

30 DAY CHALLENGE

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

Carbohydrates

Quinoa
Brown Rice
Sweet Potato
Oats
Whole Grain Pasta

Proteins

Chicken Breast
Eggs
Tuna
Tilapia
Salmon
Turkey
Chickpeas

Fats

Almonds
Walnuts
Avocado
Peanuts Butter
Almond Butter
Coconut Oil
Olive Oil

Try spices to liven up your food, but avoid added salt.



NOVEMBER CHALLENGE CLEAN LIVING

30 Minutes of Cardio & Eat Healthy for 21 Days!

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