

# Real Food Challenge 30 day Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Prepare for Success</b> Real Food Diets Handout</p>	<p>1 Choose your Real Food Diet: Goal &amp; You Based I Did it! <input type="checkbox"/></p>	<p>2 6:30 PM <b>Prepare for Success &amp; Real Food Plan for you?</b> Buy support I Did it! <input type="checkbox"/></p>	<p>3 Clean out your refrigerator I Did it! <input type="checkbox"/></p>	<p>4 Clean out your pantry I Did it! <input type="checkbox"/></p>	<p>5 Clean out your cabinets I Did it! <input type="checkbox"/></p>	<p>6 Create a menu plan and shopping list Psalm 139:14 I Did it! <input type="checkbox"/></p>
<p>7 <b>Real Food Shopping Day!</b> Have support! 1Thessalonians 5:9-11 I Did it! <input type="checkbox"/></p>	<p>8 <b>Start your Real Food Challenge</b> Deut. 30:19-20 I Did it! <input type="checkbox"/></p>	<p>9 <b>Powerful Timesaving Tips</b> 6:30 PM Encourage Others Meeting Proverbs 14:1 I Did it! <input type="checkbox"/></p>	<p>10 Freezer: Double your Recipe and freeze one 2 Samuel 22:30 I Did it! <input type="checkbox"/></p>	<p>11 Crockpot: Bone Broth soup Philippians 3:13 I Did it! <input type="checkbox"/></p>	<p>12 Immersion Blender: Warm frothy drinks Romans 6:14 I Did it! <input type="checkbox"/></p>	<p>13 Lg. Frying Pan: Cook gr. Meat all at once, divide 1 Cor. 9:27 I Did it! <input type="checkbox"/></p>
<p>14 Food Processor: Chopped garlic and olive oil 1 Cor. 10:13 I Did it! <input type="checkbox"/></p>	<p>15 <b>Energy</b> Aloe Lemonade Revelation 3:21 I Did it! <input type="checkbox"/></p>	<p>16 <b>Increase Energy</b> 6:30 PM Encourage Others Meeting Proverbs 25:16 I Did it! <input type="checkbox"/></p>	<p>17 Building energy w/ Adaptogens Try them! Revelation 2:17 I Did it! <input type="checkbox"/></p>	<p>18 Essential oils for energy Isaiah 41:13 I Did it! <input type="checkbox"/></p>	<p>19 Nutrients &amp; Antinutrient Review your diet 2 Timothy 2 :23-24 I Did it! <input type="checkbox"/></p>	<p>20 Rest- Have some you time 1 Peter 5:7 I Did it! <input type="checkbox"/></p>
<p>21 <b>Weight loss</b> 8-9 hours of Sleep Isaiah 43:1-2 I Did it! <input type="checkbox"/></p>	<p>22 MCT oil in Hot butter tea Ephesians2:10 I Did it! <input type="checkbox"/></p>	<p>23 <b>Weight loss tips</b> 6:30 PM Encourage Others Meeting Jeremiah 31:3 I Did it! <input type="checkbox"/></p>	<p>24 Probiotics and fermented vegetables Job 5:2 I Did it! <input type="checkbox"/></p>	<p>25 Count your fiber Ephesians 4:31-32 I Did it! <input type="checkbox"/></p>	<p>26 Assess your blood sugar risk Luke 6:37 I Did it! <input type="checkbox"/></p>	<p>27 Try the daily detox tea Ephesians 6:12 I Did it! <input type="checkbox"/></p>
<p>28 <b>Exercise</b> Take a walk outside Isaiah 61:10 I Did it! <input type="checkbox"/></p>	<p>29 Bed exercise 1 Peter 2:9 I Did it! <input type="checkbox"/></p>	<p>30 <b>Exercise For Life</b> Dance Psalm 45:11,13 I Did it! <input type="checkbox"/></p>	<p>31 Dr. Mercola's 3 min. workout Zephaniah 3:17 I Did it! <input type="checkbox"/></p>			