



New Year New Me!

WEDNESDAY, JAN 10 -TO- WEDNESDAY MAR 7

Challenge Guidelines

1- EAT 100% ON PLAN FOODS (In less than ideal circumstances, make the best choices available)

2- DON'T EAT CHEESE FOR 2 MAIN MEALS DAILY
Snacks are not included in this guideline

3- EAT FERMENTED FOODS DAILY
Like Kefir, Kombucha, Sauerkraut, Pickles, Miso,
Kimchi, Raw Cheese, Yogurt

4- EXERCISE FOR 15-20 MINUTES(Minimum)
3-5 DAYS EACH WEEK
Injuries can make this difficult so research
exercises safe for your particular injury and
commit to start. In this case consult your health
practitioner.

