

Hi!

As we get much closer to the start of the Challenge, I wanted to share what we will be avoiding during the 28 days and what we will be enjoying.

I also challenge you to start with one rule, as of tomorrow morning.

RULE #1: You MUST eat breakfast. No exceptions. Please be sure it has some protein in it but if you do nothing else in preparation for the Challenge, do this.

Why? Because if you *never* eat breakfast and try to start on Day 1 of the Challenge, it will be extremely hard for you. If you feel sick in the mornings and can't eat, start with a banana and some nut butter.

But the RULE is you HAVE to eat breakfast.

You will ABSOLUTELY have to eat breakfast within 30-60 minutes of rising as soon as we start the Challenge or else your blood sugar will drop and you will not be able to control your cravings later in the day.

Please trust me on this one.

So, starting TOMORROW, eat something within 60 minutes of waking up and know that as soon as we start the Challenge, breakfast is a MUST.

Ok, so now that we have that out of the way, people have been asking “exactly what WILL we be eating while on the cleanse?”

Here goes...

Ready?

We will be eating loads and loads of delicious vegetables and we will be eating lots and lots of tasty protein. I will help with shopping lists and recipes. We will also be drinking tons of water and we will be enjoying herbal teas.

I know that sounds like a short list, but don't worry. I will be helping you with ideas (and you will be amazed at how delicious things will taste, I promise!), but generally speaking, we will be keeping our diets free from anything that doesn't contain only **one** ingredient!

After 14 days, we will begin to re-introduce fruit, and in the 4th week, we will re-introduce quinoa.

Here is what we will NOT be consuming for 28 days. I have shared some of these before, but this is a more detailed list and I want to mentally prepare you for the Challenge in order to set you up for success.

No surprises.

1. **Alcohol.** It's only 28 days. You CAN do it, and if you can't, I urge you to look at your drinking behaviour and decide if alcohol is a problem for you. If so, know that I understand! And that help is out there. Contact me privately if you are struggling and I will help point you in the right direction.
2. **Sugar.** In any form so, as a general rule, anything that ends with "ose" is out. This includes sucrose, fructose, dextrose, maltose, lactose.... These are all sugars.

No natural sugar, either, so no maple syrup, honey, agave, coconut palm sugar, brown rice syrup, cane sugar, molasses or even natural sweeteners like Stevia.

And no fruit, although as I mentioned, we will be re-introducing some fruit later on. As a general rule, if it is sweet, we won't be eating it. As another rule, if you are looking at the back of a package, we won't be eating it. (See #3)

3. **Packaged/Processed Foods.** Nothing in a box or package—NO cereal, crackers, cookies, biscuits, chips, pretzels, popcorn, muffins, cupcakes, candy, gum or any other product that is made with a bunch of ingredients we can't pronounce and that you read on the back of a package.
4. **Healthy treats.** No home-made versions of the above list.
5. **Frozen meals.** These always pack way to much sugar, sodium and preservatives.
6. **Deep-fried foods.** Deep frying removes any redeeming virtue from the original food. So, no potato chips, French fries, fried chicken, onion rings etc...
7. **Soda or juice.** Sugary drinks are immediately converted to belly fat. One coffee/tea per day (if you choose) and water will be your beverages of choice. You may enjoy unsweetened herbal teas and lemon in your water. Lemon in water starts to taste absolutely amazing on about day 3! :) And herbal tea becomes such a treat, we will begin to see it as "dessert".
8. **Dairy.** No cheese, butter, sour cream, yogurt, milk, cream etc. Even if you drink "lactose-free" milk, there **is no dairy on this plan.**
9. **Bread & Grains.** No bread, rice, pasta, barley, rye etc. We will be using quinoa but not until the fourth week.
10. **Starchy vegetables.** No carrots, white potatoes, sweet potatoes, corn, or peas.
11. **Canned vegetables.** We only eat fresh or frozen vegetables on the Challenge.
12. **Caffeine.** We have talked about weaning off or at least getting down to a max of one cup of tea/coffee per day, but with no dairy or sugar added. It would be incredible if you could get down to no coffee/tea per day, but I leave that up to you. :)

13. **Restaurant food.** This one will be challenging, I understand, but it is too hard to resist temptation when dining out and we can't know every ingredient added to a dish.

For the next 28 days, if you **have** to eat out, order a grilled steak, broiled fish, or baked chicken breast (no skin) and ask for extra vegetables on the side. No butter. No potato. No bread basket.

If you are out at breakfast, order steak and/or poached eggs with vegetables on the side. No fruit, juice or toast. Think of the money you will be saving! In fact, if you eat out regularly, save the money you normally spend and buy yourself something fun when the Challenge is over or indulge in a fancy dinner out. :)

14. **Chocolate.** I feel like this needs its own line. I know how tough this will be for many of us...stay with me...

Together, we can do this. We **will** do this.

You are awesome.

xo Sarah

P.S. I'd love to hear from you! Let me know what will be the hardest thing for you to give up on the Challenge.