

EVERYTHING LIFE WITH MIRIAM

Week 1 Challenge (April 24th-30th, 2023)

We are going to start slow to make this process realistic and sustainable and eventually make this regimen a lifestyle

We are going to be eating between the hours of 10am and 6pm no matter the time zone you are in.

You can eat everything you would naturally eat but with reduced carbs than you would naturally eat in a day.

Routine:

If you cannot handle waiting to eat at 10am, you can eat your first meal at 8am ensuring that you follow the guidelines below.

Morning (10am – 12pm):

About ½ hour or more before you eat, drink ACV and lemon water (watch 6 rules I live by

<https://www.youtube.com/watch?v=zftspxn90Uo&t=3s> to learn how I make mine if you do not know it yet) or lemon and cinnamon water (it could be freshly squeezed lemon and cinnamon

(<https://www.youtube.com/watch?v=H0Oya1v1jEo&t=1s>) or simply 2 freshly squeezed lemon and 8oz water.

- Eat your first meal - ensure it has less carbs and more fiber than it naturally would have (Eat ½ of the carbs you naturally would eat with that meal). You can use the blue berry kale smoothie <https://www.youtube.com/watch?v=znaO8P5L69Y&t=1s> or the salad <https://www.youtube.com/watch?v=CG9LKFW0HgQ> for extra fiber.

Afternoon (2pm – 4pm):

Eat your afternoon meal with more fiber (a salad or smoothie). With this meal, you can eat all the carbs you want to eat because this will be your last meal for the day with carbs. Remember not to overdo it just because it is your last meal with carbs.

Evening (5pm – 6pm)

Drink a smoothie

<https://www.youtube.com/watch?v=znaO8P5L69Y&t=1s> or eat a salad <https://www.youtube.com/watch?v=CG9LKFW0HgQ> (no sweetened dressings)

7pm – 8pm

drink ACV and lemon water (watch 6 rules I live by

<https://www.youtube.com/watch?v=zftspxn90Uo&t=3s> to learn how I make mine if you do not know it yet) or lemon and cinnamon water (it could be freshly squeezed lemon and cinnamon / cinnamon powder (<https://www.youtube.com/watch?v=H0Oya1v1jEo&t=1s>) or simply 2 freshly squeezed lemon and 8oz water.

That's it for the day. We will fast from 6pm to 10am the following morning. For some it would be 6pm to 8am. Adopt whichever time that works for you for week 1.

- NB: Drinking ACV and lemon water or lemon water and cinnamon or lemon and water does not break your fast. But remember not to overdo it as these combinations are very acidic and should not be consumed too often during the day.

- Ensure to stay hydrated throughout the day. $\frac{1}{2}$ of your body weight in ounces.
- Consume $\frac{1}{2}$ of your body weight in ounces.

LET'S DO THIS!!!