

Core10 Clean Eating Challenge

Introduction

We're so excited for you to get started on these meal plans! In just a few days, you are already going to feel a difference and within 7-10 days, you'll see a difference. This plan is meant to coincide with regular Core10 Pilates workouts (get in at least 3/week, or 4-5 if possible).

Prep your food on Sundays for the week – chopping lots of veggies so they're easy to just grab and use for the meal or pack in with your meal. Then again on Wednesday, prep again for more day (usually less on Wednesdays than on Sundays to do)

Please be sure to read the instructions, the shopping list, the meal plans and the FAQs section before you begin.

How to Use These Meal Plans

There are 12 meal plans for you to follow. Follow the meal plans for 6 days and then give yourself a "cheat day" (more details on that below). Then follow the meal plans for another 6 days and then give yourself another cheat day on Day 14.

Use the Shopping Guide to prep your kitchen. Prep your meals ahead of time. Have your plan and work that plan. Everything worth having takes effort. The results will be fat loss, feeling healthier, looking great, sleeping better, waking up more alert, and having more energy throughout the day.

Measurements

Take measurements before day 1, again at Day 14, and again at day 28.

- Chest is the nipple line
- Waist is the smallest part of the waist
- Abdomen is 1 inch below the naval
- Hips – at the pubic bone level
- Thighs – the largest circumference

Date _____ Weight _____
Chest _____ Waist _____ Abdomen _____ Hips _____ Thighs Rt _____ Lft _____

Date _____ Weight _____
Chest _____ Waist _____ Abdomen _____ Hips _____ Thighs Rt _____ Lft _____

Date _____ Weight _____
Chest _____ Waist _____ Abdomen _____ Hips _____ Thighs Rt _____ Lft _____

Date _____ Weight _____
Chest _____ Waist _____ Abdomen _____ Hips _____ Thighs Rt _____ Lft _____

Frequently Asked Questions

What if there is a meal or a food I don't like?

Each of us has different tastes and you will love some of these meals, and others...not so much. You can easily adjust your meals by substituting the breakfasts you like (or find easier to make) for those you don't like. Substitute the snack you like for one you don't. Mix and match as needed. Each meal is interchangeable. Just don't exchange a breakfast with a lunch or a lunch with a dinner. Only exchange the same type of meal (breakfast with breakfast, lunch with lunch).

When it comes to nuts, we've included a variety here for you to try over the 14 days. You will find you prefer some over others. Feel free to substitute that kind whenever it calls for nuts.

Do I need to modify these meal plans based on my weight?

The meal plans are roughly based on a 1500-1700 calorie meal plan. Research shows that 1600 calories of the right food combinations is sufficient to keep most people from being hungry while simultaneously quickly burning off a lot of body fat.

"It's Too Much Food For Me!"

If you have been a dieter for a long time and 1600 sounds a bit high to you, I assure you it's not. Restricting calories to low levels can be damaging to your metabolism and make your body hold on to fat instead of burning it off. Also, the foods that I have chosen in these meal plans are foods that will naturally stimulate fat burning in your body.

"I'm Still Hungry!"

If you feel like you need more food, and are hungry while following these plans, maximize the veggies in the plan (as you see it often says 1-2 cups of veggies – opt for 2 cups). You can also increase the protein servings by 1 ounce at a time if you are maxing the amount in the veggies and still feel hungry. For example, if lunch calls for 4 oz salmon, increase it to 5 or 6 if necessary.

These meal plans are to be followed for 2 weeks. You will then be creating new meal plans for yourself that are specific to your own personal needs in weeks 3-4.

What can I drink while following these meal plans?

1. **Water** - 1/2 of your body weight in ounces of water each day (e.g. if you weight 150 lbs., then 75 oz. of water throughout the course of each day)
2. **Green Tea** - sweetened with stevia or xylitol
3. **Coffee** - (1 cup per day maximum) sweetened with stevia or xylitol (no milk or creamer...Almond or cashew milk if you have to use a creamer)
4. **Refrain from alcohol during these 14 days** – or save it for cheat day. If this is a real problem to eliminate alcohol, check out the book *"The East Way to Stop Drinking"* by Allen Carr on Audible right away – Great book!

What can I eat on my cheat days?

1. Eat whatever you like without gorging yourself. Eat slowly and enjoy it. Don't eat until you are overly full at each meal. You can eat whatever foods you would until you are satisfied, just be reasonable. Two slices of pizza is a meal, but a whole pie is not! A slice of cake is a great dessert, not the whole cake! (I think you get the point).
2. I do my cheat days is just eat as I feel like it all day. I don't plan like I would on all my other days and I eat whatever I am craving. For example, I may wake up and make pancakes, have sushi for lunch followed by some cookies, and go out to dinner and choose whatever appeals to me on the menu (including dessert). As you can see, I do not eat with reckless abandon, but I don't plan my health meals like I do on the other days of the week.

How much weight should I expect to lose with these meal plans?

1. You can expect to lose anywhere between 5-10 pounds in these first 2 weeks... some people may lose more, some people may lose less. Please do not focus so much on the number on the scale, but focus more on how you feel, how your clothes are fitting and the wonderful habits you are changing in these first 2 weeks.

What should I do when I complete these 14 days?

Start over on Day 1, and repeat the cycle but this time around, start to input your favorite meals into each slot and eliminate the ones you didn't like as well. Substitute a breakfast for breakfast, and lunch for lunch. Snack for snack.

The 14-Day Clean Eating Plan has a huge variety of healthy meals, but the reality is that most fit, healthy people tend to eat similar foods and similar meals every day. You're likely the same and will eventually have a healthy go-to meals that you find yourself eating almost every day: a breakfast of chicken sausage, peppers and onions or eggs and spinach, a similar lunch (salad and protein), a mid-afternoon snack (fruit and nuts or a protein shake), and a similar dinner (protein and veggies).

Core10 Clean Eating Challenge

Week 1 - Days 1-6

(Some products purchased during week 1 will be left over for use in week 2)

PRODUCE	AMOUNT	NOTES
Spinach	1 package	4 cups
Tomato	7	medium
Cucumber	3	medium
Bell Peppers	3	
Celery	1 package	
Carrots	8	large
Onion	1	
Green Beans	1/2 cup	
Broccoli	3 cups	
Cauliflower	1 cup	
Sweet Potato	1	medium
Spaghetti Squash	1	small
Baby Carrots	2 cups	
Zucchini	1	medium
Avocado	2	medium
Green Apple	3	small
Banana	1	medium
Lemon	3	large
MEAT & SEAFOOD	AMOUNT	NOTES
Chicken Breast	9 oz	
Chicken (thigh meat)	14 oz	
Chicken Sausage	1 package	
Bacon - Pork or Turkey	6 slices	
Ground Turkey	12 oz	
Sliced Turkey	4 oz	
Ground Buffalo	4 oz	
Canned Tuna	4 oz	
Salmon	4 oz	
Shrimp	4 oz	
Tilapia	5 oz	

DAIRY	AMOUNT	NOTES
Cashew Milk - unsweetened 25 calories/cup	1	
Eggs	2 dozen	
NUTS, SEEDS, BUTTER	AMOUNT	NOTES
BUTTER & BEANS		
Raw Almonds	2 oz	
Raw Walnuts	2 oz	
Raw Macadamia Nuts	1 oz	
Raw Brazil Nuts	1/2 oz	
Raw Pumpkin Seeds	1/2 oz	
Raw Nut Butter or PB*	1 jar	
Chickpeas/Garbanzo Beans	4 oz	
Bread & Grains	AMOUNT	NOTES
Rice Cereal	2 cups	
Sprouted Ezekiel Bread	1 small loaf	
Oatmeal	2 cups	Dry
CONDIMENTS	AMOUNT	NOTES
Coconut Oil	1	
EVOO (Extra Virgin Olive Oil)	1	
Vinegar	1	
Soy Sauce - wheat-free	1	
Dijon Mustard	1	
Garlic Powder	1	
Cinnamon	1	
Unrefined Sea Salt	1	
Protein Powder - sugar-free	1	
Apple Cider Vinegar	1	

*PB is a healthy option to Peanut Butter or Nut Butter and you can eat more of it. So if you like quantity in addition to great taste and quality, try PB from your health food section in your grocery store, and replace Nut Butter with it.

Core10 Clean Eating Challenge

Grocery Shopping Guide

Week 2 - Days 8-13

PRODUCE	AMOUNT	NOTES
Spinach	1 package	4 cups
Romaine Lettuce	3 packs	
Tomato	6	
Cucumber	3	medium
Bell Peppers	4	
Celery	1 bunch	
Carrots	8	large
Onion	1	
Green Beans	1/2 cup	
Green Peas	1/2 cup	
Broccoli	3 cups	
Cauliflower	2 cups	
Spaghetti Squash	1	small
Zucchini	1	
Avocado	2	
Green Apple	6	medium
Banana	2	medium
Strawberries	1 cup	
Lemon	3	
MEAT & SEAFOOD	AMOUNT	NOTES
Chicken Breast	9 oz	
Chicken (thigh meat)	12 oz	
Bacon - turkey or pork	6 slices	
Ground Turkey	12 oz	
Sliced Turkey	4 oz	
Ground Buffalo	4 oz	
Caned Tuna	4 oz	
Salmon	4 oz	
Scallops	4 oz	
Tilapia	5 oz	

***Fabulous Salad Dressing* - Combine in a salad shaker & shake well!**

1 tsp yellow mustard, or Dijon mustard

1/2 tsp garlic powder

1/2 tsp sea salt or Himalayan

1/4 cup apple cider vinegar (made with "The Mother")

3/4 cup extra virgin olive oil (EVOO)

2 Tbsp fresh parmesan cheese, grated (optional)

Core10 Clean Eating Challenge

Day 1

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
2 Eggs	2	0	0	
1-2 cups Cooked Spinach	0	1	0	2 cups spinach if you're hungrier
1 Tomato Sliced	0	1	0	
2 tsp Coconut Oil (use 1 tsp for cooking eggs & 1 for spinach)	0	0	1	
TOTALS	2	2	1	
SNACK				
20-24 Almonds	2	0	1	
TOTALS	2	0	1	
LUNCH				
4 oz Cooked Salmon	4	0	0	
1/2 cup Garbanzo Beans	0	1	0	
1-2 cups raw mixed veggies (spinach, cucumbers, celery, peppers)	0	1	0	
2 tsp EVOO and Vinegar or Lemon	0	0	1	extra virgin olive oil
TOTALS	4	1	1	
SNACK				
4 oz chicken breast	4	0	0	
1-2 cups raw or lightly steamed lightly broccoli	0	1	0	
1/2 c sweet potato	0	1	0	try seasoning with spicy mustard
TOTALS	4	2	0	
DINNER				
4 oz ground turkey	4	0	0	make a burger or "scramble"
1 cup veggies (onions, tomatoes, carrots, celery as a salad or turkey topping)	0	1	0	
2 tsp EVOO + Lemon (dressing over veggies)	0	0	1	
TOTALS	4	2	1	
DAILY TOTALS	16	7	4	

Tips:

Cook extra turkey when you cook dinner today so you have it ready for tomorrow's lunch
Whenever possible, prep your food for tomorrow the day before.

Core10 Clean Eating Challenge

Day 2

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
3 oz Chicken Sausage	3	0	0	
1-2 cups cooked onions & peppers	0	1	0	
1 tsp Coconut Oil	0	0	1	
TOTALS	3	1	1	
SNACK				
2 Tbsp Nut Butter (or PB)	2	0	1	
1 cups Baby Carrots	0	1	0	
TOTALS	2	0	1	
LUNCH				
4 oz Ground Turkey	4	0	0	
1-2 cups tomatoes, onions, carrots, celery (as a topping with turkey or side salad)	0 0	1 0	0 0	
2 tsp EVOO and Vinegar or Lemon	0	0	1	extra virgin olive oil
TOTALS	4	1	1	
SNACK				
5 Eggs Whites	4	0	0	
1 Tomato Sliced	0	1	0	
2 Sprouted Whole Grain Bread	0	2	0	
TOTALS	4	3	0	
DINNER				
4 oz Chicken Thighs	4	0	0	
1/2-1 cup Green Beans	0	1	0	
1 cup Tomato and Cucumber Salad	0	1	0	
2 tsp EVOO + Lemon (salad dressing)	0	0	2	
TOTALS	4	2	2	
DAILY TOTALS	17	7	5	

Tips:

Fresh squeezed lemon is always better than bottled/preserved.

Season with spices as you'd like for any of the meals...with minimal salt

Prep for tomorrow: *baking a whole chicken and using that meat in the coming days makes it easier*

Bake the sweet potato for 45 minutes in the oven along with the chicken (trick-if you rub it lightly with olive oil, then after it's cooked and cooled a bit, you can just peel the skin off easily.

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Day 3

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
3 Slices Bacon (pork or turkey)	3	0	0	
1 slice Sprouted Ezekiel whole grain bread	0	1	0	
1 Tomato Sliced	0	1	0	
TOTALS	3	2	0	
SNACK				
Protein Shake	2	0	0	
1-2 cups Cashew Milk	1	0	0	
Banana	0	1	0	
TOTALS	3	1	0	
LUNCH				
4 oz grilled shrimp	4	0	0	
1/2 Avocado	0	0	2	
Salad of raw veggies (spinach, cucumbers, celery, peppers)	0	2	0	
Fabulous Salad Dressing (see recipes)	0	0	2	
TOTALS	4	2	4	
SNACK				
Green Apple	0	1	0	
10 Almonds	1	0	0	
TOTALS	1	1	0	
DINNER				
4 oz Ground Turkey (make into a burger)	4	0	0	
1-2 cups sautéed peppers & onions & spinach	0	1	0	
2 tsp Coconut Oil for sautéing veggies	0	1	0	
TOTALS	4	2	0	
DAILY TOTALS	15	8	4	

***Fabulous Salad Dressing* - Combine in a salad shaker & shake well!**

1 tsp yellow mustard, or Dijon mustard

1/2 tsp garlic powder

1/2 tsp sea salt or Himalayan

1/4 cup apple cider vinegar (made with "The Mother")

3/4 cup extra virgin olive oil (EVOO)

2 Tbsp fresh parmesan cheese, grated (optional)

Tip: Prep tuna salad for tomorrow (use EVOO instead of mayo)

Core10 Clean Eating Challenge

Day 4

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
3 oz leftover Chicken	3	0	0	
1 cup Steamed Cauliflower	0	1	0	
1/3 - 1/2 Avocado	0	0	2	
TOTALS	3	1	2	
SNACK				
2 Tbsp Nut Butter (or 4 Tbsp PB)	2	0	2	
1-2 cups Baby Carrots	0	1	0	
TOTALS	2	1	2	
LUNCH				
4 oz Canned Tuna	4	0	0	
1-2 cups Celery, Carrots, Peppers	0	1	0	
1/2 cup Garbanzo Beans	0	1	0	
1 Tbsp EVOO & Lemon	0	0	1	Or Fabulous Salad Dressing
TOTALS	4	2	1	
SNACK				
4 oz Sliced Turkey	4	0	0	
1 Tomato Sliced	0	1	0	
2 slices Ezekiel Whole Grain Bread	0	2	0	
TOTALS	1	3	0	
DINNER				
4 oz Dark Chicken (chicken breast if you prefer)	4	0	0	
1-2 cups Sautéed Garlic Broccoli	0	1	0	
1-2 cups Raw Mixed Veggies	0	1	0	
2 tsp EVOO to Sauté Broccoli	0	0	1	
TOTALS	4	2	1	

Tips: For delicious buffalo meatballs, add garlic powder, oregano, parsley, thyme, salt and pepper. Cook then in coconut oil. Sauté 2 pieces of garlic and then add the cut up tomato. Serve all of this over the spaghetti squash.

Cooking spaghetti squash – easiest is to stab the squash 4-5 times with a knife and the microwave it for 3 minutes, turn it over and cook another 2 minutes. Let it cool for easy shredding. Cut it in half, remove the seeds and then rub a fork along it to shred it into noodles.

Core10 Clean Eating Challenge

Day 5

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
3 oz leftover chicken sausage	3	0	0	
1 cup sautéed spinach	0	1	0	
2 tsp coconut oil	0	0	2	
TOTALS	3	1	2	
SNACK				
1/2 oz Pumpkin seeds	2	0	2	
Green Apple	0	1	0	
TOTALS	2	1	2	
LUNCH				
4 oz ground Buffalo (made into meatballs)	4	0	0	
2 cups sautéed garlic tomatoes	0	2	0	
1 cup spaghetti squash	0	2	0	
2 tsp coconut oil for sautéed veggies	0	0	2	
TOTALS	4	4	2	
SNACK				
Protein Shake	4	0	0	
1-2 cups Cashew Milk (25 calories/cup)	1	0	0	
TOTALS	5	0	0	
DINNER				
4 oz Dark Chicken (or Chicken breast if you prefer)	4	0	0	
1-2 cups sautéed garlic Broccoli	0	1	0	
1-2 cups raw mixed veggies	0	1	0	
2 tsp EVOO to sauté Broccoli	0	0	2	
TOTALS	4	2	2	
DAILY TOTALS	18	8	8	

Tips:

Egg Salad: Hard boil 4 eggs. Mash up 2 whole eggs and 2 whites, add 1 tsp Dijon and 1 tsp EVOO. Add salt & pepper to taste.

Core10 Clean Eating Challenge

Day 6

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
3 slices bacon	3	0	0	
1 egg	1	0	0	
1 tomato	0	1	0	
TOTALS	4	1	0	
SNACK				
1 oz walnuts (14 halves)	2	0	0	
Green apple	0	1	0	
TOTALS	2	1	0	
LUNCH				
2 eggs + 2 egg whites + 1 Tbsp Dijon + 1 tsp EVOO - make into egg salad	4	0	0	
1-2 cups raw veggies (cucumbers, celery, peppers, carrots) made into a salad	0	2	0	
1/2 cup Garbanzo Beans	0	1	0	
1 Tbsp Fabulous Salad Dressing	0	0	1	
TOTALS	4	3	1	
SNACK				
1 cup dry oatmeal (cook + add cinnamon)	0	1	0	
1 scoop protein powder mixed into oatmeal	2	0	0	
TOTALS	2	1	0	
DINNER				
5 oz cooked chicken breast	4	0	0	
1 cup peppers & zucchini	0	1	0	
1 cup tomato & cucumber salad	0	1	0	
1 tsp wheat-free soy sauce	0	0	0	
2 tsp EVOO	0	0	1	
TOTALS	4	2	1	
DAILY TOTALS	16	8	2	

Core10 Clean Eating Challenge

Day 7 - Cheat Day

What can I eat on my cheat days?

1. Eat whatever you like without gorging yourself. Eat slowly and enjoy it. Don't eat until you are overly full at each meal. You can eat whatever foods you would until you are satisfied, just be reasonable. Two slices of pizza is a meal, but a whole pie is not! A slice of cake is a great dessert, not the whole cake! (I think you get the point).
2. I do my cheat days is just eat as I feel like it all day. I don't plan like I would on all my other days and I eat whatever I am craving. For example, I may wake up and make pancakes, have sushi for lunch followed by some cookies, and go out to dinner and choose whatever appeals to me on the menu (including dessert). As you can see, I do not eat with reckless abandon, but I don't plan my health meals like I do on the other days of the week.

Tips:

Prep the week right by having the foods you'll need ready, chopped and ready to grab and create your meals

Cook the salmon ahead and have it cold over the salad

Prep the cauliflower – steam it and cut it up so it's ready to eat

Tomorrow, when you make the turkey for dinner, make extra so you have it for Day 9's lunch

Core10 Clean Eating Challenge

Day 8

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
2 eggs	2	0	0	
1-2 cups cooked spinach	0	1	0	2 cups spinach if you're hungrier
1 tomato (sliced)	0	1	0	
2 tsp coconut oil (use 1 tsp for cooking eggs & 1 for spinach)	0	0	1	
TOTALS	2	2	1	
SNACK				
20-24 almonds	2	0	1	
TOTALS	2	0	1	
LUNCH				
4 oz cooked salmon	4	0	0	
1/2 cup garbanzo beans	0	1	0	
1-2 cups raw mixed veggies (lettuce, cucumbers, celery, peppers, carrots)	0	1	0	
1 Tbsp Fabulous Salad Dressing	0	0	1	extra virgin olive oil
TOTALS	4	1	2	
SNACK				
4 oz chicken	4	0	0	
1-2 cups cauliflower	0	1	0	
1 small green apple	0	1	0	
TOTALS	4	2	0	
DINNER				
4 oz ground turkey	4	0	0	make a burger or "scramble"
1 cup veggies (onions, tomatoes, carrots, celery as a salad or turkey topping)	0	1	0	
2 tsp EVOO + Lemon (dressing over veggies)	0	0	1	
TOTALS	4	1	1	
DAILY TOTALS	16	7	5	

Tips:

Use left-over turkey for tomorrow's meal

Core10 Clean Eating Challenge

Day 9

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
3 oz chicken sausage	3	0	0	
1-2 cups cooked onions & peppers	0	1	0	
1 tsp coconut oil	0	0	1	
TOTALS	3	1	1	
SNACK				
2 Tbsp Nut Butter (or 4 Tbsp PB)	2	0	1	
1 cup baby carrots	0	1	0	
TOTALS	2	0	1	
LUNCH				
4 oz ground turkey	4	0	0	
1-2 cups tomatoes, onions, carrots, celery (as a topping with turkey or side salad)	0 0	1 0	0 0	
2 tsp EVOO and Vinegar or Lemon	0	0	1	extra virgin olive oil
TOTALS	4	1	2	
SNACK				
5 eggs whites - for a veggie omelet	4	0	0	
1-2 cups spinach, tomatoes, mushrooms	0	1	0	
2 tsp coconut oil	0	0	1	
TOTALS	4	3	0	
DINNER				
4 oz chicken thighs (chicken breast if you prefer)	4	0	0	
1/2 - 1 cup green beans	0	1	0	
1 cup tomato and cucumber salad	0	1	0	
1 Tbsp Fabulous Salad Dressing	0	0	1	
TOTALS	4	2	1	
DAILY TOTALS	17	7	5	

Tips:

Prep the scallops ahead and have them cold over the salad for lunch.
Make your shake ahead if you need to for the afternoon snack

Core10 Clean Eating Challenge

Day 10

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
3 slices bacon (pork or turkey)	3	0	0	
1 slice sprouted Ezekiel whole grain bread	0	1	0	
1 tomato sliced	0	1	0	
TOTALS	3	2	0	
SNACK				
1/2 oz brazil nuts (6-8 nuts)	1	0	0	
1/2 oz macadamia nuts	1	0	0	
TOTALS	3	1	0	
LUNCH				
4 oz scallops	4	0	0	
1/3 - 1/2 avocado	0	0	2	
1 – 2 cups salad of raw veggies (spinach, cucumbers, celery, peppers)	0	1	0	
1 Tbsp Fabulous Salad Dressing (see recipes)	0	0	2	
1 small green apple	0	1	0	
TOTALS	4	2	3	
SNACK				
Protein Shake	1	0	0	
Cashew Milk 1-2 cups	1	0	0	
Banana	0	1	0	
TOTALS	1	1	0	
DINNER				
4 oz ground turkey (make into a burger)	4	0	0	
1-2 cups sautéed peppers & onions & spinach	0	1	0	
2 tsp coconut oil for sautéing veggies	0	1	0	
TOTALS	4	2	0	
DAILY TOTALS	15	8	4	

Tips:

Hard boil your eggs for the morning and steam the cauliflower so it's ready to mix and eat for breakfast. Prep the tuna salad and mix it all together with EVOO instead of having mayo in the tuna salad

Core10 Clean Eating Challenge

Day 11

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
2 soft boiled eggs (or hard boiled)	2	0	0	
1 cup steamed cauliflower	0	1	0	
1/3 - 1/2 avocado	0	0	2	
TOTALS	3	1	2	
SNACK				
2 Tbsp Nut Butter	2	0	0	
1 cup baby carrots	0	1	0	
TOTALS	2	1	2	
LUNCH				
4 oz canned tuna	4	0	0	
1-2 cups celery, carrots, peppers	0	1	0	
1 Tbsp EVOO & Lemon or Fabulous Salad Dressing	0	0	1	
1 cup sliced strawberries	0	0	1	
TOTALS	4	2	2	
SNACK				
4 oz sliced turkey	4	0	0	
1 cup broccoli	0	1	0	
1 small green apple	0	1	0	
TOTALS	1	2	0	
DINNER				
4 oz dark chicken (chicken breast if you prefer)	4	0	0	
1-2 cups sautéed garlic broccoli	0	1	0	
1-2 cups raw mixed veggies	0	1	0	
2 tsp EVOO to sauté broccoli	0	0	1	
TOTALS	4	2	1	
DAILY TOTALS	14	8	6	

Tips:

Prep the buffalo with garlic powder, oregano, parsley, thyme, salt & pepper. Make the meatbass and cook them in 1 tsp coconut oil. Sauté 2 pieces of garlic and then add the tomato. Serve as sauce over the spaghetti squash

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Day 12

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
3 oz leftover chicken sausage	3	0	0	
1 cup sautéed spinach	0	1	0	
2 tsp coconut oil	0	0	1	
1 small green apple	0	1	0	
TOTALS	3	2	1	
SNACK				
1 oz Pumpkin Seeds	2	0	2	
TOTALS	2	1	2	
LUNCH				
4 oz ground buffalo (made into meatballs)	4	0	0	
2 cups sautéed garlic tomatoes	0	2	0	
1 cup spaghetti squash	0	2	0	
2 tsp coconut oil for sautéed veggies	0	0	1	
TOTALS	4	4	1	
SNACK				
Protein Shake	4	0	0	
1-2 cups Cashew Milk	1	0	0	
TOTALS	5	0	0	
DINNER				
5 oz Tilapia	5	0	0	
1/3 - 1/2 avocado	0	0	2	
1-2 cups raw mixed veggie salad	0	1	0	
1 Tbsp EVOO or Fabulous Salad Dressing	0	0	1	
TOTALS	5	2	2	
DAILY TOTALS	19	9	6	

Tip for Day 13 Prep:

Egg Salad: Hard boil 4 eggs. Mash up 2 whole eggs and 2 whites, add 1 tsp Dijon ad 1 tsp EVOO. Add salt & pepper to taste.

Core10 Clean Eating Challenge

Day 13

Food	Protein	Carbs	Fat	Notes
BREAKFAST				
3 slices bacon	3	0	0	
1 egg	1	0	0	
1 tomato	0	1	0	
TOTALS	4	1	0	
SNACK				
1 oz walnuts (14 halves)	2	0	0	
Green apple	0	1	0	
TOTALS	2	1	0	
LUNCH				
2 eggs + 2 egg whites + 1 Tbsp Dijon + 1 tsp EVOO - make into egg salad	4	0	0	
1-2 cups raw veggies (cucumbers, celery, peppers, carrots) made into a salad	0	2	0	
1/2 cup green peas	0	1	0	
1 Tbsp Fabulous Salad Dressing	0	0	1	
TOTALS	4	3	1	
SNACK				
4 oz sliced turkey breast	4	0	0	
Romaine Lettuce Leaves (use as wraps)	0	0	0	
Dijon Mustard	0	0	0	
1 small green apple	0	1	0	
TOTALS	2	1	0	
DINNER				
5 oz cooked chicken breast	4	0	0	
1-2 cups peppers & zucchini	0	1	0	
1 cup tomato & cucumber salad	0	1	0	
1 tsp wheat-free soy sauce	0	0	0	
1 Tbsp Fabulous Salad Dressing	0	0	1	
TOTALS	4	2	2	
DAILY TOTALS	16	8	3	

Core10 Clean Eating Challenge

Day 14 - Cheat Day

Take your measurements early today. Measure your results and share them on the Facebook page if you'd like.

What can I eat on my cheat days?

1. Eat whatever you like without gorging yourself. Eat slowly and enjoy it. Don't eat until you are overly full at each meal. You can eat whatever foods you would until you are satisfied, just be reasonable. Two slices of pizza is a meal, but a whole pie is not! A slice of cake is a great dessert, not the whole cake! (I think you get the point).
2. I do my cheat days is just eat as I feel like it all day. I don't plan like I would on all my other days and I eat whatever I am craving. For example, I may wake up and make pancakes, have sushi for lunch followed by some cookies, and go out to dinner and choose whatever appeals to me on the menu (including dessert). As you can see, I do not eat with reckless abandon, but I don't plan my health meals like I do on the other days of the week.

Ready to keep losing body fat and feeling great?

Next 14-day plan – repeat the 14-day plan again, but this time, plug in your favorite meals.

Eliminate the ones that you didn't like or you found too time consuming. Just be sure to plug in a breakfast for a breakfast, a lunch for a lunch, a snack for a snack.

Keep the results going and keep taking your **Core10** classes!