

EAT

EAT IN THE TWO GREEN CIRCLES OF THE TARGET

This challenge focuses on eating high quality foods (superfoods) for 21 days straight. These superfoods are designed to help you achieve your goals and see maximum results. As you incorporate more superfoods and healthier upgrades, the less likely you are to overeat or have to count calories. Quality over quantity baby! If buying packaged foods, look for real ingredients that you can pronounce and avoid items that end with "ose." Less is always best.

Example: Peanut butter should only contain one ingredient: peanuts!

What CAN I Eat?



Friendly Fats

- Organic Virgin Coconut Oil
- Red Palm Oil
- Extra Virgin Olive Oil
- Cod Liver Oil
- Nuts / Nut Oil
- Nut Butters
- Avocado
- Olives
- Flaxseeds
- Chia Seeds
- Pumpkin Seeds



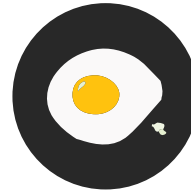
Satisfying Starches

- Sweet Potatoes
- Red Skin Potatoes
- Purple & Blue Potatoes
- Russet Potatoes
- Root Vegetables (Beets, Turnips, Parsnips, Carrots, Onions)



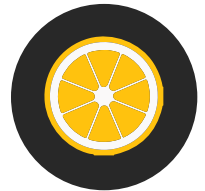
Veggie Vitality

- Brussels Sprouts
- Broccoli
- Cauliflower
- Cucumber
- Celery
- Asparagus
- Spinach
- Kale
- Collard Greens
- Bok Choy
- Cabbage
- Mixed Greens
- Sprouts
- Artichokes
- Hearts of Palm
- Peppers



Powerful Proteins

- Wild Caught Fish
- Organic Poultry
- Organic Grass Fed Beef
- Goat Cheese
- Sheep's Feta
- Organic Free-Range Eggs
- Bison/Buffalo
- Venison
- Lamb
- Beans
- Hemp Seeds
- Lentils
- Elk
- Spilt Peas
- Legumes



Fruit Frenzy

- Berries
- Kiwi
- Apples
- Citrus Fruits
- Melon
- Frozen Mixed Fruit
- Pomegranate
- Raisins
- Goji Berries
- Tomatoes
- Banana
- Grapes
- Pears
- Dates
- Figs
- Coconut
- Mangos
- Cherries
- Peaches
- Grapefruit
- Pineapple
- Dried Unsweetened Fruit



Beverages

- Alkaline Water
- Mineral Water
- Coconut Water
- Herbal Teas
- Almond Milk
- Coconut Milk
- Hemp Milk
- Nut Milk Creamer
- Organic Coffee/Tea
- Oat Milk
- Spring Water
- Filtered Water with Lemon or Lime



Brain Grains

- Oat Groats
- Steel Cut Oats
- Roller Oats
- Whole Grain Rice
- Barley
- Wheatberries
- Coconut Flour
- Sprouted Grains (Bread, Wraps)
- Amaranth
- Farro
- Millet
- Quinoa



Top Superfoods

- Spirulina
- Chlorella
- Wheatgrass
- Cod Liver Oil
- Cacao Nibs
- Virgin Coconut Oil
- Flaxseeds
- Chia Seeds



Condiments

- Sea Salt
- Black Pepper
- Herbs & Spices
- Apple Cider Vinegar
- Balsamic Vinegar
- Red Wine Vinegar
- Bragg's Liquid Aminos
- Chicken/Veg. Broth
- Sauerkraut
- Kimchi



Natural Sweets

- Dates/Figs
- Raw/Local Honey
- Pure Maple Syrup
- Stevia
- Cacao Nibs
- Coconut Sugar

Focus on foods that contain 1 ingredients or are in their most natural state. All fruits and vegetables are allowed. Be mindful of how much and how often you indulge in the natural sweets. Remember that flavor comes from nutrients and most fruits will satisfy your sweet tooth. When buying animal products make sure to always choose organic when possible to avoid hormones, antibiotics, and GMO feed.