

HOW TO DO THE 30 DAYS

STEP 1

Avoid the following as these are foods that in many cases are not beneficial to overall wellbeing:

- Artificial sweeteners (e.g., sucralose and aspartame)
- Alcohol
- Coffee
- Dairy
- Wheat- and gluten-containing foods
- Soy (fermented soy such as organic, non-GMO tempeh is an acceptable vegan protein option)



STEP 2

- Eat every 4 hours
- Choose a shake for one or two meal occasions when made into a meal as described below (a shake made on its own with just water and no additional foods is a snack and is not a substitute for a full meal)
 - > 8–16 fl. oz. liquid, like water or non-dairy milk (based on preference)
 - > 2 scoops FeelFit Pea Protein Shake
 - > 1/3 cup veggies, like spinach, kale or pumpkin or use one scoop of Greens Balance
 - > 1/4 cup fruit, like berries or apple
 - > 1 tbsp. healthy fat, like nut butter or half an avocado
- Eat a balanced plate of vegetables, lean protein, nutrient-rich carbs, and healthy fats for one meal
- Include healthy snacks as needed to help maintain energy
- Drink plenty of water to help keep hydrated and support normal bodily functions, including digestion (try to drink at least half of your body weight each day in ounces of water)
- Add additional vegetables, healthy fats, and/or carbohydrates to your shakes or meals if you are feeling hungry

DID YOU KNOW?

Almost 60% of Americans consume more than 20 g of added sugars a day.