

## **21 Days. 21 Foods. 21 Pounds**

**Mission:** Select 21 Foods, Recipes, Meal Replacements, or specific WOW Challenges at the beginning of each week. Have twenty one perfect days in a row using only the food and meal ideas that you have pre-selected (from the larger list I provide). If you have a holiday you have to start over with day one. The game is finished when you have twenty one perfect days in a row eating from your selected list.

If it takes you twenty one days you win! If it takes you months to finally get twenty one Perfect Days in a row, you win! If you quit or take time off you lose! Once you win we will award you the Self-Mastery Badge.

**Water** ~ Drink 1/2 gallon up to 1 gallon of water daily. You can drink any approved beverage. These beverages are not part of your list and are allowed anytime.

**Journal** ~ You must journal and you must mark your days Perfect or Holiday. Wow meal plan days are perfect days. Divine Days are Perfect Days. Intermittent Fasting Days are Perfect Days. You must post your Weekly timing chart in the members only group daily.

**Combinations** ~ If using my meal plans and lists you do not have to concern yourself with food combinations. I have already taken care of that for you. However, it is wise to continue eating in the right combinations and continue thinking through right combinations.

**Portions** ~ This is a self discipline and behavior modification challenge. You can choose from the foods in the list (21 Foods must be pre-selected by you at the beginning of each week) and then can observe the normal portion rule. Eat from a 6-8" plate. Hand Rule.

If you are a calorie counter you should observe the following rule.

If you are over 200 pounds each meal should be between 200 and 400 calories.  
If you are under 200 pounds each meal should be between 200 and 300 calories.

If you go over or under a little you will be fine as long as selecting from the meal list I have given. I said, "a little".

Daily you can have up to 3 meals. If you want something from the snack list; ice cream, peanut butter patties, etc then you must give up one meal to have a snack that you are craving. The only freebies right now are carrots and egg whites. I will add more soon.

**Timing** ~ It is important to eat your meal and then stop eating or grazing between meals. You can have egg whites or raw carrots if you feel you need to graze. I will list other freebies soon. Again, it is best to exercise self-discipline and wait at least 6 hours before eating again. Develop this habit over 21 days and watch your results and fat loss multiply. Contrary to cultural wisdom, grazing diminishes metabolism and doesn't help metabolism.

**Bless the name of the Lord** ~ You can do anything for 21 days. Eat breakfast for the Father, lunch for the Son, and Dinner for the Holy Spirit. Honor your Father with eating habits and you'll be blessed.

