

# Download File PDF The 30 Day Whole Food Diet

## #Jenny



Finally I get this ebook, thanks for all these I can get now!

## #Rio



Cool! I'am really happy

## #Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

## #Hun Tsu



wtf this great ebook for free?!

## #Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

## #Diego Butler



so many fake sites. this is the first one which worked! Many thanks

**30-Day Diet Challenge Guide**

**the rules**

- Challenge itself**
  - All restrictions are apply for 30 days.
  - There is no cheating at all during the challenge.
  - You can reintroduce restricted foods one by one after the challenge to see how you react (long term not the technique described in book).
- Before You Get Started**
  - Remove all restricted foods from your house.
  - Make all of your meals.
  - Make a daily menu for the next 30 days.
- Food Diet**
  - Do not calculate calorie count or nutrient.
  - The challenge is not for weight. Calorie intake is based on your physical activity (see what is for section).
  - Eat 3 meals a day.
  - Snacks are allowed, but they can only be fresh fruit or vegetables.
  - All meals should have at least one serving of healthy protein, vegetable, carbohydrate, vegetable, and fruit.
  - Drinking alcohol during the challenge is just allowed.
  - Try to quit smoking if you can.
- Food Food**
  - First, try to get your fresh foods locally or 100% certified organic.
  - If you can't find local or organic foods then you can buy industrial produce (the non-organic foods that are typically found at your local grocery store - produce section).
  - Be cautious of industrial formation, corn, and genetics because they are usually genetically modified (GMO). USDA certified sources of these foods should be GMO free.
  - Protein food is permitted on occasion.
- Using Money Making Your Food**
  - Use your own health and muscle to work.
  - Use safe water as a cheap source of calories (e.g., white potato and rice).

**what to avoid**

- No Modern Food**
  - Wheat or wheat products. Contains gluten, which is very problematic for many people (read book for a food).
  - Chick, rice, or yeast. Contains gluten.
  - Bees for any products. Contains all or several of soy, peanuts and tree nuts.
  - Added refined sweeteners. Such as: maple, agave, corn syrup, and any substitutes.
  - Chemical additives. These man-made chemicals can cause a wide range of reactions in some people.
  - Man-made trans fats. This is a fat that does not exist in nature. It has been linked to heart disease, cancer, and diabetes.
  - High fructose corn syrup. When eaten in excess and combined with omega-6, omega-9 can cause body-wide inflammation.
- No Common Food Allergens**
  - Milk (does not include raw butter).
  - Foods like yogurt, butty, and cheese.
  - Eggs (like, yolk, whites, and shell).
  - Shell fish.
  - Tree nuts.
- No Processed Foods**
  - Milk substitutes.
  - Egg substitutes.
  - Meat substitutes.
- No Convenience Food**
  - Fast food restaurants. Includes all convenience foods like McDonald's, Burger King, Wendy's, Arby's, Sonic, and Taco Bell.
  - Packaged meals. Includes all meals that can be consumed from a box and re-heated in an oven. Essentially, all pre-packaged foods that you didn't make at home with fresh food.
  - Packaged meals. Includes all deli-style meats like chicken, turkey, ham, salami, corn, doughnuts, brownies, protein bars, and protein.
  - Canned foods and drinks. Includes anything sealed in a tin, jar, or bottle.

**what to eat**

- Fresh, Whole Foods**
  - Meats. This includes both organic and organic (e.g., beef, bone). Some frozen meat is allowed.
    - Eat 1 pound of meat a day.
  - Chicken eggs. Make sure to consume the whole egg. Fresh whole eggs are best, but frozen store-bought eggs high in omega-3 are an acceptable alternative.
    - Eat 3-4 eggs a day.
  - Fruits. Include all fruit. Some frozen and dried fruit is allowed as long as it isn't chemically processed.
    - Eat 1 pound of fresh fruit every day.
  - Other safe carbohydrates. A source of these healthy carbs:
    - Grains to boost on physical activity (see below) and is eaten as part of your required 2 pound daily vegetable.
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    - Grains to boost on physical activity (see below) and is eaten as part of your required 2 pound daily vegetable.
- Other Foods**
  - Bone broth. Drink 1 cup of homemade bone broth every day.
  - Dark Chocolate. Any chocolate that is more than 80% cocoa.
  - Filtered Water. Drink as needed.
  - Probiotics. Eat 1 serving every day.

**Heavy Exercise**

Heavy Exercise: 100% (Days 1-10), 75% (Days 11-20), 50% (Days 21-30)

Light Exercise: 25% (Days 1-10), 50% (Days 11-20), 75% (Days 21-30)

Rest: 0% (Days 1-30)

Days 1-10: Heavy Exercise (100%)  
Days 11-20: Heavy Exercise (75%)  
Days 21-30: Heavy Exercise (50%)

Days 1-10: Light Exercise (25%)  
Days 11-20: Light Exercise (50%)  
Days 21-30: Light Exercise (75%)

Days 1-30: Rest (0%)

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