GRIT'S SIMPLE 21 DAYCHALLENGE

PURPOSE = KEEP IT SIMPLE & IN THE 21 ITEMS OR LESS CHECKOUT LINE!

RULES & GROCERY SHOPPING:

Protein (Blue)

- Pick 6-7 items /Average Serving Size = 4oz
- Keep in mind breakfast/lunch/dinner options

Vegetables (Green)

- Pick 5-6 Items/Average Serving Size = 1-2 C
- Half of your plate at lunch & dinner should be vegetables!
- Think seasoning vegetables (peppers & onions)

Fruit (Red)

- Pick 3-4 Items/Average Serving Size = 1-2 C
- Keep the glycemic index in mind
- Suggest berries/Avoid high servings in tropical fruit

Fats (Purple)

- Pick 3-4 Items/Average Serving Size = 1oz Nuts/2TBSP Spread
- Healthy fats are my favorite category! Good fats leave you full and sharp.

Carbs (Orange)

■ Pick 2-3 Options/Average Serving Size = ½ -1 C/1 Piece/Serving size on labels

First 4 Categories

- Whole 30 (No processed!) Friendly
- Faster Results, Period.

MEALS

- Breakfast: Protein + Healthy Fat + Fruit or Carb
- Snack: Healthy Fat + Fruit/Vegetables + Protein
- Lunch: Vegetables + Protein + Healthy Fat + Carb
- Dinner: Protein + Healthy Fat + Vegetables (Carb optional)

Seasoning Options

- Pick your favorite seasonings (Tip: Change it up Week 2 & 3)
- Mrs. Dash = No Sodium, Favorites- Garlic Salt/Spicy Extra Spicy/Lemon Pepper
- Lemon = Water or Add to Chicken/Fish
- Cilantro = Homemade Salsa

WATER, WATER & MORE WATER

Minimum 80-100oz /My rule: If you think you are drinking enough, you are not!!!!

TIPS

- Plan your meals ahead of time
- Immediately cut fruit & vegetables/Season protein after grocery shopping!
- Eating Out- Stick to ALL items on the list.

