7 DAY HEALTH CHALLENGE
FOOD TRACKER
DAY
LUNCH
SUN
MON
TUE
WED
7 DAY HEALTH CHALLENGE
HABITS
7 DAY HEALTH CHALLENGE
THINGS TO OMIT
IDEAS TO FOLLOW
1. No Gluten
2. No Processed Food
3. No Sugar
4. No Dairy
5. No Alcohol
6. Limited / No Carbs
THINGS TO EAT / DRINK
1. All Fresh & Frozen Vegetables
2. All Fresh & Frozen Fruits
3. Lean Animal Protein
4. Legumes / Tofu
5. Eggs
6. Nuts, Seeds, Dried Fruit
7. Some Wholegrains eg Quinoa
8. Good Fats eg Olive Oil
9. Water
10. Sugar Free Vegetable Juice
11. Herbal Teas / Green Tea
12. Apple Cider Vinegar
13. Fresh or Dry Herbs & Spices
14. Nut Milks & Yoguirts
EXERCISE
30 MINUTES
S DAYS
EEK
ABITS TO IMPLEMENT / TRACK
EIGHT TRACKER
7 DAY HEALTH CHALLENGE
AMAZING NUTRITION I HAVE GIVEN MY BODY!
ABLES
FRUITS
OTHER