

6 Day Healthy Eating Challenge

17 items

Fruits

- 1 Avocado
- 3 1/4 Pear

Seeds, Nuts & Spices

- 3/4 tsp Cinnamon
- 2 tsps Dried Thyme
- 3/4 tsp Nutmeg
- 3/4 cup Pecans
- 0 Sea Salt & Black Pepper
- 2 tsps Turmeric

Vegetables

- 4 Carrot
- 1 head Cauliflower

Boxed & Canned

- 3/4 cup Quinoa
- 200 grams Whole Grain Crackers

Baking

- 2 1/3 tsps Raw Honey

Bread, Fish, Meat & Cheese

- 16 ozs Chicken Breast

Condiments & Oils

- 1/3 cup Extra Virgin Olive Oil

Cold

- 1 1/4 cups Unsweetened Almond Milk

Other

- 1/3 cup Water