

BREAKFAST CHALLENGE

Breakfast Chili: Vegan and Turkey Versions

Although most of our members do better with some animal protein, we also see great success among people whose bodies thrive on a vegetarian diet. Vegans can try the challenge with bean chili. Meat eaters can try turkey chili. And some may wish to try a fruit-based vegan smoothie. The goal is to feel the effects of various foods on your body.

Choose a few things you'd like to track like energy, mood, bloating, alertness, concentration, number of hours before hunger sets in, or cravings. Make note of what you ate for breakfast and how you feel throughout the day.

	Breakfast	Morning	Midday	Afternoon	Evening
<i>Example</i>	<i>Oats & OJ</i>	<i>hungry</i>	<i>sandwich</i>	<i>tired, ready for a drink</i>	<i>cranky</i>
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					