

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 Basics**
 - 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 (using heart rate technique described in book).
- 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.
- Your Diet**
 - Do **not** get calorie count or restrict.
 - This challenge is **not** low-carb. Carb 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 from fruit or vegetables.
 - All meals should have **at least** one serving of quality protein, safe carbohydrate, vegetable, and fruit.
 - Drinking alcohol during the challenge is **not** allowed.
 - Try to quit smoking if you can.
- Your Food**
 - First, try to get your fresh foods **locally** or **USDA 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's produce section).
 - Be **cautious** of industrial tomatoes, corn, and potatoes because they are usually genetically modified (GMO). USDA certified versions of these foods should be **GMO-free**.
 - Frozen food is permitted on occasion.
- Saving Money Making Your Food**
 - Take your own lunch and snacks to work.
 - Use safe carbs as a cheap source of calories (e.g., white potato and rice).

what to avoid

- No Modern Foods**
 - Wheat (or wheat products). Contains gluten, which is very problematic for many people (and deadly for a few).
 - Dairy, eggs, or **soy**. Contains gluten.
 - Any (or any products). Contains an arsenal of anti-nutrients and toxins.
 - Added refined sweeteners. Adds easily 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 omega-6 oils. When eaten in excess and unbalanced by omega-3, omega-6 can cause body-wide inflammation.
- No Common Food Allergens**
 - Milk (does **not** include low-lactose foods like yogurt, kefir, and cheese).
 - Eggs (e.g., a la, bran).
 - Shell fish.
 - Tree nuts.
- No Processed Foods**
 - Milk substitutes.
 - Egg substitutes.
 - Meat substitutes.
- No Convenience Food**
 - Fast food restaurants. Includes all restaurants like McDonald's, Burger King, Wendy's, Arby's, Sonic, and Taco Bell.
 - Packaged meals. Includes all meals that can be removed from a box and re-heated in an oven. Essentially, all pre-packaged foods that you didn't make at home with fresh food.

what to eat

- Fresh, Whole Foods**
 - Meats**. This includes both muscle and organ meats (e.g., liver). Some frozen meat is allowed.
 - Eat 1 pound of meat a day.
 - Chicken eggs**. Make sure to consume the **whole** egg. Farm fresh eggs are best, but quality store-bought eggs high in omega-3 are an acceptable alternative.
 - Eat 3-4 eggs a day.
 - Vegetables**. This includes a balance of all vegetables as long as it isn't chemically preserved. Some frozen veggies are allowed.
 - Eat about 2 pounds of veggies a day.
 - Fruits**. Includes **all** fruit. Some frozen and dried fruits is allowed as long as it isn't chemically preserved.
 - Eat 1 pound of fresh fruit every day.
 - Other safe carbohydrates**. A source of cheap healthy calories.
 - Intake is based on physical activity (see below) and is eaten as part of your required 2 pound daily veggie intake.
- Other Foods**
 - Bone Broth**. Drink 1 cup of home-made bone broth **every** day.
 - Dark Chocolate**. Any chocolate that is more than 60% cocoa.
 - Filtered Water**. Drink as needed.
 - Probiotics**. Eat 1 serving **every** day.

Happy Exercise

1000 calories per 30 minutes of exercise

Activity	Calories Burned (per 30 min)
Walking	100
Jogging	200
Swimming	300
Cycling	400
Weightlifting	500
Cardio	600
Running	700
Boxing	800
High Intensity Interval Training (HIIT)	900

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