



LAST MINUTE SUMMER CAMP

FREE NUTRITION GUIDE



#EVERYDAYWARRIOR

CONTENT

01

ALL IN

3 week maximum fat loss
- low carb -

PLEASE READ CAREFULLY


02

MEDIUM

3 week fat loss & performance
body
- medium carb -



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A top-down view of a black bowl filled with a variety of fresh, low-carb ingredients. The bowl contains spiralized zucchini noodles, sliced cherry tomatoes, chickpeas, cubed white tofu, sliced avocado, cucumber, and radishes. A small portion of dark quinoa is visible at the top. A glass of water is partially visible in the top left corner. A semi-transparent white text box is overlaid in the center of the bowl.

ALL IN
3 week maximum fat loss
- low carb -



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01

**WHAT'S THE
FASTEST WAY
TO LOSE
BODY FAT IN
A SHORT
PERIOD OF
TIME?**



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01

The fastest way to drop body fat in a very short period of time is through cutting out of all carbohydrates.

Want to look good for the beach after the next 3 weeks?

Or you have an special event?



01

Any time a deadline is quickly approaching where we need to look a little better, cutting out bread, pasta, rice and potatoes is the standard advice.

For short periods of time, this works great.



01

WHY A LOW CARB SUMMER CAMP?

IMPROVE INSULIN SENSITIVITY

Improve Insulin Sensitivity

Small bouts of low carbohydrate eating can have a beneficial effect on our insulin sensitivity so that when we do re-introduce carbohydrates later in the diet, we handle them more efficiently.



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01

SIMPLE TO FOLLOW

For a lot of people, the key to adherence is simplicity. A low carbohydrate plan, to begin with, is very easy to prepare and follow. If you're stuck travelling or on the go, knowing you just need to pick up some meat and greens from your local store can make life much easier.



01

REDUCE CRAVINGS

When your protein intake increases, one of the first things you'll notice is reduced hunger and cravings. The increased fullness from more protein in the diet will keep you on track and prevent any immediate dietary deviations.



01

REDUCE CRAVINGS

Another reason for fewer cravings is the shift in the balance of gut bacteria. The foods you continuously eat are the ones your gut bacteria will make you crave. If we start eating a lot of vegetables, you'll start feeding the good bacteria in your gut, thus reducing the cravings for junk. This shift isn't immediate but coupled with the simultaneous elimination of all processed foods, it happens quickly.



01

BUILD EXCITEMENT

There's no better feeling than knowing your diet is working. By going low carb for two weeks, you'll drop anywhere from 2-4% body fat. This initial hit of fat loss is great for motivation, building excitement and creating a focus for the weeks ahead.



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01

THE RULES

To keep it really simple, here are the five rules of the initial summercamp phase:

1. Have a protein goal

- for men, aim for 2,5g per kg of bodyweight
- for women, aim for 2g per kg of bodyweight

2. Eliminate all carbohydrates

- this includes bread, pasta's, rice, potatoes, fruit, cakes etc.
- For sure you will have some carbs, because of veggies and milk products. Try to stay below 50g.



01

THE RULES

3. Eat a lot of green, leafy vegetables

- think broccoli, kale, spinach, salad..

4. Add healthy fats to the diet

- a good aim is 1 gram per Kg of bodyweight
- think avocados, walnuts, salmon, eggs

5. Stay hydrated

- Aim for 3 to 4 litres of water a day



01

SAMPLE DAY

Breakfast: 3 Eggs with tomato and mushrooms

Snack: Low-fat yoghurt / skyr with berries and small portion nuts

Lunch: Huge bowl of salad with some chicken breast or tempeh and fresh lemon-mint dressing

Snack: Low-fat cottage cheese with some veggie sticks / or protein shake

Dinner: Grilled fish with some olive oil and grilled vegetables



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01

WHAT TO DO AFTER?

After two weeks are up, the direction you take after is dependent on various factors such as your body fat levels, muscle mass, and mindset.



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01

WHAT TO DO AFTER?

Option 1

- Week 3 -

Add Carbs In Post Workout

Starting the re-introduction of carbohydrates around the workout perimeter is the most optimal time, given the heightened sensitivity of your muscle cells to glucose uptake. To begin with, add 40-60g of starchy carbohydrates to your post workout meal in the form of oats, rice or sweet potatoes.



01

WHAT TO DO AFTER?

Option 2

- Week 3 -

Add Carbs Once A Week

The second option is for those on the higher end of the body fat scale. You may want to start by adding carbohydrates once a week in a meal such as chicken and baked potato.



01

WHAT TO DO AFTER?

As you get leaner over time, you can add more carbohydrates.

What's worth noting in both of the above recommendations is that when you do add carbs, you'll need to keep an eye on fat intake.

Generally speaking, as you add more carbs into the diet, you should reduce your fat intake to maintain a calorie deficit.



01

WHAT TO DO AFTER?

Option 2

As you get leaner over time, you can add more carbohydrates.

What's worth noting in both of the above recommendations is that when you do add carbs, you'll need to keep an eye on fat intake.

Generally speaking, as you add more carbs into the diet, you should reduce your fat intake to maintain a calorie deficit.



01

ATTENTION:

This low carb approach is not an
long term solution!

We use this to kickstart your
transformation.

Carbs are not bad, too many calories
are!

In fact, staying low carb for too long
may have negative effects. Thyroid
output, cortisol and testosterone
levels can become problematic if
you're left on low carbs, in the long
run, making body re-composition
difficult.

So start adding carbs back into your
routine week for week.



01

ATTENTION:

We recommend you to start with
Part 2
- Medium carb -

after you finished Part 1 and some 3
extra weeks of reintroducing
carbohydrates to your diet.



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02

MEDIUM
3 week fat loss &
performance body
- medium carb -



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02

WHY A MEDIUM CARB SUMMER CAMP?

IF YOU ARE IN A MEDIUM
AREA OF BODYFAT AND WANT
TO IMPROVE YOUR
PERFORMANCE AS WELL.

YOU WILL LOSE LESS FAT
THAN WITH A LOW CARB
DIET, BUT YOU WILL
PERFORM BETTER.



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02

**WHY A
MEDIUM CARB
SUMMER
CAMP?**

**YOU CAN SAY THAT ALL FACTS
OF THE LOW CARB DIET ALSO
WILL COME INTO USE.**

**JUST A LITTLE BIT LESS
EFFECTIVE.**



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02

THE RULES

To keep it really simple, here are the five rules of the -medium carb- diet:

1. Have a protein goal

- for men, aim for 2,5g per kg of bodyweight
- for women, aim for 2g per kg of bodyweight

2. Reduce your carbohydrates

- eliminate bread and pasta
- focus on chickpeas, potatoes, oats
- eat one portion (40-70g) per day
- eat them after your workout
- on active rest days for dinner



02

THE RULES

3. Eat a lot of green, leafy vegetables

- Think broccoli, kale, spinach, salad..

4. Add healthy fats to the diet

- A good aim is 0,8 gram per Kg of bodyweight
- Think avocados, walnuts, salmon, eggs

5. Stay hydrated

- Aim for 3 to 4 litres of water a day



02

SAMPLE DAY

Breakfast: 3 Eggs with tomato and mushrooms

Snack: Low-fat yoghurt/ skyr with berries and small portion nuts

Lunch: Huge bowl of salad with some chicken breast or tempeh and fresh lemon-mint dressing

Snack: Low-fat cottage cheese with some veggie sticks / or protein shake

Dinner: Grilled fish with grilled vegetables and some sweetpotatoes.



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02

WHAT TO DO AFTER?

After three weeks are up, the direction you take after is dependent on various factors such as your body fat levels, muscle mass, and mindset.

- Option 1 -

You can add 3 more weeks of medium carb diet

We would recommend you 2 "Refeed days" in between.

This means you will have 2 meals with carbs, instead of 1, per day.

To keep your energy level and metabolism high.



02

WHAT TO DO AFTER?

- Option 2 -

Slowly introduce some more carbs
back into your diet.

Make sure to follow my three most
important nutrition guidelines.



02

THREE MOST IMPORTANT NUTRITION GUIDELINES

1. THE 80-20 RULE

The majority of my meals, 80%, are made up of unprocessed foods. If you follow this simple rule, you are automatically going to make room for healthy foods. The remaining 20% can and should be food for your soul. Our diet should not only provide energy to our body, but also fuel our mind. Whether as a reward, motivation or just for the taste, your 'soul food' should be your choice.



02

THREE MOST IMPORTANT NUTRITION GUIDELINES

2. HOW TO FILL YOUR PLATE

Fill half of your plate with low-carbohydrates, such as vegetables, for example. This fills you up and provides your body with much needed vitamins. I prefer to eat my vegetables raw or steamed.

Now, we need a high-quality source of protein. The word protein comes from the latin language and means "the most important thing."



02

THREE MOST IMPORTANT NUTRITION GUIDELINES

2. HOW TO FILL YOUR PLATE

Our bodies need it to build and repair cells, among other things. At least a quarter of your plate should therefore consist of protein. Lean meat or wild caught fish - also tempeh, eggs, curd cheese and yogurt are a great source of protein. Of course, vegan alternatives are also possible. Likewise, our bodies rely on healthy fats. It's best to add these as toppings to your meals. Foods such as avocados, nuts and seeds are particularly suitable for this.



02

THREE MOST IMPORTANT NUTRITION GUIDELINES

3. EARN YOUR CARBOHYDRATES

Eat your carbs only after you've completed moderate to high intensity activities. I often train with just a small protein-rich meal beforehand. After a strenuous session, I reward myself with my beloved porridge-bowl or rice and potatoes as a side dish with vegetables and protein. This is where your body can best utilize the carbohydrates.



Healthy food sources

Protein: lowfat meat (beef, chicken, etc.), lowfat fish, lowfat cheese, eggs, tempeh, tofu, yoghurt, protein powder, skyr

Fat: Avocado, nuts, olives, eggs, salmon, seeds

Carbs: oats, potatoes, quinoa, beans, lentils, rice, pumpkin, chick peas

Veggies: Broccoli, cauliflower, Brussels sprouts, Leafy greens (spinach, kale, salad), carrots, bell peppers, asparagus, tomatos, cucumber



THE RESULTS

We already worked successfully with a lot of clients and we would like to help you too.

Follow the 3 week workout schedule and stay consistent with your nutrition.

Don't expect your dream body after 3 weeks. But you will see the first results. Now it is up to you to keep showing up!



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THE RESULTS

Feel free to share your progress pictures and your emotions with us.

Tag **@fitness__kaykay** in your instagram story and use the hashtag **#everydaywarrior**.

Also you can join our privat facebook group and comment below our youtube video.

This is a great way to stay motivated and join our community.

Become an **#everydaywarrior!**

Yours Kaykay xoxo



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@fitness__kaykay

www.fitnesskaykay.com

If you want to join our online coaching with nutrition and workout plans find more information on:

[Online-coaching by Kaykay&Dom](#)



[@better.by.kd](#)

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DISCLAIMER | Results may vary | Results are based on individual circumstances | Timeframes for results are not guaranteed | Willpower is always required!

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