

Download File PDF The 30 Day Whole Food Diet

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu



wtf this great ebook for free?!

#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

30-Day Diet Challenge Guide

the rules

- Challenge itself**
 - All restrictions apply for 30 days.
 - There is no cheating at all during the challenge.
 - You can reintroduce restricted foods one by one after the challenge to see how you react (long term side effects are not covered in this guide).
- Before You Get Started**
 - Remove all restricted foods from your house.
 - Make all of your meals.
 - Make a daily menu for the next 30 days.
- Food Diet**
 - Do not calculate calories or restrict.
 - The challenge is not for weight loss. Calorie intake is based on your physical activity (see what to eat section).
 - Eat 3 meals a day.
 - Snacks are allowed, but they can only be fresh fruit or vegetables.
 - All meals should have at least one serving of healthy protein, vegetable, and fruit.
 - Drinking alcohol during the challenge is just allowed.
 - Try to quit smoking if you can.
- Food Food**
 - First, try to get your fresh foods locally or 100% certified organic.
 - If you can't find local or organic foods then you can buy industrial produce (the non-organic foods that are typically found at your local grocery store - produce section).
 - Be cautious of industrial hormones, corn, and pesticides because they are usually genetically modified (GMO). USDA certified sources of these foods should be GMO free.
 - Protein food is permitted on occasion.
- Using Money Making Your Food**
 - Use your own health and muscle to work.
 - Use safe water as a cheap source of calories (e.g., white potato and rice).

what to avoid

- No Modern Food**
 - Wheat (or wheat products). Contains gluten, which is very problematic for many people (read guide for a food).
 - Dairy, rice, or sugar. Contains gluten.
 - Bees for any products. Contains all or part of all nutrients and proteins.
 - Artificial sweeteners. Artificially digestible calories without any nutrients.
 - Chemical additives. These man-made chemicals can cause a wide range of reactions in some people.
 - Man-made trans fats. This is a fat that does not exist in nature. It has been linked to heart disease, cancer, and diabetes.
 - High fructose corn syrup. When eaten in excess and combined with omega-6, omega-9 can cause body-wide inflammation.
- No Common Food Allergens**
 - Milk (does not include raw butter).
 - Foods like yeast, soy, and cheese.
 - Apples (e.g., a, b, c).
 - Shell fish.
 - Tree nuts.
- No Processed Foods**
 - Milk substitutes.
 - Egg substitutes.
 - Alcohol substitutes.
- No Convenience Food**
 - Fast food restaurants. Includes all convenience foods like McDonald's, Burger King, Wendy's, Arby's, Sonic, and Taco Bell.
 - Packaged meals. Includes all meals that can be consumed from a box and re-heated in an oven. Essentially, all pre-packaged foods that you didn't make at home with fresh food.
 - Packaged meals. Includes all deli-style meats like chicken, turkey, ham, salami, corn, doughnuts, brownies, protein bars, and protein bars.
 - Canned foods and drinks. Includes anything sealed in a tin, jar, or bottle.

what to eat

- Fresh, Whole Foods**
 - Meats. This includes both organic and organic (e.g., beef, bone). Some frozen meat is allowed.
 - Eat 1 pound of meat a day.
 - Chicken eggs. Make sure to consume the whole egg. Fresh whole eggs are best, but frozen store-bought eggs high in omega-3 are an acceptable alternative.
 - Eat 3-4 eggs a day.
 - Fruits. Include all fruit. Some frozen and dried fruit is allowed as long as it isn't chemically processed.
 - Eat 1 pound of fresh fruit every day.
 - Other safe carbohydrates. A source of these healthy carbs:
 - Intake to meet an physical activity level (and eat in excess as part of your required 2 pound daily vegetable intake).
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- Other Foods**
 - Bone broth. Drink 1 cup of homemade bone broth every day.
 - Dark Chocolate. Any chocolate that is more than 80% cocoa.
 - Fibrous Water. Drink as needed.
 - Probiotics. Eat 1 serving every day.

Heavy Exercise

Heavy Exercise: 100% (100% of your maximum heart rate) for 30 days. The graph shows a line starting at 100% on day 1 and gradually decreasing to 0% by day 30. Below the graph, it says: 'Heavy exercise is defined as 100% of your maximum heart rate for 30 days. For example, if your maximum heart rate is 180 bpm, you should exercise at 180 bpm for 30 days.'

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