

STAGGERNOT CHALLENGE

GUIDE & MEAL PLAN





Welcome to the StaggerNot Challenge!

I AM FAITHFULLY FIT

FAITH. FOCUS. FINISH STRONG.

STAGGERNot

CHALLENGE

WE DON'T RUN FROM THE STORM. WE WALK THROUGH IT.

POTENTIAL TO LOSE UP TO 15 POUNDS or more!

JULY CHALLENGE
Let's finish strong!

- STRENGTHEN YOUR FAITH
- EARN YOUR MEALS WITH YOUR STEPS
- BUILD HEALTHY HABITS
- TRANSFORM YOUR BODY & MIND
- FINISH STRONG, FINISH WELL

STAY COMMITTED. STAY CONSISTENT. STAY STAGGERNOT. *The end is always better than the beginning!*

Inspired by unwavering faith, this challenge is about finishing strong. Just as the buffalo walks into the storm, we won't run from ours, whether that's weight loss or overcoming obstacles.

Over the course of this journey, you'll build not only a healthier body but a resilient mind and spirit. By staying committed, many participants may lose up to 15 pounds or more, and perhaps even reduce medications (with doctor approval).

Let's finish what we start, because the end is always better than the beginning!

ORIENTATION, RULES & MEAL PLAN

1) Challenge Timeline

- Start Date: Monday, July 6th
- End Date: Friday, July 31st

2) Daily Faith Practice

- Journal, pray, meditate, or spend time with God—honor system.

3) Water Intake

- Minimum half a gallon daily—spread out through the day.

4) Journaling

- Daily journaling is required—online journal recommended for tracking.

5) Eating Episodes & Steps: (Worksheet to help keep up with earned meals forthcoming!)

- 1 eating episode automatically per day (meal/snack from plan).

- 12,000–14,999 steps: earn 2 eating episodes for the next day.
- 15,000+ steps: earn 3 eating episodes for the next day.
- Unused eating episodes roll over, but max 3 per day.

6) Fasting Window

- Minimum 12-hour fast daily (e.g., 7 p.m. to 7 a.m.); aim for 16 hours.

7) Supplements

- Recommended: [Peak Performance AM/PM](#), [Collagen Boost](#), [Berberine](#) ([for nutritional support](#)).

8) Holimeal Meal

- Once per week, you may have a “holimeal meal” of your choice—enjoy in moderation!

9) Freebies

- [Healthwise High Protein Soup](#)
- [Kettle and Fire](#) or any zero-fat bone broth
- [Sugar-free Jell-O](#)
- Raw Category 2 veggies

- [Bravenly Brew Extreme](#) (with or without [MCT](#)/[ghee](#))
- [Bravenly Balance](#)
- [Bravenly Hot Chocolate](#)
- [Four Sigmatic](#)/RYZE mushroom coffee
- [AdvoGreens](#)
- [CocoaRinga](#) (1x/day)
- [Bio Coffee](#) (1x/day or mixed with [CocoaRinga](#)/[Bravenly](#)/[Hot Chocolate](#))
- Cabbage
- Sauerkraut (fermented kraut)

10) Free Beverages

- [AdvoCare Spark](#)
- [Bravenly Balance](#)
- [Bravenly Brew Extreme](#)
- [AdvoGreens](#)
- Unsweet tea (with approved sweeteners)
- Zero-calorie drinks (Celsius, Alani)
- Sparkling waters (Pellegrino, Perrier)

11) Meal Ideas:

- [Shakes: GC Control](#) or approved protein powders (with egg whites optional).

- Bars: [RX](#), Laird, [Quest](#), Power Crunch, homemade hemp brownies/muffins, [Mighty Muffin](#), [Quest Muffin](#)
- Red Column Meals: Lean protein + fibrous carb (1+2, 7+2, with or without hemp or [MCT](#)).
- Portion Meals: Category 4 alone or + fibrous carb on portion plate.
- Sandwiches: Negative-2/3 bread/tortillas.
- Salads: Veggies + lean protein (e.g., Boar's Head), approved dressing.
- Plant-Based: Lentils/beans + cauliflower rice (mock beans & rice).
- Pasta: Negative-2/3 pasta or spaghetti squash.
- Eggs: Scrambled eggs with cheese in negative-2/3 tortilla.
- Restaurants: Lean protein + fibrous veggies or 4+2 (e.g., salmon & broccoli).
- Any Negative-2/3 recipes (e.g., To-Die-For Roast).
- Once you get 15k steps, you may choose a [WOW/Pray meal](#).

Let's finish strong!

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Let's finish strong!

Join our supportive community in embracing a sustainable, practical lifestyle. Let our faith-based weight loss program transform your life!

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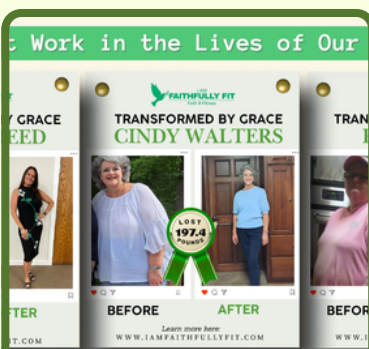


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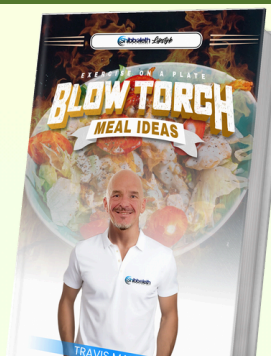
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