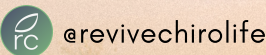


# QUARANTINE 15 CHALLENGE

## NUTRITION GUIDE



### WHAT TO EAT:

- **NO GRAINS:** Not even whole, "healthy" grains!
- **NO DAIRY**
- **NO SUGARS:** This includes hidden sugars, corn syrup, aspartame, etc... Make sure to read ingredient lists!
- **LOW GLYCEMIC FRUITS ONLY:** Berries, Granny Smith Apples, and Grapefruits are good low sugar choices.
- **MONITOR PROTEIN INTAKE:** We advise 3-5oz per/meal for females and 5-7oz per/meal for males. Most people do well with protein 3 times a day. If you are a competitive athlete or highly active person you may need to add an extra protein meal a day, but do not increase the intake per meal. (Two eggs in one meal would be sufficient for a female and 3-4 eggs for a male.)
- **INCREASE YOUR HEALTHY FATS**

### WHEN TO EAT:

- Choose one day of the week to have a "One Meal Day", in which you only eat dinner.
- Choose one day of the week to have a "Cheat Day", in which you can eat breakfast as well as your lunch and dinner. You may also have two "Low Sugar" drinks that day.
- All other days you will fast until lunch with an 8-hour intermittent fasting window. (Ex: If you eat your first meal at 11am, then that gives you from 11am-7pm to eat. After 7pm, you may not eat anymore.)
- All other days you will eat a smoothie or salad for lunch. (If your goal is WEIGHTLOSS, only pick one of the two. If you are simply trying to live a HEALTHIER LIFESTYLE, you may eat a smoothie AND a salad for your lunch.)
- Only eat a small snack in between meals in necessary. Otherwise, just eat your lunch and dinner while following the 8-hour fasting window.

**EXAMPLE WEEK:** Feel free to copy this weekly plan! If your work or life schedule doesn't allow for this, then create your own weekly plan, *as long as it abides by all the challenge rules and guidelines!*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	FAST	FAST	FAST	FAST	FAST	FAST	FAST
Lunch	FAST	SMOOTHIE/SALAD AFTER 12PM	SMOOTHIE/SALAD AFTER 12PM	SMOOTHIE/SALAD AFTER 12PM	SMOOTHIE/SALAD AFTER 12PM	SMOOTHIE/SALAD AFTER 12PM	SMOOTHIE/SALAD AFTER 12PM
Snack	FAST	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
Dinner	EAT	EAT	EAT	EAT	EAT	EAT	EAT

Not sure what to eat? Check out **maxliving.com** - They have a bunch of awesome recipes!