

EATING FOR ENERGY GOAL

Week 6



HEALTHY EATING CHALLENGE

This week's goal is a challenge builds on the low-sugar eating from last week.

Explore eating using the 90/10 principle (ultimately - that can be the long-term goal), with 90% of what you eat being whole, unprocessed, clean foods and 10% allowed to be treat foods.

Set a personal goal for how you will make this right for you. Maybe start with 60/40 or 70/30 and work your way up.