

Spring Forward Your Weight Loss in March Challenge 2021

Loving it on Keto

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 20 HR FAST OMAD CARNIVORE DAY * EAT YOUR MEAT TAKE A WALK	2 NO FAST DAY EAT WHEN HUNGRY TWO MEALS NO SNACKS LIFT WEIGHTS	3 OMAD DAY TODAY NO SNACKS COLLAGEN MOVE YOUR BODY	4 16 HR FAST TWO MEALS NO SNACKS COLLAGEN TAKE A WALK	5 NO FAST DAY EAT 2 OR 3 MEALS NO SNACKS COLLAGEN LIFT WEIGHTS	6 18 HR FAST TWO MEALS NO SNACKS COLLAGEN TAKE A HIKE
7 NO FAST DAY EAT WHEN HUNGRY TWO MEALS NO SNACKS LIFT WEIGHTS	8 20 HR FAST OMAD CARNIVORE DAY * EAT YOUR MEAT TAKE A WALK	9 NO FAST DAY EAT WHEN HUNGRY TWO MEALS NO SNACKS LIFT WEIGHTS	10 OMAD DAY TODAY NO SNACKS COLLAGEN MOVE YOUR BODY	11 16 HR FAST TWO MEALS NO SNACKS COLLAGEN TAKE A WALK	12 NO FAST DAY EAT 2 OR 3 MEALS NO SNACKS COLLAGEN LIFT WEIGHTS	13 18 HR FAST TWO MEALS NO SNACKS COLLAGEN TAKE A HIKE
14 NO FAST DAY EAT WHEN HUNGRY TWO MEALS NO SNACKS LIFT WEIGHTS	15 20 HR FAST OMAD CARNIVORE DAY * EAT YOUR MEAT TAKE A WALK	16 NO FAST DAY EAT WHEN HUNGRY TWO MEALS NO SNACKS LIFT WEIGHTS	17 OMAD DAY TODAY NO SNACKS COLLAGEN MOVE YOUR BODY	18 16 HR FAST TWO MEALS NO SNACKS COLLAGEN TAKE A WALK	19 NO FAST DAY EAT 2 OR 3 MEALS NO SNACKS COLLAGEN LIFT WEIGHTS	20 18 HR FAST TWO MEALS NO SNACKS COLLAGEN TAKE A HIKE
21 NO FAST DAY EAT WHEN HUNGRY TWO MEALS NO SNACKS LIFT WEIGHTS	22 20 HR FAST OMAD CARNIVORE DAY * EAT YOUR MEAT TAKE A WALK	23 NO FAST DAY EAT WHEN HUNGRY TWO MEALS NO SNACKS LIFT WEIGHTS	24 OMAD DAY TODAY NO SNACKS COLLAGEN MOVE YOUR BODY	25 16 HR FAST TWO MEALS NO SNACKS COLLAGEN TAKE A WALK	26 NO FAST DAY EAT 2 OR 3 MEALS NO SNACKS COLLAGEN LIFT WEIGHTS	27 18 HR FAST TWO MEALS NO SNACKS COLLAGEN TAKE A HIKE
28 NO FAST DAY EAT WHEN HUNGRY TWO MEALS NO SNACKS LIFT WEIGHTS	29 20 HR FAST OMAD CARNIVORE DAY * EAT YOUR MEAT TAKE A WALK	30 NO FAST DAY EAT WHEN HUNGRY TWO MEALS NO SNACKS LIFT WEIGHTS	31 OMAD DAY TODAY NO SNACKS COLLAGEN MOVE YOUR BODY	Notes:		