

EVERYTHING LIFE WITH MIRIAM

Challenge Week 4 (May 15th – 21st, 2023)

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

INSTRUCTION FOR THE WEEK:

- **We are going to keep practicing everything in week 1, 2, & 3.**
- **We are bumping up our eating time this week from 5pm to 4pm. Remember our eating window was between 10am and 5pm in week 3;**
 - **but in week 4, our eating window is going to be 10am to 4pm / 11am to 5pm / 12 noon to 6pm whichever works best for you ... meaning we would now be officially practicing 18:6 (Intermittent Fasting). Drink a lot of water or acceptable fluids during the fasting period.**
- **We would also want to have 2 plates PER MEAL this week if you can ... 1 large plate (9 inch) and 1 small plate (5-6 inches)**
 - **your large plate should include:**
80% - 90% FIBER (ASSORTED VEGETABLES / GREENS where you can), and 10% grain – complex carbs.
This means increasing the intake of your fiber rich smoothies, wraps & Salads. You can drink and eat as

much / many of the fiber rich leafy greens/smoothies as you like (don't use the ones with milk. You can eliminate or substitute the milk with water if weight loss is one of your goals). Link to fiber rich smoothies and fiber rich foods found in the playlist below (choose your pick):

https://www.youtube.com/watch?v=zdDuDE4V8IU&list=UULF_ft1eLsVX2TG7s9XaZ913w

- **your small plate should contain only protein. This could be protein rich nuts and seeds, fish (fatty fish – rich in omega 3 fats) or lean poultry (chicken, turkey, guinea fowl and the like), cattle (goat, cow and the like but please avoid pork for now if you can especially the fat portions).**

If you have not downloaded week 1, 2 & 3's instructions yet, you can do so on revurdia.org.

Please Note: If you are taking medication, you need to consult your doctor if you plan on embarking on the challenge with us so they can advise as to how to incorporate this lifestyle and know how to regulate your medications because your 'blood sugar will drop' if you do follow the weekly regimen religiously.

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