

# INSPIRED BY FITNESS 30-DAY SPRING CLEANING CHALLENGE

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30 DAY PALEO	30 DAY PALEO W/1 CHEAT DAY PER WEEK	30 DAY CLEAN EATING	30 DAY CLEAN EATING W/1 CHEAT DAY PER WEEK
<p>The Palo Diet is also known as The Caveman Diet and comes from the Paleolithic Era when humans only ate food that they hunted or gathered.</p>	<p>6 Days A Week Eat Paleo 1 Day is Cheat/Free Day to eat whatever you want</p>	<p>Clean Eating is a Lifestyle based on goal to remove all processed foods from your diet &amp; mostly consists of eating fresh, veggies and fruits, whole grains and lean proteins.</p>	<p>6 Days A Week Eat Clean 1 Day is Cheat/Free Day to eat whatever you want</p>
<p><b>Allowed</b></p> <ul style="list-style-type: none"> <li>Coconut Oil &amp; Coffee Cramer</li> <li>Coffee &amp; Herbal/Green Tea</li> <li>Eggs</li> <li>Fruits &amp; Vegetables</li> <li>Honey</li> <li>Lean Meats &amp; Chicken</li> <li>Nuts and Seeds</li> <li>Seafood</li> </ul>	<p>Eat Everything in "Paleo Column", &amp; give yourself 1 Free/Cheat Day per Week to help not give up and learn moderation and 80/20 Habit of 80% of the week/time eat Clean, and 20% of time indulge in your favorite non-clean foods - cookies, chips, beer/wine, french fries, whatever your desire.</p> <p><b>This Model Teaches Moderation Habits and Balanced Healthy Eating &amp; Lifestyle</b></p>	<p><b>Allowed</b></p> <ul style="list-style-type: none"> <li>Beans &amp; Legumes</li> <li>Coconut &amp; Olive Oil</li> <li>Coffee &amp; Herbal/Green Tea</li> <li>Eggs</li> <li>Fruits &amp; Vegetables</li> <li>Honey</li> <li>Lean Meats &amp; Chicken</li> <li>Limited Dairy &amp; Healthy Fats</li> <li>Nuts and Seeds</li> <li>Seafood</li> </ul>	<p>Eat Everything in "Clean Column", and give yourself 1 Free/Cheat Day per Week to help teach yourself the Clean Eating Lifestyle and 80/20 Habit of 80% of the week/time eat Clean, and 20% of time indulge in your favorite non-clean foods - cookies, chips, beer/wine, french fries, whatever your desire.</p> <p><b>This Model Teaches Moderation Habits and Balanced Healthy Eating &amp; Lifestyle</b></p>
<p><b>Not Allowed, Not Paleo</b></p> <ul style="list-style-type: none"> <li>Dairy</li> <li>Sugar &amp; Salt</li> <li>Legumes (Beans)</li> <li>Soy</li> <li>Grains or Cereals</li> <li>Starches</li> <li>Sodas &amp; Fruit Juices</li> <li>Alcohol</li> <li>Processed or Fast Foods</li> </ul>		<p><b>Not Allowed, Not Clean</b></p> <ul style="list-style-type: none"> <li>White - Flour, Rice, Pasta, Potatoes</li> <li>Processed &amp; Refined Products</li> <li>Preservatives, Fast Food &amp; Alcohol</li> <li>White Sugar</li> </ul>	
<p>As Part of the 30-Day Challenge, you are highly encouraged to exercise 4-5 days per week for 30 min. per day or 20 min. of high intensity. Incorporating 4 days of Cardio (can even be a 30 min. Power Walk) and 2-3 days of Strength Training Improves Results, Overall Health and Energy Take Before &amp; After Photos, Measurements and Weight to Measure and See The Your Results. Write Down how you Feel and Changes you Notice</p>			