

# THE 30 DAY CHALLENGE

## ELIMINATE THE FOLLOWING THINGS FROM YOUR DIET AND LIFESTYLE FOR 30 DAYS

- Cow milk and all dairy products,
- Sugar, soft drinks, and packaged fruit juices,
- Ice cream,
- White flour products (such as white bread, cake, donut, meat-pie, chin-chin, noodles, pasta, biscuits, etc),
- Mono-Sodium Glutamate (MSG), artificial flavors, colorings, preservatives,
- Highly processed and refined foods
- Artificial Sweeteners (such as aspartame, saccharin, etc),
- Caffeine-containing substances,
- Saturated animal fat, Margarine, & Fried Foods (Trans-fats),
- Common or table salt (use unrefined Sea Salt moderately for your cooking),
- Junk foods / Fast foods,
- Hormonal contraceptive pills (use other methods of family planning),
- Tobacco and Hard Drugs,
- Alcoholic beverages,
- Self-medication, and
- Other health-destroying foods and habits.

## HEALTHY BREAKFAST

**Eat only fresh fruits or drink freshly-made vegetable juices or smoothies for breakfast for 30 days.**

You do not have to eat all the fruits at once. Keep eating the fruits throughout the morning period. For example, eat some papaw or pineapple or watermelon in the morning before you leave home for work; then take some banana, apple, guava, pear, oranges, tangerine, green or red grapes, etc, with you to eat at work whenever you feel hungry before lunch time. If you are diabetic, substitute fresh fruits with freshly extracted vegetable juices (e.g. 50% carrot juice + 50% bitter-leaf juice OR 50% carrot juice + 30% celery juice + 20% parsley juice). Drink a 240ml glass of these juices at, say, 7am, another at 9am, and yet another at 11am. Then eat an avocado or coconut at about 10am.

*Children can eat a cooked meal after 2 hours of eating fresh fruits or taking smoothies in the morning. They can take oats, cereals, etc.*

## HEALTHY LUNCH

**Eat some raw vegetable salad before your lunch for 30 days.**

For lunch, you may eat any of your favourite cooked foods apart from the forbidden ones listed in Number 1 above. You may eat Brown Rice, Yams, Whole Grain Bread, Beans, Pounded Yam, Eba, Amala, Ofada Rice (NOT polished rice) and Beans, Potatoes, etc.

## HEALTHY SUPPER

**Eat only a large bowl of raw vegetable salad for supper for 30 days.**

Your vegetable salad must be a vegetable salad indeed. No pasta, sliced eggs, corned-beef, sardine, roasted chicken, creamy salad cream, etc. Make your own salad dressing at home or simply use VEGENAISE (a vegetarian mayonnaise) for your dressing.

*Again, children can eat another cooked meal after the big bowl of salad.*

## BEFORE YOU BEGIN

Go to your doctor or a medical lab and do the following. Check and record your:

- Blood pressure,
- Resting pulse,
- Fasting Blood Sugar,
- Serum cholesterol,
- Body weight,
- Height,
- Body Mass Index,
- Kidney function test,
- Liver function test,
- Urine analysis, and
- Stool test.

Keep your results. Also note (in writing) any symptoms you might be experiencing.

## DAILY GUIDELINES

- Eat only one cooked meal per day during lunch for 30 days (You may swap your lunch with your supper. The rule is that you must only eat a cooked meal once a day)
- You may eat more fresh fruits, raw nuts, and vegetables such as garden eggs, avocado, carrots, guava, raw almonds, walnuts, etc, for snacks if you feel hungry between meals.
- Don't ever eat anything cooked before 12noon or after 7pm for 30 days.
- Exercise for 30 minutes a day for 30 days.
- Sleep for at least 6 hours daily at night for 30 days.
- Drink at least 8 glasses (of 240ml each) of purified

- water or watermelon juice daily for 30 days.
- Spend some time in the outdoors everyday for 30 days
- Read one chapter of the book of PROVERBS in the Holy Bible daily for 30 days.
- Pray about all your concerns and needs for 30 minutes a day for 30 days.
- Forgive all who have offended you and release them from your heart for 30 days.
- Maintain a positive outlook and an attitude of gratitude.

## 30-DAY CALENDER

Please tick your calendar daily with the appropriate sign

- I stuck to the challenge completely
- I stuck to the challenge partly
- I didn't stick to the challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30