



# BOOTY NUTRITION GUIDE

# BOOTY BUILDING OVERVIEW

Here at Arena Strength we think everyone should have the knowledge to achieve their goals; which is why we have written this simple guide to booty building nutrition. If you combine the knowledge in this guide and the workouts in our 12-Week Booty Building Guide, you will be on the road to having one strong and peachy booty!

## In this guide we cover:

- ✓ Booty Building Nutrition 101
- ✓ Calorie overview
- ✓ Macronutrients and how to track them
- ✓ What proteins to eat and how much
- ✓ What you should be eating every day to help you build a booty
- ✓ Easy and delicious recipes



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**ARENA**  
STRENGTH



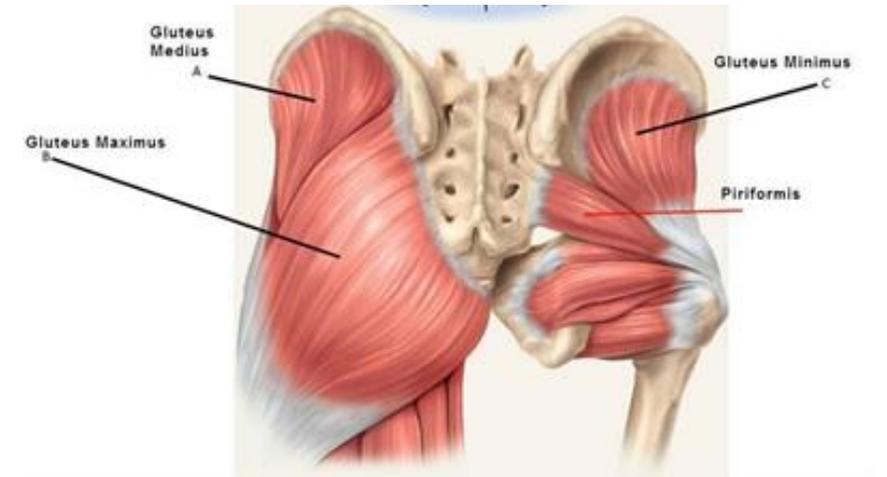
# BOOTY BUILDING NUTRITION... FUEL YOUR BODY RIGHT!

Your booty is made of 3 muscles (that's right – your booty is a muscle and therefore can be built just like others!) – your gluteus minimus, medius and maximus. In order to get the strong peachy shape so many of us desire, we must be sure to **eat the right diet to support muscle growth**.

Here at Arena Strength, we've done a lot of research and realised that nutrition is much more simple than we're lead to believe! It can be narrowed down to two simple factors (both of which we will explain in this guide – don't worry!)

- 1) **Calories**
- 2) **Macronutrients**

Though these may seem like buzzwords, we're confident that by the end of this guide you'll be ready to eat a balanced diet containing the right caloric input for your goals! This nutrition guide also focuses on bringing you back to a **healthy, unprocessed, chemical-free** diet. You will notice that you will have more energy, your skin will glow, you won't constantly be craving food and most importantly your body will be nourished.



# CALORIES 101

It's simple – eat more calories than you need and you will gain weight, eat too few and you will lose weight. However, everyone needs a different amount of calories in order to maintain their weight (this is also known as your Base Metabolic Rate, or BMR for short). For example:

- ✓ Tall people need more calories than short people
- ✓ Active people need more calories than sedentary people

Later on in this guide we will explain how many calories (and where these calories should be coming from) that you need to achieve your goal– whether that be fat loss or gaining strength.

To get you started, [go to this calculator to get the calories you need.](#)

For the calculator; select “maintain” if you are in a healthy weight range and want to build muscle. Select “cut” if you are overweight and need to get to a healthy weight range while also building muscle. If you happen to be one of the rare lucky women that can't seem to put on weight then you might choose “bulk” to eat more calories to better help you gain muscle.

Many of us are in a healthy weight range and would like to lose fat and tone up. We would recommend selecting “maintain” because you will naturally start to tone up and lose fat just by building your muscles and staying the same size. You can always reduce your calories later to burn that extra fat off.

This number will give you a general idea for the number of calories you should eat to maintain your body weight or lose weight healthily.



# MACRONUTRIENTS EXPLAINED

Macronutrients is the collective name for our 3 core food groups:

- ✓ **Proteins** (Meat, Fish, Lentils & Pulses)
- ✓ **Carbohydrates** (Rice, Pasta, Potato)
- ✓ **Fats** (Olive oil, Avocado, Nuts)

To help your body to build muscle, you need to eat enough protein. This supports your body to repair your muscles (this is the process of 'hypertrophy'), in other words, this is your muscles getting bigger and stronger!

You need to consume carbohydrates along side this to fuel your body for your workouts so you can keep working out.

And finally, you need to eat some healthy fats to ensure that your body can function at its best.

We also need micronutrients such as vitamins, calcium and magnesium. These are found in fruit and vegetables. Our general rule of thumb for these is to simply **eat as colorfully as you can as much as possible**.



# TRACKING MACRONUTRIENTS



Tracking your food may seem like a lot of work, but we found it to be a useful tool for the first two weeks of our mission – to build a better booty! It allowed us to gain a better sense of portion sizes and our calorie intake.

We highly recommend using the app **MyFitnessPal** to help track as it allows you to input your calorie and macronutrient goals, and works it out for every food you eat. This means you can adjust your food throughout the day in order to hit certain goals.

To support your booty growth we recommend splitting your macronutrient intake to:

- ✓ 35% of calories to come from protein
- ✓ 40% of calories to come from carbs
- ✓ 25% of your calories to come from fats

In order to gain muscle, you should be eating approximately 1 gram of protein for every lb. of your body weight. So, if you weigh 132 pounds, you should be eating 132 grams of protein to support muscle growth.

# FOOD GROUPS EXPLAINED

In this table we have listed some of the core foods we recommend. The first three are sources of macronutrients – it’s important to **eat a variety** of these in each category. In the next two, we have micronutrient sources and a variety of low calorie seasonings. Condiments such as tomato ketchup are FULL of sugar and calories that people forget to add into their tracker. **If you’re serious about building a defined, strong booty, you need make sure everything is counted at first.** This includes all the cream in your coffees and sodas! You will quickly notice that **consistency is key.** Later in this guide we will give you some quick and easy recipes with these ingredients.

PROTEINS	CARBOHYDRATES	HEALTHY FATS & OILS	VEGETABLES & LEAFY GREENS	HERBS, SPICES, SEASONINGS	BEVERAGES
<ul style="list-style-type: none"> <li>✓ Beef- All parts</li> <li>✓ Fish- All fish</li> <li>✓ Pork- All except sausages</li> <li>✓ Poultry</li> <li>✓ Lamb</li> <li>✓ Wild Game</li> <li>✓ Organ meats</li> <li>✓ Eggs</li> <li>✓ Lentils</li> <li>✓ Tofu</li> </ul>	<ul style="list-style-type: none"> <li>✓ Pasta</li> <li>✓ Rice</li> <li>✓ Quinoa</li> <li>✓ Couscous</li> <li>✓ Root Vegetables (sweet potato, carrots, swede)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Nuts- All</li> <li>✓ Seeds- All</li> <li>✓ Oils- Coconut, Olive, Avocado, Nut Based Oils</li> </ul>	<ul style="list-style-type: none"> <li>✓ Spinach, Kale, lettuce</li> <li>✓ Broccoli, peas, green beans</li> <li>✓ Cauliflower, Mushrooms, Zucchini, Peppers</li> </ul>	<ul style="list-style-type: none"> <li>✓ Herbs- All</li> <li>✓ Lemon/Lime</li> <li>✓ Salt &amp; Pepper (salt in moderation as it causes water retention)</li> <li>✓ Chillies</li> <li>✓ Vinegar- All</li> <li>✓ Soya Sauce (GF)</li> <li>✓ Fish Sauce (GF)</li> <li>✓ Curry Paste (GF)</li> <li>✓ Spices (GF)</li> <li>✓ Mustard (GF)</li> </ul> <p>GF= Gluten Free</p>	<ul style="list-style-type: none"> <li>✓ Water</li> <li>✓ Sparkling Water</li> <li>✓ Coffee- Black or with a little milk</li> <li>✓ Tea- All. We recommend green tea for weight loss especially <u>matcha green tea powder</u></li> </ul>

# MACROS FOR THE BOOTY...

Your required caloric intake is dependent upon your goals:

- ✓ If you're at healthy range but want more muscle and less fat, we suggest you maintain your recommended BMR. After 3-6 months of training, you may choose to reduce your intake by 20% to lean out.
- ✓ If you're overweight we suggest you eat 20% fewer calories until you get down to a healthy weight range. At this point, these calories can be reintroduced.
- ✓ If you struggle to gain muscle or fat, increase your calorie intake by 20%. Ensure that this is made up of protein and carbohydrates.

**It's important that regardless of which body type you are, you continue to eat a high proportion of protein to support muscle growth!**

Now that you know how many calories you should be eating, and how this should be divided between proteins, fats and carbohydrates it's time to look at structuring your meals to make sure you're fueling your body to perform to its maximum function. In order to gain muscle, we need to be training and eating sufficiently. Carbohydrates should be consumed in the meal or snack before your workout, and protein should be eaten straight after. The former gives you fuel to train, and the later repairs your muscles to make them stronger (this gives that peachy shape!).



# MEAL PLAN EXPLAINED

Here at Arena Strength we plan our calories and macros into 3 meals and two snacks a day; no-one likes being hungry! If you follow your calories and macronutrient allowances you will feel fuller for longer, not be tempted to consume extra snacks, and see an increase in energy throughout the day.

In the following pages we have put together some of our favorite easy recipes. These are based on eating **real food** rather than processed foods and a balanced diet.

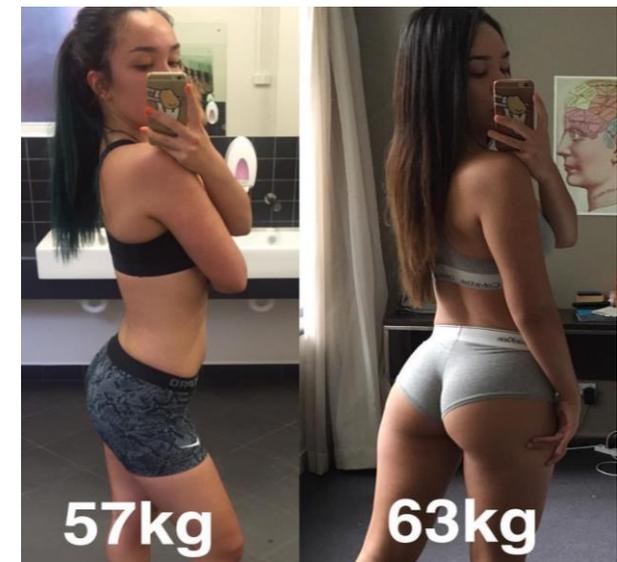
Let us know what you think and sure to tag us when you post them to Instagram [@arenastrength](https://www.instagram.com/arenastrength) !

MEAL	FOOD	PROTEIN	CALORIES
BREAKFAST	Egg Muffins	15 G	180
	Coffee		5
SNACK	Hummus & Carrot Sticks	7 G	133
LUNCH	Burrito Bowl	43 G	350
	Green Tea		2
SNACK	Nut Butter & Celery Sticks	8 G	130
DINNER	Salmon & Vegetables	46 G	400
TOTAL		119 G	1200

Example only- your calorie and protein levels will be different based on the online calculator results

# WHY THE SCALES MIGHT NOT REFLECT THE RESULTS?

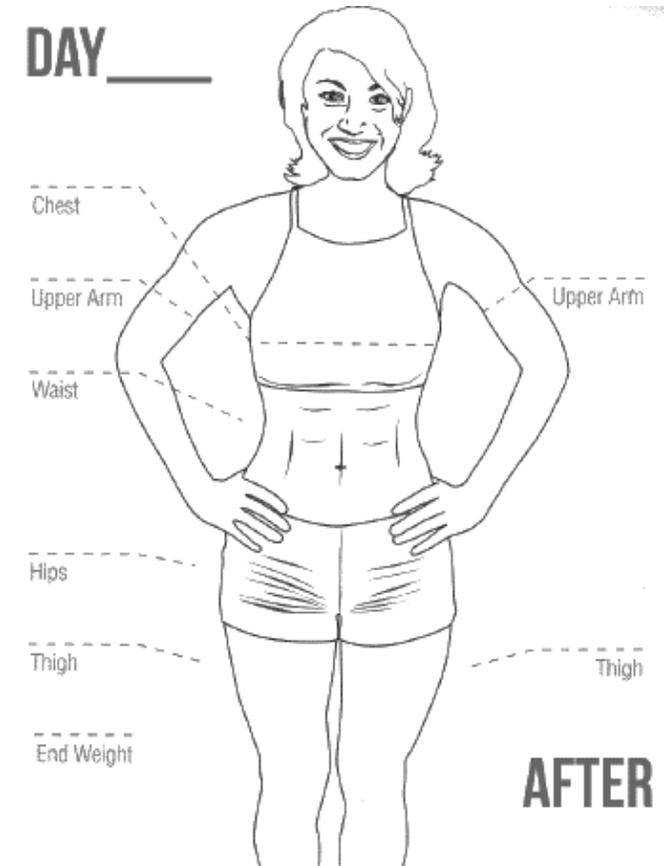
When eating well and training a lot, we often expect the number on the scales to decrease... but what if we told you that **muscle is 18% more dense than fat!** Meaning, when you replace a kilo of fat with that of muscle, you will look slimmer and more toned, but the number on the scale will be exactly the same. For those aiming to really gain a booty, the number may increase, but don't worry about it... it's just muscle! Here are some examples to show how building muscle can drastically change your shape, without decreasing the scales:



# TIPS FOR SUCCESS

- **MEASURE YOUR PROGRESS:** It's so important to take photos and measurements rather than just relying on scales.
- **BATCH COOK:** Simplify your cooking by preparing large batches and eating the same meal for several days. For example cook enough grilled chicken for 3 lunches.
- **BANISH TEMPTATION FROM YOUR HOME:** If you do not buy bad food then you will be much less likely to be tempted to eat it on impulse. Ensure you clear out your fridge and cupboards before you begin.
- **RECRUIT YOUR FRIENDS:** Bring a few close friends on board to do the program with you or at least provide you with support. Plan social gatherings around healthy options like walking or daytime meals. These won't tempt you to get off track. You can also join our online community [Arena Strength Women](#) for support.
- **EXERCISE EVERY DAY:** Use your Arena Strength Bands every day and also try and do some extra exercise on top of this like walking. Establish a routine and all those endorphins are sure to help keep you on track!

## How to Record Your Measurements



# BOOTY BUILDING RECIPES:

These recipes focus on helping you consume enough protein so you can effectively build your glute muscles. Ensure you tally up the daily calories and macros to meet your daily levels.

# BREAKFAST RECIPES

## EGG MUFFINS

Serves: 6 (12 muffins)

Prep time: 15 mins

Cook Time: 45 mins

Batch Cook? Yes

### Ingredients

- ½ pound protein (minced beef)
- 1 cup spinach, chopped
- ½ cup red bell pepper, diced
- ½ tablespoon fresh cilantro, chopped
- ¼ tablespoon red pepper flakes
- ¼ tablespoon sea salt
- 9 eggs, beaten

### Directions:

1. Preheat oven to 350 degrees. Grease 12 cup muffin pan with coconut oil.
2. In skillet, cook your protein.
3. Mix all ingredients except eggs together in a bowl
4. Spoon evenly into muffin tray
5. Pour over the beaten egg
6. Bake muffins for 30-35 mins. Check with a skewer to ensure cooked.
7. Store in an airtight container in fridge and reheat before serving.

PROTEIN: 15 G  
CALORIES: 180



# BREAKFAST RECIPES

## SKINNY OMELETTE

Serves: 2

Prep time: 5 mins

Cook Time: 5 mins

Batch Cook? No

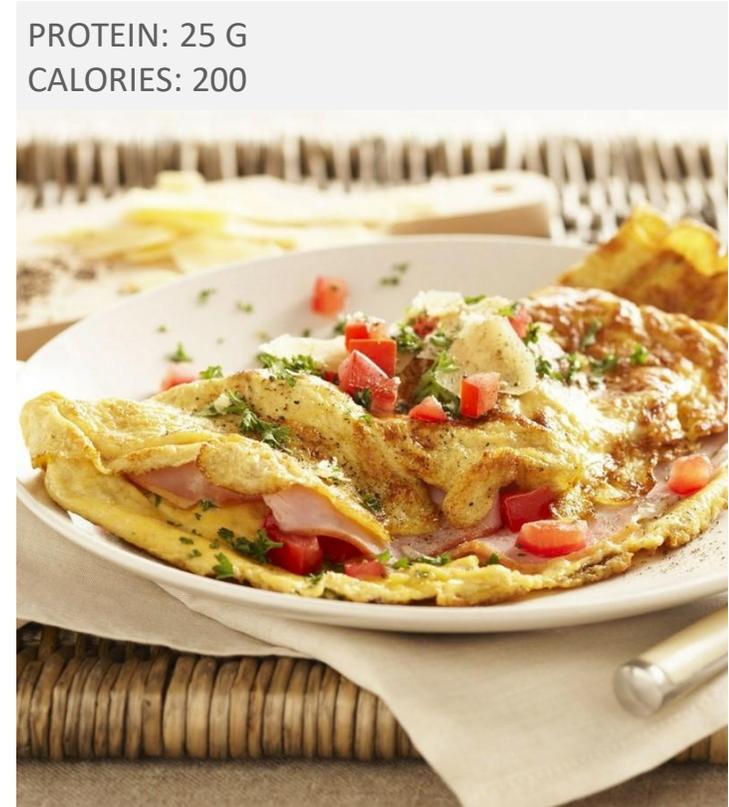
### Ingredients

- 2 Eggs and 3 Egg whites
- 1 Teaspoon olive oil
- 1 red pepper, deseeded and chopped finely
- 2 spring onions, finely chopped
- 1 tbsn Ham shredded and chopped
- Optional: 1 tablespoon tomato- chopped
- Optional: Fresh herbs- chopped

### Directions:

1. Mix all eggs with salt and pepper and set aside
2. Heat oil in medium pan and cook pepper for 3-5 minutes
3. Cook spring onion for 1 minute
4. Pour in eggs and cook over medium heat until almost set
5. Sprinkle ham and cook until just set
6. Serve straight from pan – sprinkle herbs or chopped tomato on top

PROTEIN: 25 G  
CALORIES: 200



# BREAKFAST RECIPES

## BAKED EGG IN AVOCADO

Serves: 2

Prep time: 5 mins

Cook Time: 20 mins

Batch Cook? No

### Ingredients

- 2 ripe avocados
- 4 fresh eggs
- 1/8 teaspoon pepper
- 1 tablespoon chopped chives

### Directions:

1. Preheat the oven to 425 degrees.
2. Slice the avocados in half, and take out the pit. Scoop out about two tablespoons of flesh from the center of the avocado, just enough so the egg will fit snugly in the center.
3. Place the avocados in a small baking dish. Do your best to make sure they fit tightly.
4. Crack an egg into each avocado half. Try your best to crack the yolk in first, then let the egg whites spill in to fill up the rest of the shell.
5. Place in the oven and bake for 15 to 20 minutes. Cooking time will depend on the size of your eggs and avocados. Just make sure the egg whites have enough time to set.
6. Remove from oven, then season with pepper, chives, and garnish of your choice.

PROTEIN: 21 G  
CALORIES: 449



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# BREAKFAST RECIPES

## POUCHED EGGS- TOMATO, SWISS CHARD & CHICKPEA

Serves: 3

Prep time: 15 mins

Cook Time: 30 mins

Batch Cook? Yes

### Ingredients

- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 1 white onion, diced
- 1/2 cup chickpeas, drained
- 1 can diced tomatoes
- 1 teaspoon cumin
- 1 1/2 teaspoons cinnamon
- 2 teaspoons paprika
- 1/2 tablespoon red pepper flakes
- 2 cups Swiss or red chard, chopped
- 6 eggs
- Fresh basil, for garnish

### Directions:

1. Preheat oven to 400°F.
2. Heat oil in ovenproof skillet over medium heat. Add onion and garlic and sauté for five minutes. Add chickpeas and sauté for another three minutes.
3. Add diced tomatoes, cumin, cinnamon, paprika, red pepper flakes, and bring to a boil. Turn the heat down to simmer for 10 minutes.
4. Add Swiss chard and cook down for about one minute.
5. Make six little wells in the tomato and chard mixture, and add eggs to the skillet slowly.
6. Move the skillet to the preheated oven, and bake for 15 to 20 minutes or until the whites are set.
7. Remove from oven, sprinkle with basil, serve, and enjoy.

PROTEIN: 20 G  
CALORIES: 330



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# LUNCH/DINNER RECIPES

## ROAST PUMPKIN & CHICKEN SOUP

Serves: 4

Prep time: 10 mins

Cook Time: 40 mins

Batch Cook? Yes

### Ingredients

- 4 bone in, skin on chicken thighs
- 1 medium butternut squash, peeled, seeded and diced
- 1 small yellow onion, diced
- 2 tbsp. olive oil
- Salt and pepper
- 4 cups low sodium chicken broth or water
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1-2 tbsp. fresh lemon juice
- Fresh coriander or herb of choice, optional

### Directions:

1. Preheat oven to 430 degrees. In a roasting pan toss chicken, squash, onion and oil. Season with salt and pepper. Roast together until chicken and squash is cooked- approx. 30 minutes.
2. Transfer chicken to a plate and let cool. Transfer the rest to a medium pot and add remaining ingredients. Bring to simmer on medium.
3. With potato masher, mash the vegetables until soup is thick and chunky.
4. Separate chicken from bone, chop and add to soup. Stir in lemon juice, season and serve with fresh herb.

PROTEIN: 25 G

CALORIES: 200



# LUNCH/DINNER RECIPES

## SALMON WITH VEGETABLES

Serves: 2

Prep time: 15 mins

Cook Time: 10 mins

Batch Cook? Yes

### Ingredients

- 7 ounces green beans (about 1 1/2 cups)
- 20 small cherry tomatoes
- 1 tablespoon extra-virgin olive oil
- Salt and freshly ground pepper
- 2 (8-ounce) thick salmon fillet steaks, pin-boned, with or without skin
- 1 lemon
- 5 leaves fresh basil

### Directions:

1. Preheat the oven and a roasting tray at 500°F. Boil a pot of salted water.
2. Blanch green beans until tender in the salted boiling water, and drain. Combine the green beans with the cherry tomatoes in a large bowl. Toss them together with olive oil and a pinch of salt and pepper.
3. Give your salmon fillets a quick wash, and pat dry with paper towels. Squeeze the juice of 1/2 a lemon on both sides, then season both sides with salt and pepper. Drizzle a tiny bit of olive oil over the top.
4. Put your salmon fillets at one end of the preheated roasting tray, and place the green-bean-and-tomato mixture at the other end of the tray.
5. Roast in the preheated oven for 10 minutes, then remove from the oven and serve with the remaining lemon.

PROTEIN: 46 G  
CALORIES: 400



# LUNCH/DINNER RECIPES

## BURRITO BOWL

Serves: 1

Prep time: 15 mins

Cook Time: 5 mins

Batch Cook? Yes

### Ingredients

- 1/4 cup black beans
- 1 teaspoon chicken broth
- Pinch of cumin
- Pinch of cayenne
- Pinch of garlic powder
- 1/2 cup red cabbage, sliced thin
- 3 ounces precooked grilled chicken breast, sliced thin
- 2 tablespoons non fat Greek yogurt
- 2 tablespoons fresh salsa
- Fresh cilantro, for garnish

### Directions:

1. Microwave black beans with chicken broth, oregano, cumin, cayenne, and garlic powder on high for 30 to 45 seconds until heated. Set aside.
2. Add red cabbage to your bowl, and spoon the black beans on top. Layer sliced chicken, Greek yogurt, salsa, and cilantro and green onions, and enjoy immediately!

PROTEIN: 43 G  
CALORIES: 350



# LUNCH/DINNER RECIPES

## CHICKEN, ASPARAGUS & LEMON

Serves: 3

Prep time: 15 mins

Cook Time: 20 mins

Batch Cook? Yes

### Ingredients

- 1 1/2 pounds skinless chicken breast,
- cut into 1-inch cubes
- Salt, to taste
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons soy sauce
- 1 tbsp canola or grapeseed oil, divided
- 1 bunch asparagus cut into 2-inch pieces
- 6 cloves garlic, chopped
- 1 tbsp fresh ginger
- 3 tablespoons fresh lemon juice
- 2 tablespoons water

### Directions:

1. Put your wok on medium heat add 1 teaspoon of the oil, then add the asparagus and cook until tender-crisp. Add the garlic and ginger and cook until golden, about 1 minute. Set aside.
2. Increase the heat to high, then add 1 teaspoon of oil. Cook chicken in 2 batches until browned and cooked through, about 4 minutes on each side. Set aside.
3. Add the soy sauce mixture; bring to a boil and cook about 1-1/2 minutes. Add lemon juice and stir well, when it simmers return the chicken and asparagus to the wok and mix well, remove from heat and serve.

PROTEIN: 41 G

CALORIES: 268



# LUNCH/DINNER RECIPES

## CAULIFLOWER RICE

Serves: 2

Prep time: 5 mins

Cook Time: 2 mins

Batch Cook? Yes

### Ingredients

- ½ head small cauliflower (about 130 g) cut into florets
- Salt, pepper, olive oil to taste

### Directions:

1. Place cauliflower in a food processor until it resembles the fine texture of cous cous
2. Cook in microwave for 2 minutes in a lightly covered dish. Don't add water.
3. Add a dash of salt, pepper and olive oil when serving

PROTEIN: 3 G  
CALORIES: 33



# SNACK RECIPES

SNACKS	INGREDIENTS	STEPS	PROTEIN / CALORIES
<p><b>Roasted chickpeas (3 servings)</b></p> 	<ul style="list-style-type: none"> <li>• 1 can chickpeas (300gm)</li> <li>• 1 tbsp cumin</li> <li>• 1 tbsp chilli flakes</li> <li>• 1 tsp olive oil</li> <li>• Black pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Toss the chickpeas in the cumin, chilli, oil and black pepper.</li> <li>• Place on a baking tray and cook at 180 degrees for 10 minutes.</li> <li>• Store in Tupperware.</li> </ul>	<p>Protein: 19g Calories: 120</p>
<p><b>Nut Butter &amp; Celery Sticks/ Apple</b></p> 	<ul style="list-style-type: none"> <li>• Celery Sticks (1 Cup ) or Sliced Apple</li> <li>• 2 tbsp. natural nut butter</li> <li>• 6 almonds</li> </ul>	<ul style="list-style-type: none"> <li>• Spoon the nut butter on top of the celery stick</li> <li>• Serve with the almonds on top.</li> </ul>	<p>Protein: 8.8 g Calories: 130</p>
<p><b>Turmeric &amp; cumin hummus with carrot sticks</b></p> 	<p>For the hummus:</p> <ul style="list-style-type: none"> <li>• 1 can chickpeas</li> <li>• 1 1/2 tsp: of each turmeric &amp; cumin</li> <li>• 2 tbsp olive oil</li> <li>• 1 tbsp tahini</li> <li>• Black pepper</li> <li>• Serve with 2 carrots, peeled &amp; chopped</li> </ul>	<ul style="list-style-type: none"> <li>• For the hummus, mix all the ingredients together till smooth in a blender.</li> <li>• Serve 100 gms with the carrot sticks.</li> </ul>	<p>Protein: 7 gm Calories: 133</p>



# FURTHER HEALTHY RECIPE IDEAS:

There are so many delicious healthy recipes that will nourish your body. We have provided more recipe ideas on the following pages.

# BREAKFAST RECIPES

MEALS	INGREDIENTS	STEPS
<b>Egg white omelette with avocado on toast with half a grapefruit</b>	<p>Handful of mushrooms and tomatoes</p> <ul style="list-style-type: none"> <li>• 1 clove garlic, chopped</li> <li>• 1 tsp coconut oil</li> <li>• 3 egg whites, or half a cup</li> <li>• 2 tbsp almond milk</li> <li>• Black pepper</li> <li>• ½ avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Dice the mushrooms and tomatoes. Add the coconut oil to the pan, and fry the garlic, mushrooms &amp; tomatoes.</li> <li>• Whisk the egg whites with the almond milk and pepper.</li> <li>• Pour into the pan. Cook for 5 mins, and then flip in half. Cook for a further 3 minutes. Serve with the avocado.</li> </ul>
<b>Yoghurt &amp; granola</b>	<ul style="list-style-type: none"> <li>• 1 cup greek yogurt</li> <li>• ¼ cup low sugar granola</li> <li>• ½ cup of fruit of your choice, e.g. raspberries, blueberries</li> </ul>	<ul style="list-style-type: none"> <li>• Pop everything in one bowl, and enjoy!</li> </ul>
<b>Green smoothie</b>	<ul style="list-style-type: none"> <li>• 1 cup kale</li> <li>• 1 cup spinach</li> <li>• 100ml almond milk</li> <li>• 1 tsp matcha green tea powder</li> <li>• 1 cup blueberries</li> <li>• 1 banana</li> </ul>	<ul style="list-style-type: none"> <li>• Pop everything in a blender, and whizz.</li> <li>• Pour into a glass - and voila.</li> </ul>
<b>Poached egg on toast with spinach and half a grapefruit</b>	<ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 1 tbsp vinegar</li> <li>• 2 pieces rye bread</li> <li>• 1 cup spinach</li> <li>• ½ avocado</li> <li>• ½ grapefruit</li> </ul>	<p>Poach the egg by:</p> <ul style="list-style-type: none"> <li>• Fill a pan with water</li> <li>• Add the vinegar (this helps the egg white stay together)</li> <li>• When the water's hot, carefully break into the water.</li> <li>• Cook for 4 minutes.</li> </ul> <p>Serve on the rye bread, with a side of spinach, avocado and grapefruit.</p>

# BREAKFAST RECIPES

MEALS	INGREDIENTS	STEPS
<b>Blueberry &amp; banana protein pancakes</b>	<ul style="list-style-type: none"> <li>• 3 egg whites ½ banana</li> <li>• ½ cup blueberries ½ cup oatmeal</li> <li>• 1 scoop whey protein 1 tsp baking powder</li> <li>• Coconut oil for frying</li> <li>• A dollop nut butter for serving</li> </ul>	<ul style="list-style-type: none"> <li>• Mix all the ingredients together, except the coconut oil and nut butter</li> <li>• Spray a frying pan with coconut oil, and heat</li> <li>• Spoon 2 tbsp of the batter and cook for 3-4 minutes, until bubbles form on the top. Flip and cook for a further 2 mins.</li> <li>• Add nut butter and enjoy!</li> </ul>
<b>Greek yogurt banana split</b>	<ul style="list-style-type: none"> <li>• 1 cup Greek yogurt</li> <li>• 1 banana</li> <li>• ¼ cup granola (sugar-free)</li> <li>• 1 tbsp nut butter</li> <li>• ½ cup blueberries</li> <li>• 1 tbsp cacao nibs (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• Slice the banana in half, dollop the greek yoghurt and nut butter on top.</li> <li>• Sprinkle over the granola, blueberries and cacao nibs (if using).</li> </ul>
<b>Omelette with turkey bacon &amp; spinach</b>	<ul style="list-style-type: none"> <li>• 3 eggs, whisked</li> <li>• ½ onion</li> <li>• 1 clove garlic &amp; tomato – diced</li> <li>• 2 slices turkey bacon, chopped</li> <li>• Handful of spinach</li> <li>• ½ avocado slices</li> <li>• Drizzle of extra virgin olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Fry the onion, garlic and tomato in coconut oil in a pan.</li> <li>• Add the turkey bacon, and when it's cooked pour the eggs into the pan. Cook through for 5 mins, then flip in half.</li> <li>• Serve with the spinach and avocado on the side, with a little olive oil drizzled over.</li> </ul>
<b>Banana, blueberry &amp; matcha smoothie</b>	<ul style="list-style-type: none"> <li>• 1 scoop whey protein</li> <li>• 1 banana, 1 cup milk, ½ cup oats</li> <li>• 1 cup of each: blueberries &amp; spinach</li> <li>• 1 tsp matcha green tea powder</li> <li>• 1 tbsp almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Pop everything in a blender, and whizz</li> <li>• Pour into a glass - and voila.</li> </ul>

# SNACK SUGGESTIONS

SNACKS	INGREDIENTS	STEPS
<b>Fruit with either nuts, popcorn</b>	<ul style="list-style-type: none"> <li>• 1 piece of fruit with either:</li> <li>• 1 handful of nuts (almonds, peanuts or pistachios)</li> <li>• 1 pack low fat popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• Pick whichever you fancy and enjoy!</li> </ul>
<b>Cucumber &amp; cream cheese crackers</b>	<ul style="list-style-type: none"> <li>• Half sliced cucumber</li> <li>• 1 tablespoon cream cheese</li> <li>• 2 plain rice crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Spread the cream cheese on top of the rice crackers.</li> <li>• Place the cucumber on top, and crack some black pepper on top.</li> </ul>
<b>Rice cakes with almond butter &amp; banana</b>	<ul style="list-style-type: none"> <li>• 2 rice cakes</li> <li>• 1 tbsp almond butter</li> <li>• 1 banana, sliced</li> <li>• 1/2 tbsp cacao nibs</li> </ul>	<ul style="list-style-type: none"> <li>• Spread the almond butter on top of the rice cakes.</li> <li>• Place the banana slices on top.</li> <li>• Sprinkle over the cacao nibs.</li> </ul>
<b>Handful of nuts: almonds, cashews or pistachios</b>	<ul style="list-style-type: none"> <li>• Whichever nut you please!</li> </ul>	
<b>Canned sardines on rye bread</b>	<ul style="list-style-type: none"> <li>• 1 tin sardines</li> <li>• 1 slice rye bread</li> </ul>	<ul style="list-style-type: none"> <li>• Place the sardines on the rye - and voila!</li> </ul>
<b>Rye bread with sunbutter (sunflower seeds mixed with dates)</b>	<ul style="list-style-type: none"> <li>• 5 tbsp sunflower seeds</li> <li>• 5 mejool dates</li> <li>• 1 slice rye bread</li> </ul>	<ul style="list-style-type: none"> <li>• Place the sunflower seeds in a blender, and whizz until they form a crumb.</li> <li>• Add the dates and blend until it forms a nut-butter consistency.</li> <li>• Spread 1 tbsp on a slice of rye bread.</li> </ul>
<b>Spinach omelette with toast and fruit</b>	<ul style="list-style-type: none"> <li>• 3 eggs</li> <li>• 1 cup fresh spinach</li> <li>• 1 slice Ezekiel bread, toasted</li> <li>• 1 medium apple</li> </ul>	<ul style="list-style-type: none"> <li>• Coat a skillet with cooking spray and saute the spinach until soft.</li> <li>• Whisk eggs in a small bowl until combined and season the mixture with black pepper.</li> <li>• Add eggs to skillet and allow to cook through. Serve with apple and toast</li> </ul>

# LUNCH RECIPES

MEALS	INGREDIENTS	STEPS
<b>Tuna salad with rice</b>	<ul style="list-style-type: none"><li>• 1 can tuna (preferably low sodium)</li><li>• ¼ cup dried brown rice (measure before you cook it)</li><li>• Handful of spinach, tomatoes and parsley</li></ul> Dressing: 1 tbsp olive oil, 1 tsp chilli flakes, ½ lemon juiced & pepper	<ul style="list-style-type: none"><li>• Cook the rice in boiling water.</li><li>• Chop the tomatoes, and add to the rice with the spinach, tuna and parsley.</li><li>• Mix all the ingredients for the dressing together, and pour over.</li></ul>
<b>Grilled chicken &amp; veggies</b>	<ul style="list-style-type: none"><li>• 1 chicken breast</li><li>• Sprig of thyme</li><li>• 1 tbsp Olive oil</li><li>• Pepper</li><li>• Unlimited green veg: e.g. beans, broccoli, spinach</li></ul>	<ul style="list-style-type: none"><li>• Marinate the chicken in oil, thyme, salt &amp; pepper.</li><li>• Grill in the oven until cooked.</li><li>• Serve with unlimited green veg on the side.</li></ul>
<b>Turkey &amp; avocado wrap</b>	<ul style="list-style-type: none"><li>• 1 turkey breast</li><li>• ½ avocado</li><li>• Bunch of cilantro</li><li>• Capsicum, chopped</li><li>• Handful of lettuce and tomatoes</li><li>• Whole-wheat wrap</li></ul>	<ul style="list-style-type: none"><li>• Cook the turkey breast on a griddle pan.</li><li>• Cool and slice into thin strips.</li><li>• Chop the avocado, cilantro, lettuce and tomatoes.</li><li>• Pop everything in the wrap, fold and enjoy.</li></ul>
<b>Turkey &amp; cream cheese cracker sandwich</b>	<ul style="list-style-type: none"><li>• 2 multi-seed rice thin crackers</li><li>• 1 turkey breast</li><li>• ½ cucumber, sliced</li><li>• 30g low fat cream cheese</li><li>• Handful of spinach</li><li>• ½ avocado, chopped</li></ul>	<ul style="list-style-type: none"><li>• Cook the turkey breast on a griddle pan. Cool and slice into thin strips.</li><li>• Spread the cream cheese over the crackers.</li><li>• On top of one cracker, place the turkey strips, cucumber, spinach leaves and avocado on top. Place the other cracker on top.</li></ul>

# LUNCH RECIPES

MEALS	INGREDIENTS	STEPS
<b>Turkey or chicken salad</b>	<ul style="list-style-type: none"> <li>• 1 Turkey or chicken breast</li> <li>• 1 cup shredded lettuce</li> <li>• ½ cup shredded carrots</li> <li>• Handful of olives</li> <li>• 1 boiled egg</li> </ul> Dressing: 1 tbsp olive oil, ½ lemon juiced & pepper	<ul style="list-style-type: none"> <li>• Cook the turkey or chicken breast on a griddle pan. Cool and slice into thin strips.</li> <li>• Add everything to one bowl, and toss in the dressing.</li> <li>• (This one is great to take to work – TIP: Add the dressing just before eating!)</li> </ul>
<b>Avocado on rye bread with feta</b>	<ul style="list-style-type: none"> <li>• 2 slices rye bread, toasted</li> <li>• 1/2 avocado, sliced</li> <li>• 50g feta</li> <li>• 1 tsp chilli flakes (optional)</li> <li>• Drizzle of olive oil</li> <li>• 1 cup leaves: arugla, spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Place the avocado on top of the rye bread, and sprinkle over the feta.</li> <li>• Sprinkle over the chilli if using, and drizzle with a little olive oil.</li> <li>• Serve with a side salad.</li> </ul>
<b>Lean low-carb burger</b>	<ul style="list-style-type: none"> <li>• 3-4 oz extra lean ground beef</li> <li>• 1 tsp Mrs Dash seasoning</li> <li>• Black pepper</li> <li>• 2 large leafs of lettuce, to replace the buns</li> <li>• 1 tsp honey mustard</li> <li>• 1 tsp low sugar ketchup</li> <li>• 2-3 slices tomatoes</li> <li>• ¼ avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Mix the meat with the seasoning and pepper, and use your hands to press the meat to form a patty.</li> <li>• Place burger on a grill, and cook for 4 minutes on each side.</li> <li>• Pop the burger into the lettuce leaf sandwich, and add the tomatoes, avocado, and sauces.</li> </ul>

# LUNCH RECIPES

MEALS	INGREDIENTS	STEPS
<b>Lean burger</b>	<ul style="list-style-type: none"> <li>• 3-4 oz of extra lean ground beef</li> <li>• 2 slices of whole wheat bread</li> <li>• Handful of lettuce &amp; tomatoes</li> <li>• 1/2 avocado</li> <li>• 1 tsp mustard &amp; 1 tsp low sugar ketchup</li> </ul>	<ul style="list-style-type: none"> <li>• Mix the beef with Mrs Dash seasoning and black pepper. Form into a pattie form and place in a skillet over a medium heat. Cook for 8-10 minutes on each side.</li> <li>• Serve in the bread with the avocado and sauce on top.</li> </ul>
<b>Chicken &amp; broccoli pasta salad</b>	<ul style="list-style-type: none"> <li>• 2 oz cooked pasta (no salt)</li> <li>• 3-6 oz grilled chicken, seasoned with Mrs Dash</li> <li>• 1/2 cup broccoli, steamed</li> <li>• 1 tbsp low fat cream cheese</li> <li>• Black pepper</li> <li>• Drizzle of extra virgin olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Cook the pasta, broccoli and chicken - and stir together when cool. Add the cream cheese, black pepper and drizzle with olive oil.</li> <li>• (Another great lunch to take to work!)</li> </ul>
<b>Taco salad</b>	<ul style="list-style-type: none"> <li>• 3-4 oz extra lean ground beef</li> <li>• 1 tsp Mrs Dash seasoning</li> <li>• 1 cup shredded lettuce</li> <li>• ¼ cup feta</li> <li>• ¼ cup diced tomatoes and onion</li> <li>• ¼ cup low sodium black beans, rinsed</li> <li>• 1 tbsp low fat sour cream</li> <li>• 1 tsp taco sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Cook the beef in a skillet with Mrs Dash seasonings and black pepper.</li> <li>• Toss all the other ingredients together, and place in a bowl.</li> <li>• Spoon the beef on top.</li> </ul>

# DINNER RECIPES

MEALS	INGREDIENTS	STEPS
<b>Grilled chicken with sweet potato</b>	<ul style="list-style-type: none"> <li>• 5 oz grilled Chicken breast, seasoned with Mrs Dash &amp; pepper</li> <li>• 1 tsp extra virgin olive oil</li> <li>• 1 small sweet or red potato</li> <li>• Mixed green veggies of your choice (unlimited)</li> </ul>	<ul style="list-style-type: none"> <li>• Sprinkle the Mrs Dash and black pepper over the chicken breast. Pop in the oven to grill.</li> <li>• Microwave the sweet potato for 5-6 minutes. Cut in half and drizzle the olive oil over the middle.</li> <li>• Serve with the veg on the side</li> </ul>
<b>Grilled lean burger with sweet potato</b>	<ul style="list-style-type: none"> <li>• 5 oz lean ground steak</li> <li>• Fresh parsley, mint, grated onion, and chopped garlic</li> <li>• 1 egg</li> <li>• 1 small sweet potato</li> <li>• Side of green veggies of your choice</li> </ul>	<ul style="list-style-type: none"> <li>• Form the burger by mixing the steak with the parsley, onion, garlic and egg. Grill at 190 degrees Celsius for 10 minutes on each side.</li> <li>• Microwave the sweet potato for 5-6 minutes. Cut in half and drizzle the olive oil over the middle. Serve with the green veg on the side.</li> </ul>
<b>Chicken with rice &amp; corn on the cob</b>	<ul style="list-style-type: none"> <li>• 5 oz chicken breast</li> <li>• 1 tbsp olive oil</li> <li>• 1 tsp Mrs Dash seasoning</li> <li>• ¼ cup of brown rice</li> <li>• Half corn cob</li> </ul>	<ul style="list-style-type: none"> <li>• Rub the chicken in olive oil and Mrs Dash seasoning, and grill.</li> <li>• Serve with steamed brown rice, and corn on the cob on the side.</li> </ul>
<b>Beef with mashed sweet potato and feta</b>	<ul style="list-style-type: none"> <li>• 65g lean beef</li> <li>• 1 tbsp olive oil and sprig of thyme</li> <li>• 1/2 medium sweet potato (mashed)</li> <li>• Handful of spinach and arugula</li> <li>• 40g low fat feta</li> </ul>	<ul style="list-style-type: none"> <li>• Coat the beef in olive oil and thyme, and grill.</li> <li>• Sprinkle the feta on top, and serve with the mashed sweet potato, and spinach and arugula mix on the side.</li> </ul>

# PROTEIN SHAKE: AFTER WORKOUT

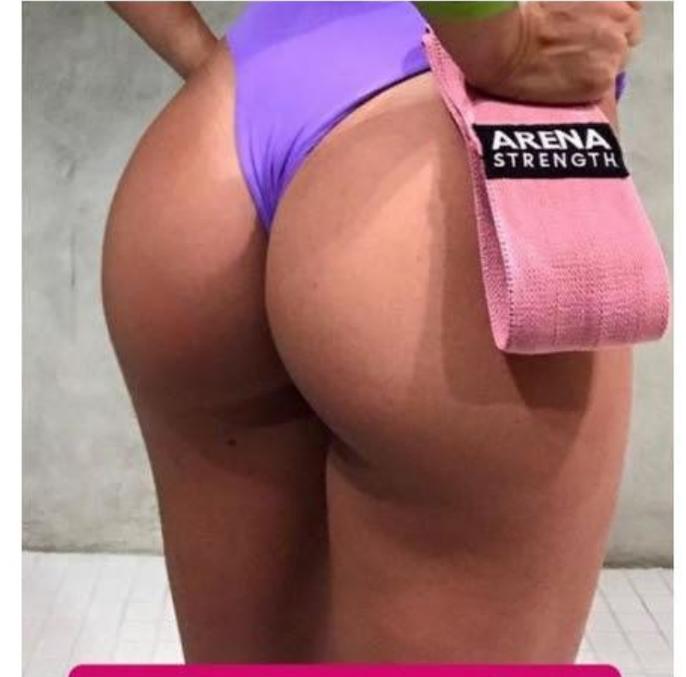
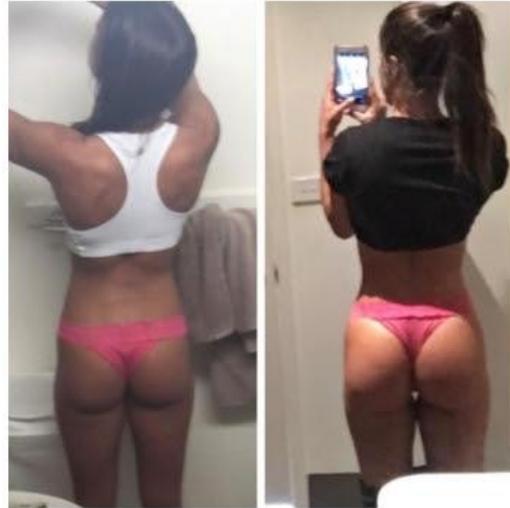
MEALS	INGREDIENTS	STEPS
<b>Plain Protein shake</b>	<ul style="list-style-type: none"><li>• 1 scoop of whey with</li><li>• 1 cup water or milk of your choice</li></ul>	<ul style="list-style-type: none"><li>• Blend</li></ul>
<b>Pina Colada</b>	<ul style="list-style-type: none"><li>• 1 cup coconut water</li><li>• ½ cup low fat coconut milk</li><li>• 1 scoop whey protein</li><li>• 2 limes</li><li>• 1 cup frozen pineapple chunks</li></ul>	<ul style="list-style-type: none"><li>• Blend</li></ul>
<b>Lean &amp; Green</b>	<ul style="list-style-type: none"><li>• 1 cup milk, of your choice</li><li>• 1 cup mango, frozen</li><li>• 1 scoop whey protein</li><li>• 1 tbsp flaxseed</li><li>• 1 tbsp chia seeds</li></ul>	<ul style="list-style-type: none"><li>• Blend</li></ul>
<b>Key Lime Pie Shake</b>	<ul style="list-style-type: none"><li>• 1 cup Greek yogurt</li><li>• 1 cup milk, of your choice</li><li>• 3 limes, juiced</li><li>• 1 scoop whey protein</li></ul>	<ul style="list-style-type: none"><li>• Blend</li></ul>
<b>Sunrise Smoothie</b>	<ul style="list-style-type: none"><li>• 1/2 cup Greek Yogurt</li><li>• 1/2 cup milk, of your choice</li><li>• 1/2 cup strawberries</li><li>• 1 orange</li><li>• 1 banana</li><li>• 1 scoop whey protein</li></ul>	<ul style="list-style-type: none"><li>• Blend</li></ul>

# PROTEIN SHAKE: AFTER WORKOUT

MEALS	INGREDIENTS	STEPS
<b>Banana, cacao and peanut butter smoothie</b>	<ul style="list-style-type: none"><li>• 1 banana</li><li>• 1 cup milk of you choice (chocolate flavoured almond milk is our fave!)</li><li>• 1 tbsp peanut butter</li><li>• 1 tbsp raw cacao</li><li>• 1 tsp cinnamon</li><li>• 1 tbsp whey protein</li></ul>	<ul style="list-style-type: none"><li>• Blend</li></ul>
<b>Mango, pineapple &amp; spinach smoothie</b>	<ul style="list-style-type: none"><li>• 1 cup milk, of your choice</li><li>• 1 cup baby spinach</li><li>• 1 scoop whey protein</li><li>• ½ banana</li><li>• ¼ cup of each: frozen mango chunks &amp; frozen pineapple</li><li>• 1 tbsp flax meal</li><li>• 1 tbsp chia seeds</li></ul>	<ul style="list-style-type: none"><li>• Blend</li></ul>
<b>Blueberry, almond butter and almond milk</b>	<ul style="list-style-type: none"><li>• 1 cup blueberries</li><li>• 1 banana, frozen</li><li>• 1 cup almond milk</li><li>• 1 tbsp almond butter</li><li>• 1 tsp cinnamon</li></ul>	<ul style="list-style-type: none"><li>• Blend</li></ul>
<b>Strawberry Surprise</b>	<ul style="list-style-type: none"><li>• ½ cup coconut water &amp; ½ cup milk</li><li>• 1 cup strawberries</li><li>• 1 tbsp: almond butter, chia seeds, goji berries</li><li>• 1 scoop whey protein</li><li>• 2 medjool dates</li></ul>	<ul style="list-style-type: none"><li>• Blend</li></ul>

# RESULTS

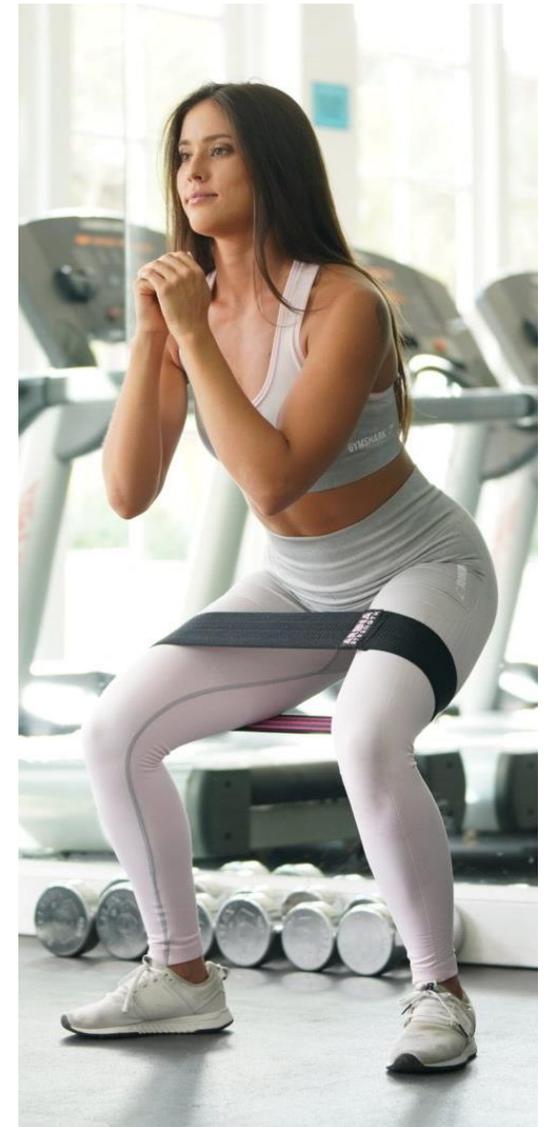
Take a look at some of the amazing results women have seen from our bands...



# BOOTY BUILDING 101

We hope this guide has given you a solid foundation to help you build a better booty, we strongly believe that the correct nutrition is one of the core building blocks in any booty building mission. If you want to achieve maximum results, be sure to:

- ✓ Use the knowledge in this guide alongside the training program that comes with our Arena Fabric Bands. Combined, these two resources will ensure you're training enough to generate growth, and eating enough to fuel it.
- ✓ Be sure to **treat yourself kindly**. Building muscle and your ideal shape takes time, so if you get off track with your training or nutrition then don't let this demotivate you. Just take a breath, acknowledge that this happens to everyone and then get back on track.
- ✓ **BE CONSISTENT**. Building muscle takes a long time, and your glutes are no exception. Make a firm plan and stick to it, come rain or shine, stay on track and the results are certainly worth it!



# ARENA FABRIC BANDS

Our Arena Fabric Bands and Booty Program will deliver incredible results to help you get your ideal booty. Just 10 minutes a day will give you results in 30 days.

Our bands and booty program will:

- **LIFT, SHAPE, SCULPT & TONE YOUR BOOTY & LEGS:** Our Arena Band Program will help you get your perfect booty and legs fast. Easy to use and see results with just 10 minutes a day. Perfect for the gym, home and programs like 80 Day Obsession.
- **COMPLETE SET OF 3:** Our fabric Arena Bands come in 3 different strength levels (light, medium, heavy), plus a Travel Carry Case.
- **FULL WORKOUT PROGRAM + TRAINING VIDEOS + CARRY CASE:** We provide a comprehensive 33-page printed Workout Program and Carry Case with every set. We created our guide with expert booty building coaches so you'll learn the best exercises for booty building and leg training. We provide a full program for gym and home workouts. We also have full training videos online for all customers.
- **NO SLIDING/ ROLLING/ BREAKING:** Our bands have been specifically designed to never roll, slide, or break. Tested with thousands of women of all shapes, sizes and strengths.

[Click to learn more.](#)



**ARENA**  
STRENGTH

**NUTRITION GUIDE**



# HAPPY BOOTY BUILDING!

Feedback? Results to share?

We'd love to hear from you!

[hello@arenastrength.com](mailto:hello@arenastrength.com)

& [@arenastrength](#)

**ARENA**  
**STRENGTH**