

21 DAYS

TO CHANGE YOUR LIFE

THE CORELIFE CHALLENGE



LET'S GET STARTED!

DAY 01

WEDNESDAY JANUARY 16

★
START WITH A "NEW NORMAL" EATING DAY... FOLLOW THE GUIDELINES ON THE EMAIL GAME PLAN WE SENT YOU. SEE BELOW FOR QUICK TIPS.

INTERMITTENT FAST
NO BREAKFAST
NO LUNCH

DAY 02

THURSDAY JANUARY 17

EAT A RECOMMENDED DINNER... FOLLOW THE EMAIL GAME PLAN.
YOUR BODY GETS A BREAK & HEALS. DRINK LOTS OF WATER OR GREEN TEA..

NEW-NORMAL EATING DAY

DAY 03

FRIDAY JANUARY 18

BUT DINNER MIGHT STILL BE ENOUGH AND YOU MIGHT FIND THAT YOU DON'T NEED A MORNING MEAL. BUT IF YOU DO, FOLLOW THE GUIDELINES. YOU'LL BE ABLE TO GET TO NEW PORTION SIZES AFTER A FASTING DAY.

POWER-UP EATING DAY

DAY 04

SATURDAY JANUARY 19

WE'RE BACK IN THE SWING OF DIGESTION. TODAY COULD BE A GREAT DAY TO DOUBLE-UP ON YOUR PROTEINS. FILL YOUR BODY WITH GOOD ENERGY FOODS THAT FUEL POWER AND PRODUCTIVITY. FERMENTED FOODS SPEED DIGESTION.

DAY 05

NEW-NORMAL EATING DAY

SUNDAY JANUARY 20

DINNER AT 7 OR 8 IS THE LAST THING WE WILL EAT. KEEP FROM SNACKING BEFORE BED.

DAY 06

FAST ALL DAY

MONDAY JANUARY 21

YOUR BODY GETS A BREAK & HEALS. DRINK LOTS OF WATER OR GREEN TEA. BONE OR VEGGIE BROTH IF JUST CAN'T MAKE IT ALL DAY.

DAY 07

FAST-BREAK EATING DAY

TUESDAY JANUARY 22

START SLOWLY... YOUR FIRST MEAL SHOULDN'T BE TOO BIG. FOLLOW THE GUIDELINES BELOW.

DAY 08

POWER-UP EATING DAY

WEDNESDAY JANUARY 23

DAY 09

INTERMITTENT FAST

THURSDAY JANUARY 24

NO BREAKFAST NO LUNCH BREAK YOUR FAST W A RECOMMENDED "NEW-NORMAL" DINNER.

DAY 10

NEW-NORMAL EATING DAY

FRIDAY JANUARY 25

DAY 11

POWER-UP EATING DAY

SATURDAY JANUARY 26

DAY 12

NEW-NORMAL EATING DAY

SUNDAY JANUARY 27

DAY 13

FAST ALL DAY

MONDAY JANUARY 28

DAY 14

FAST-BREAK EATING DAY

TUESDAY JANUARY 29

DAY 15

POWER-UP EATING DAY

WEDNESDAY JANUARY 30

DAY 16

INTERMITTENT FAST

THURSDAY JANUARY 31

NO BREAKFAST NO LUNCH BREAK YOUR FAST W A RECOMMENDED "NEW-NORMAL" DINNER.

DAY 17

NEW-NORMAL EATING DAY

FRIDAY FEBRUARY 01

DAY 18

POWER-UP EATING DAY

SATURDAY FEBRUARY 02

DAY 19

SUPER CONTROL BOWL SUNDAY

SUNDAY FEBRUARY 03

DAY 20

FAST ALL DAY

MONDAY FEBRUARY 04

DAY 21

FAST-BREAK EATING DAY

TUESDAY FEBRUARY 05

WE DID IT!

THIS CAN BECOME OUR NEW ROUTINE FOR A HEALTHIER LIFE

RECOMMENDATIONS:

BREAKFAST: EGGS, YOGURT OR OMELET W LOTS OF VEGGIES. STEEL CUT OATMEAL IF YOU NEED CARBS. COFFEE W LITTLE TO NO SUGAR. LIGHT CREAM.
LUNCH / DINNER: 3:1 VEGGIES TO FRUIT. CORELIFE BOWL W LOTS OF GREENS & COLORS. EXTRA PROTEIN OR EGGS IS GOOD. SPICY FOOD DRIVES UP METABOLISM. LIMIT YOUR LEMONADE CONSUMPTION-LOTS OF GREEN TEA & WATER INSTEAD. **BONE OR VEGGIE BROTH SATISFIES YOUR HUNGER.**



GET 8 HOURS OF SLEEP. AVOID EATING AFTER 7 PM. IF YOU FEEL LIKE SNACKING, TAKE A WALK. OR TRY A NEW EXERCISE. YOU CAN EAT A HANDFUL OF NUTS, WHICH ARE NATURAL & FILLING.