

CoreLife Challenge

Let's Get Real. A 21 Day Journey. 2020

DAY 1

Wednesday, Jan. 22

LET'S GET STARTED!



Start with a "New Normal" eating day. Follow the guidelines on the email game plan we sent you.

* See below for quick tips.

DAY 2

Thursday, Jan. 23

INTERMITTENT FAST

NO BREAKFAST
NO LUNCH

Eat a recommended dinner. Follow the email game plan. Your body gets a break in order to heal. Drink lots of water or green tea.

DAY 3

Friday, Jan. 24

NEW NORMAL EATING DAY

You might find that dinner was more filling after an intermittent fast. That you don't need a morning meal - but if you do, follow the guidelines. Portion sizes usually change after a fasting day.

DAY 4

Saturday, Jan. 25

POWER-UP EATING DAY

We're back in the swing of digestion. Today could be a good day to double-up on your proteins. Fill your body with good energy foods that fuel power and productivity. Fermented foods speed digestion.

DAY 5

Sunday, Jan. 26

NEW NORMAL EATING DAY

Dinner at 7 or 8 is the last thing we will eat. Keep from snacking before bed.

DAY 6

Monday, Jan. 27

ALL-DAY FAST

Your body gets a break in order to heal. Drink lots of water or green tea. Bone or veggie broth if you just can't make it all day.

DAY 7

Tuesday, Jan. 28

FAST BREAK EATING DAY

Start slowly... Your first meal shouldn't be too big. Follow the guidelines.

DAY 8

Wednesday, Jan. 29

POWER-UP EATING DAY

DAY 9

Thursday, Jan. 30

INTERMITTENT FAST

No breakfast or lunch. Break your fast with a "New-Normal" dinner.

DAY 10

Friday, Jan. 31

NEW NORMAL EATING DAY

DAY 11

Saturday, Feb. 1

POWER-UP EATING DAY

DAY 12

Sunday, Feb. 2

NEW NORMAL EATING DAY

Super Control

DAY 13

Monday, Feb. 3

ALL-DAY FAST

DAY 14

Tuesday, Feb. 4

FAST BREAK EATING DAY

DAY 15

Wednesday, Feb. 5

POWER-UP EATING DAY

DAY 16

Thursday, Feb. 6

INTERMITTENT FAST

No breakfast or lunch. Break your fast with a "New-Normal" dinner.

DAY 17

Friday, Feb. 7

NEW NORMAL EATING DAY

DAY 18

Saturday, Feb. 8

POWER-UP EATING DAY

DAY 19

Sunday, Feb. 9

NEW NORMAL EATING DAY

DAY 20

Monday, Feb. 10

ALL-DAY FAST

DAY 21

Tuesday, Feb. 11

FAST BREAK EATING DAY

We did it!

This can become our new routine for a healthier life.

RECOMMENDATIONS:

BREAKFAST: Eggs, yogurt or omlet with lots of veggies. Steel cut oatmeal if you need carbs. Coffee with little to no sugar and light cream.

LUNCH / DINNER: 3:1 Veggies to fruit, CoreLife bowl with lots of green and color. Extra protein or large eggs are good. Spicy food drives up metabolism. Limit your lemonade consumption - lots of green tea and water instead. Bone or veggie broth satisfies your hunger.

Get 8 hours of sleep & avoid eating after 7 pm. If you feel like snacking, eat a handful of nuts or take a walk or try a new exercise.