

# The Sleekgeek 30-Day Nutrition Challenge

[www.sleekgeek.co.za/nutritionchallenge](http://www.sleekgeek.co.za/nutritionchallenge)

## WEEK 1: FOOD LIST

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Print Food List & Highlight Favs	Design Your Environment	Upgrade Your Shopping List	Quality Proteins	Colourful Vegetables	Smart Carbohydrates	Healthy Fats

## WEEK 2: HEALTHY MEAL TEMPLATE

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Track What You Eat	Plan 3 Healthy Breakfasts	Eat a Healthy Breakfast	Plan 3 Healthy Lunches	Eat a Healthy Lunch	Plan 3 Healthy Dinners	Eat a Healthy Dinner

## WEEK 3: PORTION CONTROL

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Track Your Portions	Quality Protein Portion Control	Colourful Veg Portion Control	Smart Carb Portion Control	Healthy Fat Portion Control	Eat Slowly	Eat to 80% Full

## WEEK 4: PUTTING IT ALL TOGETHER

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Full Day of Healthy Eating	Play The Hunger Game	Full Day of Healthy Eating	No Snacking Today	Full Day of Healthy Eating	Calorie-Free Drinks	The Sunday Plan & Prep Ritual

## WEEK 5: THE END

Day 29	Day 30
Full Day of Healthy Eating	Progress, Not Perfection

The "90 / 10 Rule" = Aim for at LEAST 90% success (27/30 days).

The "Never Miss Twice Rule" = Never have 2 bad days in a row.

**SLEEK GEEK** @SleekGeekSA  
HEALTH REVOLUTION [www.sleekgeek.co.za](http://www.sleekgeek.co.za)