

# Fall Fuel Challenge

It is not about ‘deprivation’ and ‘starvation’. It is about mindfulness and a healthier approach to eating.

- Follows “Whole 30” guidelines
- Should help you on a path to establishing mindful and healthier eating habits.
- should increase your energy levels.

## Monday 11/7-Wednesday 11/23

During this time frame, we will eat “food from the earth” – nothing packaged, nothing with “additives”. We will also cut out dairy, sugar, gluten and alcohol.

Planning and preparation are the keys! We will have a meeting before the official start date and I can provide you more information, and also help you create a shopping list for the week.



I will also create a Facebook page that people can ask questions, share recipes and stories.

Lastly, within the challenge dates, I will drop-off a “lunch” for everyone in the challenge, just to help you along on your journey.

Cost: \$25

Please email [tanyabier@hotmail.com](mailto:tanyabier@hotmail.com) with any questions!