

NOVEMBER 2024 CHALLENGE

	MEALS	VEGGIES	CARBS	PROTEINS	FRUITS	FATS	CALORIES
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
TOTAL CONSUMED							

- ### VEGETABLES
- CUCUMBERS
 - CELERY
 - CARROTS
 - ASPARAGUS
 - BROCCOLI
 - ARTICHOKES
 - BEETS
 - BELL PEPPERS
 - BOK CHOI
 - BRUSSEL SPROUTS
 - CABBAGE
 - CAULIFLOWER
 - EGGPLANT
 - GREEN BEANS
 - LETTUCE
 - MUSHROOMS
 - SNOW PEAS
 - SPINACH
 - ZUCCHINI
 - SQUASH
 - SPROUTS
 - TOMATOES

- ### FRUITS
- STRAWBERRIES
 - BLUEBERRIES
 - RASPBERRIES
 - BLACKBERRIES
 - APPLES
 - GRAPEFRUIT
 - KIWI

- ### PROTEINS
- CHICKEN BREAST
 - EGGS
 - TUNA
 - TILAPIA
 - SALMON
 - TURKEY
 - CHICKPEAS

- ### CARBOHYDRATES
- QUINOA
 - BROWN RICE
 - SWEET POTATO
 - OATS
 - WHOLE GRAIN PASTA

- ### FATS
- ALMONDS
 - WALNUTS
 - AVOCADO
 - PEANUTS BUTTER
 - ALMOND BUTTER
 - COCONUT OIL
 - OLIVE OIL

USE A NEW CLEAN LIVING FOOD LOG DAILY. FEEL FREE TO COPY AS NECESSARY.

TRY SPICES TO LIVEN UP YOUR FOOD, BUT AVOID SALT.

