

MyFitTribe
PRESENTS

BRIDAL
Bootcamp
**KICK
STARTER**



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CONGRATULATIONS!

*on becoming a
Bride!*

Now Lets Get Your Butt into Shape!

**YOU deserve the most amazingly romantic, memorable
& stress-free wedding imaginable!**

YOU deserve the wedding of your dreams.

**I am excited to offer you super simple and easily applied trialed & tested tips
to guide you from being stressed out & body loathing to a super sexy
self-loving bride that effortlessly stands in her power.**

**Confidence is the sexiest thing a woman can wear. So not only will you be
toning your arms, back, butt & thighs with Danni Vee, you will learn how to
love yourself like never before.**

Enjoy and we will see you in the Bridal Bootcamp!

Love,
Danni Vee



The Mindset of **A GROUNDED BRIDE.**

Let's start with a little activity to dig deep into who you are and how you react/respond to certain situations....

HOW DO I RECEIVE LOVE?

FINDING THIS QUESTION DIFFICULT?....ASK YOURSELF DO I ALLOW MYSELF TO RECEIVE LOVE?

LIST YOUR TOP 5 VALUES

Are you living your values or contradicting them heading into your wedding planning?

**YOU are ENOUGH - YOU have ENOUGH to be the stunning bride you desire.
To have the wedding of your dreams. Live in your gratitude now.**

Start a Gratitude Journal

You don't need to complicate it. Make it simple, make your life simple

Every day write down 3 things you are grateful for, why you are grateful for it and finish with "thank you, thank you, thank you"

Eg: I am truly grateful for the support of my fiancé through our wedding planning because he keeps me grounded. Thank you, Thank you, Thank you

Focus on the positive and attract the great in life xx

Do you need health & fitness support?

Are you looking for more tools to create the body you are comfortable in. A body you feel you are rocking on your dream wedding day. Are you wanting to learn more about the foods that will fuel your body with the energy you need to smash your wedding planning effortlessly. That will give you the time to enjoy your engagement too?

[LEARN MORE ABOUT MY BRIDAL BOOTCAMP](#)



Letting Go of **THE STRESS.**

In the 10+ years I have been working in the women's health and wellness industry, it could not be more evident that body image is the biggest catalyst in stealing women's confidence.

As a bride-to-be it is natural to start being affected by your clothing, food, and activity choices. The thoughts about yourself will become more prominent as the stress sets in.

This is why it is so important to be strong in your power and be confident in the person you are by fueling your body with great nutritious wholefoods, keeping active with like-minded women and most of all learning how to journal your negative thoughts away

Money Worries?

Take a step closer to the heart of your day to step away from the financials. How do I do this I hear you asking??

Look at 3 costs within your budget & re-evaluate if they are necessary or not. Can you cut back on what you are spending? Bridesmaid gifts, Invitations, Bombardier...etc etc

Overwhelmed?

It's definitely the time to let go of complete control!

Write a list of little things (to start with) that you can ask your family and friends to help you with. When they offer to help, learn to say yes!!

Where to go now?

Danni Vee is here to guide you to your best body imaginable on your wedding day! We are so passionate about you standing in your power filled with confidence, shining from the inside out.

[LEARN MORE ABOUT MY BRIDAL BOOTCAMP](#)

IMAGINE THAT DREAM SCENARIO

You are out with friends for dinner several nights in a week (who's kidding right, you're engaged now and have a wedding to plan!). You choose the yummy pasta and even have a piece of garlic bread. You even indulge in a glass of red wine.

BUT by the end of the week you can see your arms toning and that fat dropping from your body. Does this seem like a dream? It doesn't have to be. This is what happens when you decide to count your macros and STOP counting calories!

So what is macros? It is the fats, carbs and proteins in your diet. A simple calculation is used to work out the percentages that will suit your body best.

MACRO BREAKDOWN

CARBS: NOT the devil. If you are exercising regularly, they are essential for your energy levels.

FATS: Fats are broken down into 3 categories. You roughly need equal amounts of all 3.

PROTEIN: Without protein your body lacks the nutrients required for a great metabolism, healthy digestion and many other important processes within your body.

Bridal Bootcamp gives you a great in easy understanding of HOW to implement this into your life. Click on the link for your 10% discount today.



MACRO'S

Carbs

The only important factor is to focus on the most wholesome carbs you can find...not highly processed. For example a banana is much greater than a piece of white bread.

Fats

Foods and oils that can help you effortlessly hit these fats:

1. Polyunsaturated: Walnuts & Chia seeds
2. Monounsaturated: Peanut Butter, avocado
3. Saturated: Dairy Products, Coconut Oil

Protein

Protein in your meals encourages your body to seek energy from your fat storage centres, while it uses the energy from your food to build muscles.



Macros

Carbs - 67.9g
Fats - 11.9g
Protein - 17.5g

OVERNIGHT OATS

1/2 cup oats
1 cup unsweetened almond milk OR coconut milk
1/2 tspn cinnamon
1 tblspn chia seeds
1/2 tblspn rice malt syrup

Mix all ingredients in a jar or container. Stir well and cover.
Leave in fridge over night.

Remove from fridge and top with your favourite
mixed berries



Macros

Carbs - 44.8g
Fats - 10.1g
Protein - 18.1g

RICOTTA STRAWBERRY TOAST

2 x wholemeal grain bread
200g strawberries thinly sliced
100g low-fat ricotta cheese
Pinch of cinnamon
rice malt syrup (optional)

Toast wholemeal grain bread. Spread ricotta evenly over toast and top with strawberries & cinnamon

Drizzle with rice malt syrup (optional)



Macros

Carbs - 29.5g

Fats - 8.7g

Protein - 7.2g

DETOX SALAD

Salad:

- ½ head green cabbage (grated)
- ½ head red cabbage (grated)
- ¼ small red onion (finely chopped)
- 1 small green apple (grated)
- ½ cup walnuts (chopped roughly)

Dressing:

- 1/3 cup chobani natural non fat yoghurt
- 2 tblspns apple cider vinegar
- 2 tspns rice malt syrup
- Pinch of Ceyanne Pepper
- 1 tspn cumin seeds
- ½ tspn rock salt

Ensure all ingredients are grated/chapped finely.
Gently toss all dry ingredients together in a bowl

In a separate bowl mix all “dressing” ingredients
together until well combined.



SUPERFOOD SALAD

Macros

Carbs - 17.3g

Fats - 12.3g

Protein - 6.7g

Salad:

1 cup baby kale (chopped finely)
1 ½ cups baby spinach
1 cup raw broccoli (florets chopped into small pieces)
1 cup raw cauliflower (florets chopped into small pieces)
1 small red capsicum (cut into thin slices)
250g cherry tomatoes (halved)
1 medium avocado (cut into cubes)
1 small sweet potato steamed (cut into cubes)
1 large carrot (grated)
½ cup walnuts (chopped finely)
2 tblspns chia seeds (I use white and black)

Dressing:

1/3 cup natural peanut butter
1/3 cup Chobani natural yoghurt
¼ cup lemon juice
1 tspn rice malt syrup
2 tspn minced garlic
Salt & Pepper to season

Mix all superfood ingredients in a large serving bowl

Whisk together dressing ingredients & season with salt & pepper



CAULIFLOWER PIZZA

Pizza:

1 large cauliflower
(blended into "rice")
3 free range eggs (whisked lightly)
1 tspn oregano
1 tblspn Italian seasoning
 $\frac{3}{4}$ cup almond meal
85g parmesan cheese (grated)
1 tblspn salt
1 tspn pepper

Topping:

$\frac{3}{4}$ cup passata
250g cherry tomatoes
Small capsicum (finely diced)
30g mushrooms (finely diced)
30g baby spinach leaves
50g cup goats cheese
50g parmesan cheese

Macros

Carbs - 50g
Fats - 50g
Protein - 50g

Preheat oven to 200 degrees (fan forced)

Steam cauliflower for 10-15 minutes or until soft and tender. Pour cauliflower into the middle of a tea towel, twist closed squeezing out remaining moisture.

Pour into a large bowl and add eggs, herbs, almond meal & parmesan cheese. Fold mixture until well combined....if mixture is a little too runny add more almond meal to firm it up.

Line baking tray with baking paper and spread mixture out in a thin layer (5mm). Bake for 15 minutes or until golden brown. Remove from oven.

Spread passata evenly over the base. Add cherry tomatoes and other vegetables.

Sprinkle cheeses on top.

Return to oven for another 5/10 mins until the cheeses are melted.

ENJOY!! This is one of my favourites



Macros

Carbs - 50g
Fats - 50g
Protein - 50g

ZUCCHINI & GREEN PEA FRITTERS

500g zucchini (grated)
1 ½ cups parsley (chopped finely)
½ cup mint (chopped finely)
1 cup green peas
1 cup shallots/spring onions
(chopped finely)

½ tspn Ceyanne pepper
Zest of 1 lemon
3 free range eggs (whisked lightly)
2-3tbsp coconut flour
Pinch sea salt
1tbsp olive oil

Ensure you squeeze out all the moisture from the zucchini.
This is the most important step of this recipe!

Place the zucchini into a large bowl.
Add parsley, mint, peas, shallots, pepper, lemon zest, eggs and coconut flour.

Mix well until combined. Add a touch more coconut flour if the fritters don't hold together

Heat pan over medium heat. Drizzle in olive oil.
Cook fritters for 2-3 minutes either side or until cooked through.

Serve with a big leafy green salad



SNACK IDEAS

WALNUTS

30 grams - roughly a hand full

PEANUT BUTTER

1 tablespoon on 4 rye cruskits

YOGHURT

150g Natural Chobani yoghurt
with fresh mixed berries

APPLE

MUFFINS

My Superfood Muffins
Contact me for the recipe



BOOTY WORKOUT

Weighted Squats

Lunges

Hip Raise

10 REPS

4 SETS





ARMS & BACK WORKOUT

Push Up
Tricep Dip
Single Arm Row

10 REPS

4 SETS





ABS WORKOUT

Half V Sit
Dish
Plank

10 REPS

4 SETS



HOPE YOU ENJOYED OUR

BRIDAL BOOTCAMP

Kick Starter

*Make sure
you follow us:*

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REMEMBER!

We are here
to support you so if you
have any questions or
comments just ask!

Contact:

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