

Ali n Marn Living

How Long Will it Take for You to Become the CEO of Your Own Body?



30-Day Clean Eating, Clean Living Challenge

The Guidelines

And tips to help!

1) Take inventory at the beginning. Get a diary. Write things down.

- a. Is it weight on the scale? Body measurements? Observe your energy levels. Observe your skin clarity. Observe your nails. Write down what you can from Day 1 to Day 30 so that you can keep track of changes in how you are feeling and how you are looking!

2) In addition to the team goal of following the guidelines for 30-days; set 1 individual goal for eating and 1 for your fitness – this is not a competition with anyone other than YOU! Every goal should be tangible and measurable.

- a. Do not think that you have to compete with other people's goals! EVERY PERSON may be starting from a different place as far as fitness and diet. As long as the goal is something that will make YOU HAPPY at the end of 30 days, and something that would not have happened otherwise, go for it! Feel free to ask Ali or Marni if you feel like some coaching

3) Drink a minimum of 8 x 8 ounce glasses of filtered water per day. (Drink more if you are active!)

- a. Tip: Carry water with you all day
- b. Drink water like it's your job!
- c. Really motivated? Buy a bottle of Liquid Chlorophyll (Whole Foods) and add a couple tablespoons to your water bottle in the morning.
- d. Drink a glass of water immediately upon waking in the morning, before anything else!
- e. Warm to hot water (add organic lemon) helps aid in digestion. Great in the morning!

4) Read labels: if it has more than 5 ingredients, think twice!

- a. If you can't pronounce something on the label, chances are you want to beware
- b. If there is a product you aren't sure about, ask the team! This is all about teamwork and everyone helping each other to make it to the 30 days!

5) Eliminate processed foods, gluten and refined sugar; dairy and animal proteins with hormones and additives; no caffeine or alcohol

- a. **Processed foods:** remember, most of the 'food' in the center aisles of your market are processed, rather than 'whole', or 'real' foods. This means you will see unusual ingredients that aren't natural, or that you can't pronounce on the labels. Do you really want to eat something when you don't even know what it is?
- b. **Gluten:** For 30 days, we are recommending that you eliminate products with wheat (gluten). There are so many other delicious whole grain options. But there are a number of unnatural additives that have invaded our wheat source that are meant to produce faster growth, and that often create cravings (like a drug). Many people have wheat sensitivities and don't even realize it. For a clean eating diet, we recommend you make every effort to eliminate wheat and anything that has gluten.
- c. **Dairy:** As an alternative to dairy, which often makes us feel bloated (over 60% of adults have difficulty digesting the lactose in dairy products), we recommend trying Almond Milk (unsweetened has fewer calories than cow's milk and tastes very similar), or Coconut Milk (unsweetened). Also note that cow's milk today (as opposed to the milk our ancestors

drank) often has dietary hormones and additives as a result of the dairy cow's diet. These hormones and other additives have been linked to numerous forms of cancer.

- d. **Animal proteins:** During this 30-Day challenge, if you choose to eat animal-based proteins, we recommend that you only choose lean white chicken or turkey that is specifically 'cage-free', 'free-range' or 'organic'. This means that the producer does not allow the use of genetic engineering, synthetic growth regulators (hormones), synthetic veterinary drugs, including antibiotics, tranquilizers, and parasiticides. Do you want to take drugs that you don't know about?
- e. **Eggs:** Only buy 'free-range' eggs. These come from hens that are fed grain, seeds, and greens that contain a higher level of essential fatty acids than non-free range hens. Free range hens do not eat feed that has been treated with antibiotics and other chemicals.
- f. **Fish:** Because of mercury levels in our fish, limit fish to 1-2 times per week. Salmon is your best choice and the Omega-3 fatty acids are also great for the skin. When choosing fish make sure you are asking for 'wild' and NOT FARMED. Farmed fish is typically injected with unnatural dyes to provide color, and this can also be quite harmful to your health.
- g. **Beverages:** Coffee, soda (diet and non diet), caffeinated iced tea and alcohol should be eliminated. Water is your best option. Try it with lemon, mint or cucumber or add green tea to the mix which has some evidence suggesting that regular green tea drinkers may have a lower risk of developing heart disease and certain types of cancer.

6) Choose Fresh, Organic Fruits and Vegetables

- a. Check out the organic section of your supermarket. Try new fruits and vegetables! You might find that you like them!
- b. Google your local Farmer's Markets and make a point to visit! Stock up!
- c. No canned fruits and vegetables. Read the ingredients – you will find quite a few preservatives there.

- d. We realize that there will be times when finding organic can be a challenge. Wash any non-organic fruits and vegetables carefully with apple cider vinegar and filtered water as possible.

7) Do not skip breakfast; ideally, eat 3 meals and 2 snacks; eat every 4 hours; avoid late night eating

- a. Many people skip breakfast. Breakfast is very important to get your metabolism going for the day. Do not skip it!
- b. After 4 hours, metabolism will slow, so make sure you eat every 4 hours.

8) Eating Out: We know this can be a challenge!

- a. We are not asking you to give up going out but to be HIGHLY conscious, and make cognizant food choices. Try checking out the menu prior to going to the restaurant to make your choices or give them a call and let them know your restrictions. They may even be willing to come up with some adjustments for you (believe us, we always do it!) Needless to say, fast food restaurants are probably not a wise choice.

9) Stay active! Include physical fitness or sports into your life!

- a. Everyone is starting from a different level when it comes to physical fitness. What can you do to be more active everyday than you would otherwise have been? Ask Ali and Marn for ideas if you're stuck!

10) Support each other. Ask for support. Contribute support.

- a. Support success! We're in it together. Everyone has a challenge.

Contact us:

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