

## BEFORE THE CHALLENGE BEGINS

- ✓ Read through the guidelines
- ✓ Review 10-point checklists
- ✓ Meal planning & shopping
- ✓ Cut down milk in your coffee or tea
- ✓ Reduce sugar, pasta, bread and rice
- ✓ Drink more water and herbal teas

## EAT THESE FOODS

- Lots of vegetables
- Meat, poultry, eggs, fish and seafood
- Some fruit & berries
- Nuts and seeds (handful per day maximum)
- Healthy fats, including ghee, coconut oil, olive oil, macadamia oil and avocado oil
- Herbs, spices, sea salt, vinegar and selected condiments like mustard and mayo
- Herbal teas, lemon water, sparkling water



## A FEW MORE NOTES

Limit fruit and berries to 1-2 servings per day (e.g. 1 apple, 1/2 - 1 cup of berries)

Limit natural sweeteners (e.g. honey) to 1-2 table-spoons per week or avoid completely if you can.

Choose free-range eggs and poultry, grass-fed meat and pasture-raised pork/bacon.

Only use gluten-free, dairy-free sausages.

No paleo-fied treats or desserts this week!

## AVOID THESE FOODS

- Any kind of sugar or artificial sweeteners
- Processed foods (e.g. cookies, pasta, bread, fried foods)
- Grains (includes grain-based products, corn, quinoa)
- Legumes (includes soy products and soy sauce (use coconut aminos instead))
- Vegetable and hydrogenated oils/fats, including margarine, canola oil, soybean oil
- Dairy (except for ghee)
- Alcohol (up to you but try to avoid this week)
- Limit caffeine to 1 cup per day or avoid/go for decaf instead.

