

10 STEPS TO THE PERFECT “CHEAT” MEAL

(Let's assume you choose Sunday)

Step 1. Get a good night's rest on Saturday night. Do NOT drink ALCOHOL on Saturday or Sunday. UNLESS your "cheat meal" is alcohol. If this is your choice, eat Challenge-approved meals all day and drink alcohol.

Step 2. Wake up on Sunday and go through your normal routine; lemon water, eat a healthy, high protein breakfast with some healthy fat etc. **Use your journal and track how you feel.**

Step 3. Exercise. Go out and enjoy some form of exercise.

Step 4. Go out and get your cheat meal and enjoy every bite!!! I like doing this at lunchtime so I have the rest of the day to burn it off, rather than having it at 6 or 7 P.M. **NOTE:** I do NOT recommend getting delivery or eating at home. You want to go out, enjoy the meal, and leave it there. I don't want to have a bunch of leftover Chinese or Indian or Pizza or whatever in my home. Keep your home a safe haven. **Use your journal and track how you feel.**

Step 5. After my cheat meal, I **go and shop for healthy meals for the week** (this is why I like Sundays for my Cheat Meal). Plus, I'm full!

Step 6. Get home and chop veggies, make a dozen hard-boiled eggs, and prepare **at least one** one-pot meal (stove top or crock pot) for dinner and leftovers for the week. (I often make a few dishes on Sundays).

Step 7. Practice some type of self-care (read, meditate, take a bath, go out and do something you enjoy...)

Step 8. Eat your easy, healthy, tasty dinner. For me, this is often a lentil curry or a Thai dish or a stew or crock pot chicken dinner. **Use your journal and track how you feel.**

Step 9. Sip on herbal tea. **Use your journal and track how you feel.**

Step 10. Give yourself a high five and get ready for an amazing week!