The 14-Day Meat & Veggies Challenge

Thanks for joining in! The point of this challenge is to shed some light on how simple eating healthy food can be and hopefully to bring awareness to how good you can feel when you do it. Below are some guidelines on how to be successful and satisfied during the next two weeks, as well as a list of acceptable foods. That isn’t to say that if something is missing from this list it is “bad” for you, it just doesn’t fit in for the purpose of this challenge. Please feel free to email me with questions/concerns or if there are certain foods or food products you are unsure about.

**So how much should I eat?**

For this challenge, that really doesn’t matter. The purpose is to just eat meat and veggies and healthy fats and see how you feel. A good way to gauge that is to really pay attention to how you feel throughout the day, both mentally and physically. If workouts are going well and you are hungry but not “starving” between meals then you are probably taking in the right amount of food for you. If you feel your energy is low and you are groggy it’s probably and good idea to add more food.

**FATS**

Grass-fed butter Ghee

Heavy Cream

Full Fat Coconut milk

Coconut Oil

Avocado oil

Olive oil

MCT oil

Almonds

Cashews

Walnuts

Pecans

Macadamias

Hazelnuts

Nut butters (check ingredients for sugar)

\*\*limit to 2 T per day\*\*

Seed butters (sunflower and tahini)

Olives

Avocado

**PROTEINS**

Eggs

Bacon and Turkey bacon

* Uncured is prefered
* No form of sugar in the ingredients (sugar, honey, coconut sugar, agave, etc.)

Any animal meat

Fish

**VEGGIES**

Artichoke

Asparagus

Broccoli

Brussels sprouts

Bell peppers (green and red)

Cabbage

Cauliflower

Celery

Daikon radish

Eggplant

Green peas

Mushroom

Okra

Onion (white, yellow, green, red)

Pumpkin

Rhubarb

Sauerkraut (check ingredients for sugar)

Scallion

Snow peas

Spaghetti squash

Summer squash

Tomatoes (technically a fruit)

Turnips

Water chestnuts

Zucchini

\*\*\*ALL greens are GO\*\*\*

* This means any leafy green or green veggie!!!

**STARCHY PLANTS**(or those that affect blood sugar quicker)

\*\*Limit to 1 cup per day\*\*

Beets

Butternut squash

Carrots

Delicata squash

Parsnip

Plantain

Potatoes

Sweet potatoes

**FRUITS**

For the purposes of this challenge, the only fruits allowed are

Strawberries (1 cup per day)

OR

Blueberries (½ cup per day)

**OTHERS**

Please use your best judgement here. Avoid **condiments** that have sugar and yes, most of them do, even mayo!! Instead, rely on herbs and spices to give your food flavor. If it’s something like a rub for meats be sure to check the label. Apple cider vinegar and olive oil is a great salad dressing alternative. Add some spices for extra taste.

Things like Epic **bars** and other types of **grab and go meats** are okay, so long as you aren’t grabbing them for every meal or multiple times a day. And again, check the label!

**Protein shakes** and other **various powders**. I know that many of you rely on that shake as an easy morning go-to. However, for this challenge that does not fit in.

**Sugar and sweeteners**. Everything from Agave to Xylitol is out for the next two weeks. **FEAR NOT**, you get a free pass on sugar free gum!

Coconut and Almond milk with no sugar is fine.

Coffee, tea, water and sparkling water is approved.