

# THE CHRISTMAS CRUNCH CHALLENGE

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> REGULAR EATING EAT WHEN HUNGRY 2 TO 3 MEALS NO SNACKS COLLAGEN	<b>2</b> 20/4 FASTING DAY OMAD - EAT NO MORE THAN 500 CAL USE BONE BROTH	<b>3</b> 16/8 HR FAST TWO MEALS NO SNACKS USE BONE BROTH COLLAGEN	<b>4</b> NO FAST EAT 2 OR 3 MEALS NO SNACKS COLLAGEN	<b>5</b> OMAD 1 BIG SALAD ADD ENOUGH TO MEET YOUR MIN REQUIREMENT USE BONE BROTH
<b>6</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE COLLAGEN	<b>7</b> 20/4 FAST OMAD NO SNACKS USE BONE BROTH COLLAGEN	<b>8</b> REGULAR EATING EAT WHEN HUNGRY 2 TO 3 MEALS NO SNACKS COLLAGEN	<b>9</b> 20/4 FASTING DAY OMAD - EAT NO MORE THAN 500 CAL USE BONE BROTH	<b>10</b> 16/8 HR FAST TWO MEALS NO SNACKS USE BONE BROTH COLLAGEN	<b>11</b> NO FAST EAT 2 OR 3 MEALS NO SNACKS COLLAGEN	<b>12</b> OMAD 1 BIG SALAD ADD ENOUGH TO MEET YOUR MIN REQUIREMENT USE BONE BROTH
<b>13</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE COLLAGEN	<b>14</b> 20/4 FAST OMAD NO SNACKS USE BONE BROTH COLLAGEN	<b>15</b> REGULAR EATING EAT WHEN HUNGRY 2 TO 3 MEALS NO SNACKS COLLAGEN	<b>16</b> 20/4 FASTING DAY OMAD - EAT NO MORE THAN 500 CAL USE BONE BROTH	<b>17</b> 16/8 HR FAST TWO MEALS NO SNACKS USE BONE BROTH COLLAGEN	<b>18</b> NO FAST EAT 2 OR 3 MEALS NO SNACKS COLLAGEN	<b>19</b> OMAD 1 BIG SALAD ADD ENOUGH TO MEET YOUR MIN REQUIREMENT USE BONE BROTH
<b>20</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE COLLAGEN	<b>21</b> 20/4 FAST OMAD NO SNACKS USE BONE BROTH COLLAGEN	<b>22</b> REGULAR EATING EAT WHEN HUNGRY 2 TO 3 MEALS NO SNACKS COLLAGEN	<b>23</b> 20/4 FASTING DAY OMAD - EAT NO MORE THAN 500 CAL USE BONE BROTH	<b>24</b> 16/8 HR FAST TWO MEALS NO SNACKS USE BONE BROTH COLLAGEN	<b>25</b> <b>CHRISTMAS DAY</b> <b>STAY KETO!</b> Merry Christmas!	<b>26</b> OMAD 1 BIG SALAD ADD ENOUGH TO MEET YOUR MIN REQUIREMENT USE BONE BROTH
<b>27</b> 18/6 FAST TWO MEALS NO SNACKS AFTER 18 HR - BONE COLLAGEN	<b>28</b> REGULAR EATING EAT WHEN HUNGRY 2 TO 3 MEALS NO SNACKS COLLAGEN	<b>29</b> 16/8 HR FAST TWO MEALS NO SNACKS USE BONE BROTH COLLAGEN	<b>30</b> 20/4 FASTING DAY OMAD - EAT NO MORE THAN 500 CAL USE BONE BROTH	<b>31</b> <b>NEW YEAR'S EVE</b> <b>EAT WHEN HUNGRY</b> <b>STAY KETO</b> Happy New Year!	Notes:	