

# **BUTTOCKS DIET EXCERCISE BLUEPRINT**



## **SHAPE YOUR BUTT FOLLOWING A DAILY DIET AND EXCERCISES**



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## **CHAPTER 1**

### **Foods That Make Your Buttocks Bigger Naturally**

Ok first off I need to make one thing painfully clear. There is no food alone that you can eat to make your butt bigger.

However, there are ways that foods can be eaten to increase the growth rate of your buttocks from other booty growing methods.

Here at truly booty we advocate exercise (among other ways) as the best natural and effective way of truly increasing the size of your booty.

Basically through exercise, there are two ways in which the buttocks grows.

- **The Resistance Phase:** (the actual workout you do, and the continual stimulus applied to create more and more growth)
- **The Recovery Phase:** (what you do after the workout to ensure proper growth occurs)

For the sake of this chapter we need to only discuss the recovery phase, as that is where the foods you eat truly matter for getting a bigger butt.



## **How To Get A Big Butt Naturally**

### **What Foods To Eat To Get A Bigger Butt**

So after you've done some of our super booty blasting exercises, your buttocks is now in a position to grow. At this point there will be tiny microscopic tears in the gluteal and surrounding muscles (aka your butt).

At this point our buttocks is in the repair cycle. It desperately wants the right amount of calories, the right type of healthy foods, and the right healthy mixture of carbs/fat/proteins to ensure the most growth possible.

You really don't want to work your butt off with exercises and then skip out on eating properly. As you will be missing out on growth that you could have easily made by eating more efficiently.

Now if you are already counting calories you'll probably have a decent deal of know-how in this regard. For the people that are not, the good news is that you can still make great booty building progress without needing to really know much besides some basic information on macro nutrients.

I am assuming most people here are currently eating at a rate where they are not gaining or losing any weight, but simply maintaining their current weight.

If this is true then all you really need to do is swap out some less effective foods that you are currently eating, for some of the better foods I will recommend below. You will actually be able to eat a little more, in the

range of 100-500 calories additional, due to the fact that your workouts will be burning calories.

For people that want to gain more weight you can eat even more. For people who want to sculpt up their butt and lose weight at the same time, you will want to eat a little less. Its pretty simple really.

Don't worry about this too much, at least in the beginning. Your body will let you know when its hungry, just be sure to fuel it with the right type of foods.

## **PROTEIN**

### **Big Booty Foods by Macro-Nutrient Sources**

Protein is what typically every woman here will need to eat more of to help make your butt bigger. There is a common misconception that eating more protein or drinking protein shakes is only for bodybuilders. This could not be further from the truth. Every person on this planet requires protein rich foods for optimal health. In fact most people who aren't working out or trying to grow would still benefit from increasing their protein consumption.

If you are exercising and trying to grow your bum, the amount of protein you require will increase, as protein lays down the building blocks for growth.

I recommend you try and get a protein source in every meal you eat. Around 15-30g of protein per meal. I also recommend you get yourself a good protein shake to drink after your workouts and possibly in a meal or two.

So what are some healthy sources of good protein for a bigger buttocks:

- Eggs
- Skinless Chicken Breasts
- Salmon
- Tuna
- Tilapia
- Cottage Cheese
- Turkey
- Protein Powder
- Steak
- Beans & Legumes (kidney, chick peas, etc)
- Extra Extra Lean Ground Beef
- Vegetable Burger
- Soya Nuts
- Virtually Any Fish (not fried)
- Most Lean Cut Meats

*Carbohydrates:*

- Quinoa
- Brown Rice
- Sweet Potatoes
- Oats
- Weetabix
- Coos Coos
- Ezekiel Bread
- 100% Whole Grain Bread (sparingly)
- Low Sugar Breakfast Cereal (sparingly)

### *Fat:*

Contrary to some old stereotypical bad beliefs that are still lingering on — fat does not make you fat. Excess calories and bad foods make you fat, and more prone to getting fat. Healthy sources of good fats are essential, and can help to actually lose weight or achieve better body composition. Such healthy fat sources include:

- Fish Fat/Oils (fish oil pills, salmon fat, etc)
- Extra Virgin Olive Oil
- Nuts (almonds, cashews, etc)
- Peanut Butter (get the ones that contain only peanuts; typical peanut butter contains harmful additives like hydrogenated oils and sugar)
- Almond Butter

### *Vegetables:*

Vegetables contain tons of anti-oxidants, nutrients and other goodies that are essential for a growing booty. You can typically eat as much of these as you want without fear.

- Broccoli
- Spinach
- Tomatoes
- Kale
- Virtually any dark green vegetable

So remember; simply start adding, replacing, or mixing these healthy food sources into your current diet for making your butt bigger. Healthy foods like these are absolutely essential for laying down the materials to help your butt grow after our booty building exercises.

Finally also remember that most people will require more protein, and that probably includes you.



## **CHAPTER 2**

### **Protein = Fuel For Your Muscles**

Also serves as fuel for your muscles, it is integral you consume a fair share of protein when you are looking to build a better butt. To optimize muscle growth, load up on lean proteins such as skinless chicken, turkey meat, or fish. Eggs and dairy are also simple, perfect ways to add more protein into your diet.

If you constantly find yourself going without protein (for lack of time or otherwise), just add a good protein powder to your daily routine. [We recommend whey protein](#) but if you're vegan/vegetarian, [hemp protein powder is great also](#).

### **Healty Carbs and Fat**

Since you will be building muscle, you can't deprive yourself of fat. But this doesn't mean any kind of fat will do. Focus on consuming healthy fats such as avocados and nuts.

Fatty foods generally contain about twice as much calories per serving size than protein, so be sure to consume in moderation.

One easy way to add healthy fats to your diet is to make a daily smoothie with avocado and [a tablespoon of coconut oil](#) – they'll fill you up on (vegan) healthy fats and the coconut oil will also rev up your metabolism. Double win!

(Good) carbs are also crucial since they help fill you up so that you have steady energy levels throughout the day and don't get those annoying hunger cravings that make you make bad food choices. So stock up on healthy carbs like quinoa, sweet potatoes, and whole grain bread to your diet as well.

## **CHAPTER 3**

### **1 WEEK MEAL PLAN**

Now that you know the basics of a diet that results in a better butt, here's a sample meal plan to help you on your way. There are options for snacks in case you need to supplement between meals or you need energy for particularly punishing workouts. Just remember to take note of your portions and to eat in moderation.

#### **Day 1**

**Breakfast (approximately 250 calories)**

High fiber cereal with almond milk and a handful of berries

**Lunch (approximately 350 calories)**

Lentil Salad with onions, celery and orange slices

**Dinner (approximately 400 calories)**

Salmon and string beans with Couscous

**Snacks (approximately 100 – 200 calories)**

- 1 medium pear with 2 oz of ricotta cheese
- A handful of Pistachio nuts

#### **Day 2**

**Breakfast (approximately 350 calories)**

Egg omelette with ricotta cheese and pineapples

**Lunch (approximately 350 calories)**

Blackbean soup and a side serving of green salad

**Dinner (approximately 400 calories)**

Center-cut porkchop and baked apple wedges

**Snacks (approximately 100 – 200 calories)**

- 1/2 sliced apple with 2 teaspoons of peanut butter
- Tortilla chips with bean dip

#### **Day 3**

**Breakfast (approximately 250 calories)**

Pita stuffed with two scrambled egg whites and avocado

**Lunch (approximately 350 calories)**

Roasted Chicken and Chickpea salad

**Dinner (approximately 400 calories)**

Flank steak with baked sweet potato

**Snacks (approximately 100 – 200 calories)**

- 1 cup of greek yogurt
- Celery Sticks with hummus dip

#### **Day 4**

##### **Breakfast (approximately 250 calories)**

Chopped turkey sausage and scrambled egg white wrap

##### **Lunch (approximately 350 calories)**

Grilled Chicken and half a cup of hummus with pita bread

##### **Dinner (approximately 400 calories)**

Baked Tilapia with Tomato and Onion Salad

##### **Snacks (approximately 100 – 200 calories)**

- A large hardboiled egg
- 1 oz of Dark Chocolate

#### **Day 5**

##### **Breakfast (approximately 250 calories)**

A bowl of oatmeal with banana slices

##### **Lunch (approximately 350 calories)**

Whole grain sandwich with avocado, tomato, spinach and corn filling

##### **Dinner (approximately 400 calories)**

Chicken Fajitas

##### **Snacks (approximately 100 – 200 calories)**

- A cup of skimmed milk
- Carrot Sticks

#### **Day 6**

##### **Breakfast (approximately 250 calories)**

2 pieces whole-wheat toast with a pat of organic peanut butter

##### **Lunch (approximately 350 calories)**

Veggie Burger

##### **Dinner (approximately 400 calories)**

Grilled Chicken Breast with Quinoa and Broccoli

##### **Snacks (approximately 100 – 200 calories)**

- Rice crackers with Salsa
- Baked Potato with 1/2 teaspoon of non-fat sour cream

#### **Day 7**

##### **Breakfast (approximately 250 calories)**

Ricotta Cheese and Fruit Parfait

##### **Lunch (approximately 350 calories)**

Grilled Chicken and Goat cheese wrap

##### **Dinner (approximately 400 calories)**

Turkey meatballs with Arugula side salad

##### **Snacks (approximately 100 – 200 calories)**

- 3 cups air-popped popcorn
- 1 glass of coconut water

## **CHAPTER 4**

### **What a Good Butt Enlargement Cream Can Do for Your Butt**

Your skin does you a lot more good than you're normally aware of. Not only does it protect you from the sun and keep fluids in your body – it helps you get a bigger butt.

“Your skin is enough of a barrier to keep fluids within your body,” writes Samuel Epstein, MD, and author of *Toxic Beauty* (BenBella Books, 2009), “but it also readily absorbs many things with which it comes in contact.”

The skin does not readily absorb everything we apply on it – *thank god!* – and whether or not the skin will absorb something depends on several factors, such as the substance itself, the skin's overall health, hydration of the skin, etc. – but scientists agree that the skin can absorb what is applied to it.

This is really good news. Even if you're taking butt pills orally, those pills are absorbed into the digestive system and they have to go through the liver and the kidneys, which break the substances down. This obviously reduces the pill's overall efficacy.

On the other hand – the creams you apply on the skin does not go through such a filtering process. The substance is absorbed directly through your skin and into your bloodstream.

For the perfect booty, you have to engage yourself in the exercise as well.

## **Apex Vitality Booty Cream**

This natural components of this bootylicious product are brought together in the GNP labs. It is an organic cream which has no chemicals or any other harmful agents. The cream controls the development of fat on the booty and in the area around. It manages the blood circulation and breaks down the settlement of fat. The cream is an easy to use product and is recommended for daily usage.

The components which help this supplement act wonderfully on the body are Green Tea, Macadamia Seed Oil, Soy Protein and Vitamin E. All these ingredients improve the size and the shape of the butt in a healthy and efficient way.

### ***How does it work?***

This product is to be used daily on the butt. It enhances the blood circulation in that region and pumps up the process of reducing fat. The serum blocks any further settlement of fat in the region and makes our booty healthy, round and curvaceous. It enhances our figure and grants us a perfect look, body and figure. I would advise that in order to make it work perfectly on the region, resort to some daily exercising.

### ***How to apply?***

It is a serum which has to be taken on the fingertips, applied on the booty and on the areas around it and massage softly. The cream is absorbed by the skin within seconds. It must be applied and used on a daily basis. The manufacturers suggest to use the serum in the morning and at night.

### ***How to get the free trial?***

A 10-day trial of this serum can be obtained by visiting its [official website](#). This is a free pack that lets us understand the pros and cons of the product much closely. It can be ordered online and is delivered at our address. The trial pack can only be ordered by the adults from USA and Canada.

## **CHAPTER 5**

### **How to Get Bigger Hips – What Actually Works**

The hourglass figure is something that most men prefer in a woman. It represents a strong symbol of feminine beauty as well as a healthy representation of good genes. Famous celebrities like Nikki Minaj, Kim Kardashian, and Sofia Vergera are among a few boasting one of these sexy curvacious figures.

And due to all of the above, more and more women around the world are trying achieve a sexier look by getting wider hips to sculpt out that hourglass figure they desire.

Now Increasing your hip size is not the easiest muscle on your body to enhance. But it can be done, and it is definitely worth it.



## **The Game Plan for Bigger Hips**

Now how to actually do it? Well, the good news is that most of the methods we use to firm and pop out our booties also work to accentuate the hip muscles as well.

How about having a flatter stomach, firmer thighs, a popping round bubble butt, and making your hips look wider. Sounds pretty nice right?

Well, this may come as bad news (for some), but the absolute safest, most natural, and most effective way to widen your hips is through proper exercise and nutrition.

Now before you cringe at the thought of exercise, just know that it does not have to be as torturous and boring as you are probably thinking.

Dare I say, it can actually be fun and empowering when you start to see fantastic results. Lucky for you we're going to tell you exactly how you can start exercising today and get those results you want, and as soon as possible.

No longer does losing belly fat and widening the hips require the often thought endless cardio workouts, and crazy weight training sessions 6x per week to see results.

With some proper nutritional education, and a just a few super-charged booty blasting workouts per week, you really can start to see nearly instant results that you've been longing forever to accomplish.

## **Hip-Enhancing Exercises**

The main muscles of the hips are the gluteus maximus, minimus, medius and the tensor fascia latae. These are the muscles that we will primarily want to work.

I want to say that you do not want to neglect on the big and main exercises, like the squat, lunge, etc. These types of exercises are what target the most muscle groups at a time. And these will be the best for toning, sculpting, and popping your overall lower body curves (hips, thighs, butt).

But I have already discussed that above, so now I will be going over some great hip building exercises below that you can use as well, as they are specifically targeted for widening the hips.



### ***1) Side Lying Hip Abduction***

Since we are focused on growth, we want to do the exercise relaxing a dumbbell on the leg we will be lifting into the air. You should do each rep with your leg and hips lower than in this video, as to avoid overstretching and injury when weight is applied.



[WATCH THE VIDEO TRAINING](#)

## ***2) Standing Side Abduction***

This is same as a side lying hip abduction, except its from a standing position. Simply hold onto a wall and grab a dumbbell. Allow the dumbbell to relax against your outer thigh and raise that leg. Keep your back straight, and upright while doing this. As you cans see by the picture this can also be done via a resistance band for making your hips wider.



[You can purchase a Stretch Resistance Band here](#)

### ***3) Sumo Walk for Hips***

Recommend doing these at the ankle level, or whatever you prefer. Be sure to keep an ever so slight bend in the knees throughout the entire exercise to reduce unneeded strain and recruit more glute activation.



[WATCH THE VIDEO TRAINING](#)

### ***4) Side Lunge:***

When these start to get too easy, there is an alternative way to perform these to avoid less stress on the knees while using a weighted barbell. Another great option for your making your hips look wider.



[WATCH THE VIDEO TRAINING](#)

## **CHAPTER 6**

### **Butt Exercises You Need to Start Doing**

Let's start with a little anatomy lesson, shall we? Your butt is made up of fat and muscle – 3 muscles, in fact. The main muscles in the butt are the gluteus maximus, gluteus medius, and gluteus minimus. Like every other muscle in your body, there's one highly effective thing you can do to build your butt muscles up and make them bigger. Care to take a guess? If you said exercise, pat yourself on the back because you're right!

That's right – if you want to get a bigger butt, you should start doing exercises that target your glutes.

#### **1) Squats**

The squat is the most foundational butt exercise of them all. It can be performed with or without weights, and in addition to helping you get a bigger butt, it also strengthens your entire core. Here's how to do them:

- Start with your feet shoulder-width apart
- Squat down like you're going to sit down, keeping your weight over your heels
- Go down to at least parallel
- Squeeze your butt as you return to the starting position



**[WATCH THE VIDEO TRAINING](#)**

## ***2) Lunges***

Like squats, lunges can be done with or without weights. They strengthen the glutes while also helping you stretch and improve your balance. Here's how to do them:

- Stand tall with your feet together
- Lunge forward with one leg
- Return to starting position
- Repeat with other leg



[WATCH THE VIDEO TRAINING](#)

### ***3) Stairs***

Walking or running stairs is a killer workout that's not only good for building butt muscles but also for improving your cardio and conditioning. You can either run an actual set of stairs or bleachers, or you can simply use a stair machine at the gym.



#### ***4) Hip Raises***

This simple butt exercise works out your backside while having the added benefit of reducing tightness in your lower back. It's a slow, steady exercise that's great for building strength and control. Here's how to do them:

- Lie down on your back, placing your arms at your sides while bending your knees and planting your feet on the ground
- Slowly lift your hips toward the ceiling in a controlled manner
- Lower yourself back down
- Repeat for one minute



## ***5) Biking***

Hop on a bike and hit the open road to get a great workout for sculpting your butt and leg muscles. But don't just coast and enjoy the scenery. Really push yourself and get a good workout from it. Try to hit some hills, and play with the resistance on your bike to make it a little tougher. You can even cycle in intervals (e.g. 15 seconds as fast as you can, coast for 1 minute, repeat) to ramp things up.





## ***6) Hill Sprints***

Hill sprints might be the fastest way of building strength in your lower body while burning unwanted fat and boosting your conditioning to another level. Yes, they can be incredibly tough, but you can also get a full workout in just 20 minutes or less. Here's how to do them:

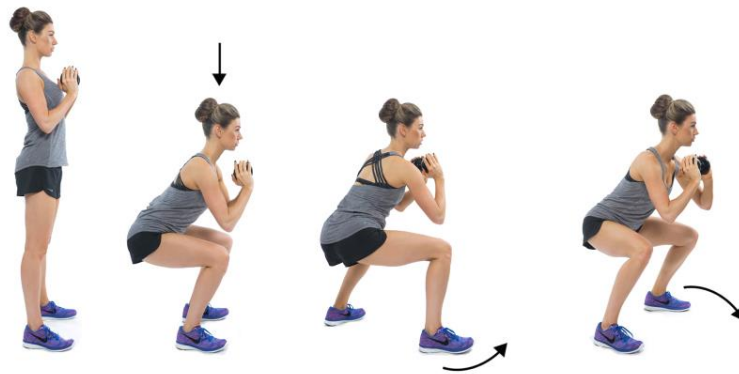
- Always warm up prior to doing hill sprints – stretching and jogging will help
- Sprint uphill for 15 seconds
- Rest 30 seconds
- Repeat for 15-20 minutes



## 7) *Walking Squats*

Ready to challenge yourself and really feel the burn? This is a fun one! Walking squats tone your glutes and work your entire core. Here's how to do them:

- Stand with your feet hip-width apart
- (Optional: Hold one dumbbell between both hands in front of your chest)
- Bend your knees and sit back into the squat position until your thighs are nearly parallel to the ground
- Holding this squat position, walk to the left by stepping out first with your left foot and then your right
- Take 10 steps to the left, then 10 back to the right



## **WRAPPING UP**

Bettering your life through a healthy diet and proper exercise is possible. Remember, you can do anything that you set your mind to. You deserve to have a healthy body, spirit, and mind. The only one who can provide it to you is you. Start working on a brighter future for yourself today and begin eating healthier foods and exercising regularly. You will not be disappointed with the results. Keep in mind, great effort is rewarded with great results.