grams

1 whole egg scrambled or

fried over hard

1 whole wheat english muffin

or toast

1 slice low fat cheddar cheese

1 slice turkey bacon

LUNCH

● Turkey Breast on Whole Grain Bread & Fruit

Calories: 369

Fat: 2 grams

Protein: 49 grams

Carbohydrates: 40 grams

1 slice whole grain bread

4 thin slices of low sodium

turkey breast

1 tsp. mustard

1 apple or fruit of your choice

● Tuna Salad Sandwich/Melt with Cheddar & Fruit

Calories: 314

Fat: 6 grams

Protein: 39 grams

Carbohydrates: 29 grams

1 slice whole wheat toast

1/2 cup canned tuna

(white meat in water)

1 tbsp. low fat mayonnaise

dash paprika (optional)

1 slice low fat cheddar cheese

1 apple or fruit of your choice

● Soup & Sandwich Combo

Calories: 344

Fat: 9 grams

Protein: 40 grams

Carbohydrates: 36 grams

4 slices of deli chicken

2 slices whole wheat bread

1 stick string cheese

1 cup low sodium soup of your choice

● Easy Meal Ideas

DINNER

● Zesty Chicken Burrito

Calories: 341

Fat: 10 grams

Protein: 38 grams

Carbohydrates: 17 grams

4 oz. skinless chicken breast chopped

1/4 cup fat free refried beans

1/4 cup lettuce

1/2 cup tomatoes

1/2 cup salsa

1 oz. low fat part-skim

mozzarella cheese, shredded

1 whole wheat tortilla.

Place all of the ingredients inside of the tortilla. Wrap burrito-style and serve.

● Turkey Taco Salad

Calories: 400

Fat: 7 grams

Protein: 43 grams

Carbohydrates: 16 grams

3/4 cup 7% fat ground turkey

low sodium taco seasoning

2 cups romaine lettuce, chopped

1/4 cup tomatoes, chopped

2 oz. black beans

1/4 cup canned corn

1/4 cup shredded low fat
cheese

1 tbsp. non fat sour cream

1/4 cup salsa

Place the chopped lettuce in a bowl, top with remaining ingredients and serve.

● Angel Hair Pasta Marinara with Turkey Sausage and Asparagus

Calories: 450

Fat: 15 grams

Protein: 20 grams

Carbohydrates: 52 grams

1 cup whole wheat angel hair pasta
(cook per directions on box)

1/2 cup marinara sauce

2 tsp. grated parmesan cheese

1 cup steamed asparagus

1 turkey sausage

Cut cooked turkey sausage into bite size pieces. Heat with marinara sauce and top hot pasta with sauce and cheese. Serve with asparagus.

● On The Go Meals

BREAKFAST

- McDonald's Egg McMuffin (*300 calories, 12 fat, 30 carbs, 17 protein*)
- Jack In the Box Breakfast Sandwich on sour dough bread (*424.5 calories, 24.3 fat, 31.2 carbs, 20.3 protein*)
- Burger King Egg and Ham Croissant (*290 calories, 14 fat, 26 carbs, 16 protein*)

LUNCH

- Wendy's Ultimate Grill Chicken Sandwich (*320 calories, 7 fat, 36 carbs, 28 protein*)
- McDonald's Asian Grilled Chicken Sandwich (*290 calories, 10 fat, 23 carbs, 31 protein*)
- Subway's 6" Oven Roasted Chicken Breast Sandwich (*310 calories, 5 fat, 48 carbs, 24 protein*)

DINNERS

- KFC Tender Roasted Chicken Sandwich with Green beans (*390 calories, 19 fat, 24 carbs, 31 protein*)
- Taco Bell Fresco Burrito Supreme (steak or chicken) (*330 calories, 8 fat, 49 carbs, 18 protein*)
- Carl's Jr. Chipotle Chicken salad with dressing and no shell (*520 calories, 33 fat, 20 carbs, 18 protein*)

SNACKS

- KFC Original Chicken Breast, no skin or breading (*140 calories, 2 fat, 1 carb, 29 protein*)
- Jack In the Box small Beef Taco (*160 calories, 8 fat, 15 carbs, 5 protein*)
- McDonald's Fruit and Yogurt Parfait with Granola (*160 calories, 2 fat, 31 carbs, 4 protein*)
- Carl's Jr. Chicken Taquito (*70 calories, 3.5 fat, 8 carbs, 3 protein*)

● Gourmet Meals

BREAKFAST

● Cinnamon French Toast & Sausage

Calories: 273

Fat: 11 grams

Protein: 25 grams

Carbohydrates: 24 grams

2 turkey sausages

1 slice whole wheat bread

2 egg whites

1 tsp. cinnamon

1 packet sugar substitute

Warm a medium size skillet. Coat with non-stick cooking spray. Begin to heat cooked sausage in skillet. In a small bowl, whisk together egg whites, cinnamon and sugar substitute. Coat bread in mixture and place in skillet next to the sausage. Brown on both sides. Serve with 2 tsp. of low sugar jelly.

● Mediterranean Veggie & Turkey Scramble

Calories: 286

Fat: 14 grams

Protein: 48 grams

Carbohydrates: 27 grams

4 egg whites

2 slices deli turkey, diced

1 oz. cheese

1 cup frozen spinach, thawed

1/2 cup artichoke hearts

1/2 cup tomatoes, diced

1/4 cup marinara sauce

In skillet, sauté turkey and veggies. Add egg whites and scramble together. Add cheese and marinara. Serve.

● Spinach & Cheese Frittata

Calories: 282

Fat: 9 grams

Protein: 35 grams

Carbohydrates: 24 grams

1/2 cup red new potatoes, diced

4 egg whites

1/2 cup onions, diced

2 oz. fresh spinach

1 1/2 tbsp. extra virgin olive oil

1 oz. low fat cheese, shredded

1/8 tsp. salt

1/8 tsp. pepper

1/8 tsp. dried oregano

Preheat oven to broil. Whisk together egg whites, salt, pepper, and oregano. In a 9-inch skillet, heat 1 tbsp. oil over high heat. Add onion; sauté until translucent. Add spinach and sauté until just wilted. Add potatoes, mix and spread evenly in skillet. Drizzle remaining oil around the sides of skillet. Pour in egg mixture. Cook 2 minutes, or until eggs just start to set at edges. Sprinkle cheese over the frittata. Put skillet in the broiler. Broil 4 inches from heat for 1 to 2 minutes, or until top is puffed and golden. Using a knife, loosen frittata from sides and cut into 4 wedges.

● Gourmet Meals

LUNCH

● Chicken Salad with Berries and Walnuts

Calories: 328

Fat: 19 grams

Protein: 16 grams

Carbohydrates: 24 grams

1/8 cup chopped walnuts

3 oz. chicken breast, grilled

1/2 cup of berries of your choice

1/4 cup green onion, chopped

1 tbsp. raspberry vinegar

1/2 tbsp. olive oil

1 tsp. Dijon mustard

2 cups lettuce, shredded

Toss ingredients and serve.

● Penne Pasta Salad with Tuna

SERVES 2

Calories: 345 per serving

Fat: 7 grams per serving

Protein: 32 grams per serving

Carbohydrates: 27 grams per serving

1/2 cup wheat penne pasta

1 cup cooked asparagus

1 tbsp. lemon juice

1/2 tbsp. olive oil

1 tbsp. ground mustard

1 tbsp. pitted green olives

1/4 tsp. salt

1 cup chopped tomato

1/2 cup canned white beans

1/2 cup roasted red pepper

1/2 cup canned tuna

1 tbsp. ground pepper

Toss ingredients and serve.

● Thai Chicken Wrap and Salad

SERVES 2

Calories: 273 per serving

Fat: 4 grams per serving

Protein: 12 grams per serving

Carbohydrates: 36 grams per serving

1 tbsp. Thai peanut sauce

8 inch whole wheat tortilla

2 oz. thinly sliced grilled chicken breast

1 red bell pepper sliced

8 snow peas

1 tsp. lemon juice

Place all of the ingredients above in the whole wheat tortilla and wrap like a burrito. Cut in 2 pieces

Romaine Salad with Lemon
Parmesan:

2 cups romaine lettuce, chopped

2 tomatoes, diced

2 tbsp. shredded parmesan cheese

1 tbsp. olive oil

1/2 cup balsamic vinegar

*Toss all ingredients together
and serve.*

● Gourmet Meals

DINNER

● Spaghetti & Roasted Green Beans

SERVES 2

Calories: 421 per serving

Fat: 7 grams per serving

Protein: 36 grams per serving

Carbohydrates: 43 grams per serving

Spaghetti:

4 oz. whole wheat spaghetti

8 oz. ground turkey

1 cup onions, chopped

1 green bell pepper, chopped

6 oz. can tomato paste

8 oz. can tomato sauce

2 cups water

1 tbsp Italian seasoning mix

1 oz. shredded low fat cheese

Cook spaghetti per package instructions. While cooking, in a medium size skillet, cook turkey, onions and bell peppers until turkey is no longer pink and vegetables are tender. Stir in seasoning, water, tomato paste and tomato sauce. Bring to a boil. Reduce heat, cover and simmer for 5 minutes. Add spaghetti and serve. Sprinkle with low-fat cheese.

Roasted Green Beans:

1/2 tbsp. olive oil

1 tsp. balsamic vinegar

1 tsp. dried tarragon

1 tsp. salt

3 cups green beans, trimmed

Preheat oven to 500 degrees. In a small bowl, mix oil, vinegar, tarragon and salt. Toss in green beans. Arrange beans in an oven safe dish and bake for 10 minutes until cooked but still crisp. Bake for 10 minutes until crisp.

● Chicken Chimichangas

Calories: 278

Fat: 7 grams

Protein: 30 grams

Carbohydrates: 23 grams

3 oz. chicken breast, cooked and shredded

1 whole wheat tortilla

1 oz. shredded low fat cheese

1 tbsp. low fat sour cream

1/2 cup salsa for marinade

1/2 cup salsa for garnish

Saute cooked chicken and 1/4 cup of salsa in sauce pan until chicken is completely warm. Place cheese on top of the tortilla and add the chicken. Roll up ends of the tortilla and fold burrito-style. Spray non-stick cooking oil on oven-safe pan and bake for 10-15 minutes in a medium oven until golden. Top with remaining salsa and sour cream and serve.

● Gourmet Meals

● BBQ Salmon with Roasted Asparagus

Calories: 370

Fat: 18 grams

Protein: 38 grams

Carbohydrates: 16 grams

Salmon:

1/3 cup pineapple juice

1 tsp. lemon juice

6 oz. salmon fillet

1 tsp. brown sugar

1 tsp. chili powder

1 tsp. grated lemon rind

1 tsp. ground cumin

1 tsp. salt

1/3 tsp. cinnamon

Cooking spray

Lemon slices

Marinate salmon with pineapple juice and lemon juice in a zip lock bag for 1 hour in the refrigerator. Combine sugar and next 5 ingredients in a bowl. Rub over salmon filet. Place in an 11x7 inch baking dish coated with cooking spray. Bake in a hot oven (400 degrees) for 12 minutes or until fish flakes easily when tested with a fork. Serve with lemon slices if desired.

Roasted Asparagus:

2 tbsp. finely chopped shallots

1 tbsp. low fat butter spread, melted

2 tbsp. balsamic vinegar

1 tsp. chopped fresh or dried thyme

1/3 tsp. salt

1 tsp. grated lemon zest

5-8 asparagus spears

Cooking spray

Preheat oven to 400 degrees.

In a small bowl, combine shallots, butter spread, balsamic vinegar, thyme, salt and lemon zest, stirring well with a whisk. Snap off the asparagus bottoms. Coat a baking pan with cooking spray. Arrange asparagus in a single layer on the pan. Cover with foil and bake for 7 minutes. Uncover and bake an additional 10 minutes or until asparagus is crisp-tender. Pour butter mixture over asparagus, toss gently to coat. Serve immediately.

● Build Your Own Meals

Barry's "You Choose" List of Foods

Barry's "You Choose" list of foods allows you to easily create your own healthy meals! Use these guidelines, and pick your own food options to build a healthy breakfast, lunch, dinner or snack. Proper nutrition is the key to your success!

● **Proteins**

- 4 oz. Low-Fat Turkey Burger
- 4 oz. Chicken (White Meat Only)
- 6 oz. Fish
- 4 Egg Whites
- 3 oz. Lean Beef
- 4 oz. Pork Tenderloin
- 3/4 Cup Tuna (Packed in Water)
- 1/2 Cup Low-Fat Cottage Cheese
- 4 oz. Tofu
- 4 oz. Soy Bean Meat Substitute
- 3 Small Links of Soy or Turkey Sausage
- 1/2 Cup Edamame Beans
- 1 Scoop Whey Protein Powder

● **Carbohydrates**

- 1/2 Cup Oatmeal
- 1 Slice Whole Wheat Bread
- 1/2 Cup Brown Rice
- 3/4 Cup Whole Grain Cereal
- 4oz. Sweet Potato or Yam
- 1 6-inch Whole Wheat Tortilla
- 1/2 Cup Whole Wheat Pasta
- 1-1/2 Cups Low-Sodium, Low-Fat Soup

● **Dairy**

- 1/2 Cup Non-Fat or Low-Fat Milk
- 2 oz. Low-Fat Cheese
- 1/2 Cup Low-Fat Cottage Cheese

● **Fat**

- 1 Tbsp. Low-Fat Peanut Butter
- 10-15 Raw Almonds or Walnuts
- 2 oz. Low-Fat Cheese
- 2 Tbsp. Hummus
- 2 Tbsp. Low-Fat Mayonnaise
- 2 Tbsp. Low-Fat Salad Dressing
- 1 Tbsp. Olive oil

● **Fruits**

- 1/2 Banana
- 1/4 Mellon
- 3/4 Cup Raspberries
- 1 Grapefruit
- 3/4 Cup Strawberries
- 3/4 Cup Mango
- 1 Medium Apple
- 1/2 Cup Pineapple
- 1 Medium Orange
- 3/4 Cup Blueberries
- 1 Pear
- 3/4 Cup Red grapes
- 2 Small Plums
- 3/4 Cup Papaya

● **Vegetables**

- 2 Cups Spinach
- 1 1/2 Cups Kale
- 2 Cups Lettuce (Romaine)
- 1 Cup Broccoli
- 1 Green or Red Bell Pepper
- 3/4 Cup Green Beans
- 1/2 Artichoke
- 1 Cup Asparagus
- 1 Small Tomato
- 1/2 Corn on the Cob
- 8 Baby Carrots

****Remember to drink 8 to 10 ounces
of water with each meal!***

***You'll get full faster
and keep hydrated at the same time!***

● Build Your Own Meals

BREAKFAST—APPROXIMATELY 250-300 CALORIES

● Option 1

- 1 protein
- 1 carbohydrate or vegetable
- 1 dairy

● Option 2

- 1 protein
- 1 fruit or vegetable
- 1 fat

Here are some examples of how to build your own breakfast!

- 1 scoop protein powder & 1/2 cup oatmeal & 1/2 cup nonfat milk
- 4 egg whites & 1 medium apple & 1 tbsp. low fat peanut butter

MID MORNING OR AFTERNOON SNACK 250-300 CALORIES

● Option 1

- 1 protein
- 1 fruit or vegetable

● Option 2

- 1 protein
- 1 dairy

● Option 3

- 1 protein
- 1 fruit or vegetable

Here are some examples of how to build your own snack!

- 1/2 cup cottage cheese & 1 small tomato
- 1 scoop of protein powder & 1/2 cup non-fat or low-fat milk
- 1 tbsp. low-fat peanut butter & 1 medium apple

LUNCH 300-400 CALORIES

● Option 1

- 1 protein
- 1 fruit or vegetable
- 1 fat

● Option 2

- 1 protein
- 1 carbohydrate
- 1 fat

Here are some examples of how to build your own lunch!

- 3/4 cup tuna & 2 cups lettuce & 2 tbsp. low-fat salad dressing
- 4 oz. chicken & 1 1/2 cups low-sodium, low-fat soup & 10 almonds

DINNER 300-400 CALORIES

● Option

- 1 protein
- 1 fruit or vegetable
- 1 fat

Here are some examples of how to build your own dinner!

- 4 oz. chicken & 2 cups spinach & 2 tbsp. low-fat dressing
- 4 oz. turkey burger & 1 cup broccoli & 1 tbsp. olive oil
- 6 oz. fish & 1 cup asparagus & 1 tbsp. olive oil

"Barry is insanely dedicated to his clients. He'll make sure you succeed. Just when you want to give up, he yells his 'It's only 1 minute!' and you hear that voice inside that says I can do this." — Kristi Ritchey, Lost 100 pounds

■ *About Barry & Barry's Bootcamp*

Barry Jay, a New York native, moved to Los Angeles over 20 years ago. Barry immediately took to life in the fast lane living in a world of late nights and fast food. But, Barry soon found his calling when he took a job at a popular Hollywood fitness studio. Less than a year later, Barry had developed the foundation for his own unique fitness program and was soon turning people away from his sold out classes.

In 1998, Barry founded what is now known throughout the world as **Barry's Bootcamp**. The program was designed around a simple goal—to create **The Best Workout in the World™**. Barry's revolutionary exercise strategy, combined with his patented raspy, drill-sergeant tactics and fun atmosphere, create a unique and irresistible workout environment that inspires and motivates "enlistees" to push harder and get into great shape *fast*. Barry's Bootcamp has become the hottest fitness ticket in Hollywood boasting an A-list celebrity clientele that includes **Katie Holmes, Jake Gyllenhaal**, and *Biggest Loser* host **Alison Sweeney** plus thousands of others just like you who sweat it out in sold out classes every day.

Now Barry brings his unique fat burning workouts and powerful energy to the convenience of your own home. Barry has created a revolutionary program featuring Focused Interval Training, or "FIT," which is designed to achieve the fastest results in the shortest amount of time. With FIT, you can burn fat 9 times faster than ordinary workouts, and it's so simple, for each Bootcamp exercise you give 100% of your effort for just 1 minute. Barry's FIT program is uniquely designed so that *anyone*—from conditioned athletes to those with no fitness experience—can get great results...*FAST!*

Barry says it best: "The workouts are fun. They're fun every time you do them! And I will be there every step of the way to make sure you're getting results and having a great time doing it. Trust me, I will never forget starting out. I didn't even step foot in a gym until I was 25 years old! And believe me when I say "If I can do it, anyone can do it." Welcome to the gift you just gave yourself.

Every journey begins with a single step and getting in shape around here begins with a single minute. Go for it!!"



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