ACTIVE LIFE FOREVER

28 Day Drop a Jean Size Challenge

Meal Plan

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Now with just 28 days to clean up our act from the inside OUT it's important that I keep this simple.

Let's start with what we should not touch or eat.

Step One - Identifying bad foods
NO PROCESSED FOOD, NO JUICE, NO DAIRY (except eggs), NO BREAD, NO RICE (use Quinoa)

In order to find exactly which foods may be irritating, you must eliminate all possible culprits for 14 days. I know you can agree to 14 days. And after you have seen dramatic results in just two weeks, then we review the program!

Step Two - Making the correct choices

For every meal you eat, you must choose one food from the **A column** and one from the **B column.**

A. Proteins

. Whole Organic Eggs

. Free Range Chicken (white and dark meat)

. Free Range Turkey (white and dark meat)

. All Wild fish (no canned tuna)

. Raw almonds, walnuts, macadamia nuts, filberts, pecans, pumpkin seeds and sunflower seeds

. Raw Nut Butters from the above mentioned nuts

B. Fruits and Vegetables

. All vegetables (except for Iceberg Lettuce and Corn)

. All fruits (except for dried or canned)

Can be used at each meal:

. Organic Extra Virgin Olive Oil (preferably raw)

. Butter (no margarine or any other fake butter)

. Coconut Oil (Organic, Extra Virgin)

Unlimited:

. All Spices

. Only Celtic Sea Salt (no other salt is permitted)

. Stevia (as a sweetener)

. Herbal Tea

Example of 1 day healthy eating

Breakfast:

. 3 organic eggs, spinach and peppers, cooked in butter or coconut oil

. 1 banana

Snack:

. 1 green apple

. 2 TBSP Raw Almond Butter

Lunch:

. 5 oz Salmon

. Over large salad (Romaine Lettuce, Tomatoes, Cucumbers, Celery)

. 1 TBSP Extra Virgin Olive Oil and Lemon Juice

. Strawberries or Blueberries

Snack:

. 2 TBSP Raw Walnut Butter

. Baby Carrots

Dinner:

. Chicken Legs

. Sautéed Broccoli cooked in butter

. Large green salad with Olive Oil and Lemon

IMPORTANT: Aim to eat within a 16/8 window.
Example: breakfast 10am, Lunch 2pm Supper 6pm.
That's it!