

# Austin Fitness Clinic 28-Day Challenge Cheat-Sheet

## NO Sugar, Caffeine, Gluten, Alcohol, Dairy

YES	NO
<b>Animal Products:</b> high-quality, organic animal proteins including: eggs, beef, chicken, lamb, poultry, wild game	<b>NO Dairy:</b> milk, cheese, cottage cheese, cream, yogurt, kefir, ice cream, coffee creamers
<b>Vegetables:</b> all whole vegetables, cooked or raw	
<b>Fruit:</b> all whole fruits; unsweetened, raw, frozen, or dried [no added sugar]	
<b>Nuts, Seeds, Legumes:</b> all nuts [except peanuts], seeds, beans, and legumes	<b>Nuts:</b> peanuts, peanut butter
<b>NON-Gluten Grains:</b> quinoa, rice, oats, millet, amaranth, buckwheat, corn [non-GMO]	<b>Gluten Grains:</b> wheat, barley, spelt, rye, couscous
<b>Fats:</b> coconut, olive, flax & avocado oils; ghee, butter, olives	<b>Fats:</b> seed oil, vegetable oil, shortening, mayo
<b>Drinks:</b> flat or sparkling water, herbal teas, kombucha [with <3g sugar per serving]	<b>Drinks:</b> alcohol, beer, caffeinated beverages, soda
<b>Sweeteners:</b> <u>ONLY</u> RAW honey or dates	<b>Sweeteners:</b> refined sugar, white/brown sugars, honey, maple syrup, agave, high-fructose corn syrup, evaporated cane juice, Splenda, Equal, Sweet N' Low, xylitol, Stevia
<b>Condiments:</b> raw cacao, 80%+ dark chocolate, vinegar, sea salt, pepper, organic spices, miso, tamari	<b>Condiments:</b> milk chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki sauce

•Yes, if you MUST have ONE cup of coffee in the morning – go ahead. Do not put any sweetener or dairy in it!!! Try nut milk/creamer (without sugar added).

### Tough love from The Whole30:

- It is Not Hard.** Don't tell us it's hard. Beating cancer is hard. Birthing a baby is hard. Losing a loved one is hard. Drinking coffee black. Is. Not. Hard.
- Don't consider the possibility of a 'slip'.** Unless you physically tripped and your face landed in a pizza, there is no 'slip'. You make the choice to eat something unhealthy.
- You never have to eat anything you don't want to eat.** Toughen up. Learn to say no. Just because it is your sister's birthday, best friend's wedding, or your office party does not mean you have to eat anything. It's always a choice, we would hope that you stopped succumbing to peer pressure in 7<sup>th</sup> grade.

**Great points, food for thought...so think about it! Commit!! It's only 28 days!!!!**