

21-Day Challenge Diet Cheat Sheet

This is a Paleo style eating program to kick-start your fat loss. There are menus pre made for you in your materials if you don't want to have to think about what to eat and how many calories you are consuming.

For others, they will want to venture out a little more in terms of choices. Here are the general guidelines.

For those, here are **foods to avoid**:

- Any type of sugar (whole, raw, coconut, maple syrup, white, brown etc). It's all sugar and you will fare better if you kick this craving in the first few days. Avoiding processed foods will also help you avoid added sugar. If you do eat processed foods, READ the label. Sugar is often an additive. Store bought salad dressings are a huge offender in this category.
- No artificial sweeteners (they are nasty chemicals and are now shown to actually stimulate a sugar craving causing you to want to consume even more).
- No grains (oats, quinoa, wheat, millet, corn, rice, etc.) they are added starchy carbs that will slow you down in the beginning.
- No gluten (google a list of what foods contain gluten, the list is extensive!)
- No soy products
- No legumes (beans, peas, and peanuts)
- No dairy products, except Greek Yogurt

- No alcohol
- No white potatoes
- No bread

Foods you CAN eat (and there are loads of them):

- Low glycemic load fruits (apples, pears, berries of all sorts). Personally, I avoid bananas in this phase.
- Pretty much all veggies except white potatoes and peas or soy beans. Sweet potatoes are allowed. I like to have them before a workout if I'm eating them.
- High quality sources of protein (chicken, fish, lean beef or pork) and protein powders (unsweetened or sweetened with stevia)
- Chia seeds
- Coconut and almond milk (not the carton type that is sweetened)
- Coconut oil, avocado oil, for cooking and salad dressings

- Nuts like almonds, pine nuts etc (but not peanuts which are a legume)
- Medjool dates (make sure they haven't been sprayed with sugar). They are great to have **one** to kick a sugar craving and they are very low on the glycemic load scale.

REMEMBER: This strict phase only lasts for 3 weeks and you get a treat meal once a week. So, you really don't have to go too long without having something that is your favourite thing.

If you are not sure of something because you can't figure out how it fits with this list just ask on the Challenge Diet Facebook page :)

Also, if you are looking for ideas go through the pictures section of the Challenge Diet FB page. There are loads of recipes and ideas from the past couple years.

Ask lots of questions on the FB page and you'll get supported!