

YES

21 DAY NO SUGAR

THE "GOOD" FOOD LIST

THE RULES

Challenge is from March 1st - 21st

Costs \$10 per person

Sign up with a partner or ride solo.

Weigh in weekly at the gym. Also, bring your calendar in for proof.

Win \$\$\$\$\$\$\$.

To be eligible for the grand prize drawing, you must: 1) Avoid eating sugar for 21 days. 2) maintain your current weight or lose weight by March 21st.

THE GOOD – SUGGESTIONS ONLY

FRUITS – 2-3 SERVINGS PER DAY

Apple – Apricot – Banana – Blackberry – Blueberry – Cantaloupe – Cherry – Grapes – Grapefruit – Honeydew – Lime – Mango – Peach – Pear – Pineapple – Raspberry – Strawberry – Watermelon – Kiwi - Lemon

VEGETABLES – 5 GRAMS OF SUGAR OR LESS

Best: Asparagus – Bell Pepper – Broccoli – Carrots – Cabbage – Mushrooms – Summer Squash – Tomato – Cauliflower – Celery – Cucumber – Green Beans – Leafy Greens – Corn -Potato – Brussels Sprouts – Capers – Eggplant – Garlic – Kale – Lettuce – Zucchini – Olive – Pumpkin – Radish – Spinach – Snap Pea – Snow Pea – Sweet Potato

POULTRY, MEATS, & SEAFOOD – LEAN CUTS W/ NO ADDITIVES

Turkey – Chicken – Beef – Bison – Bratwurst – Lamb – Game Meats – Pepperoni – Pork – Veal – Salmon – Catfish – Shrimp – Whitefish – Eggs

DAIRY

Cheeses – Milk – Plain Yogurt – Plain Greek Yogurt

GRAINS, NUTS, AND SEEDS – NO ADDED SALT

Brown Rice – Whole Grain Pasta – Almond – Brazil Nut – Cashew – Hazelnut – Walnut – Macadamia Nut – Peanut – Pecan – Pistachio – Chia – Flax – Hemp – Pumpkin – Sesame – Sunflower - Tahini



BETHECHANGE@AGELESS-FITNESS.COM



@AGELESSFITNESS



217-839-2484



VOLUNTEER
EXPERIENCE OR
LEADERSHIP



YOUR NAME

THE "GOOD" FOOD LIST | 217-839-2484
BETHECHANGE@AGELESS-FITNESS.COM

THE LABEL



EDUCATION

DEGREE • DATE EARNED • SCHOOL

You might want to include your GPA and a summary of relevant coursework, awards, and honors.

DEGREE • DATE EARNED • SCHOOL

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VOLUNTEER EXPERIENCE OR LEADERSHIP

Did you manage a team for your club, lead a project for your favorite charity, or edit your school newspaper? Go ahead and describe experiences that illustrate your leadership abilities.



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