

❖ 2011 ❖

# PRIMAL BLUEPRINT 30-DAY CHALLENGE

## EATING PLAN

### **Do Eat**

- . Meat, Fish, Fowl
- . Eggs
- . Vegetables
- . Nuts/Seeds
- . Healthy Fats

### **Don't Eat**

- . Grains
- . Beans/Legumes
- . Added Sugar
- . Unhealthy Fats

### **In Moderation**

- . Fruit
- . Dairy
- . Alcohol
- . Dark Chocolate

## FITNESS PLAN

### **Lift Heavy Things**

2 bodyweight strength training workouts each week

### **Low Level Aerobic Activity**

3-5 hours [easy moving](#) each week

### **Sprint**

1 [all out effort](#) each week

See [Primal Blueprint Fitness](#)

## SLEEP

Improve [sleep quality](#) and achieve adequate [sleep duration](#) every night (~8 hours).

## SUN

Attempt to get 15 minutes of direct [sun exposure](#) each day.

## PLAY

Find time to [let go, disconnect, unwind and have fun](#) each day.

See select [Workouts of the Week](#) and get creative.

## ❖ MINI CHALLENGES (OPTIONAL) ❖

Purge Your Pantry • Modern Forage • Prepare a Primal Recipe • Go Barefoot • Stand at Work  
Learn Something New • Beat Stress • Be Inspired • Squat to Poop • Dance

Visit [MarksDailyApple.com](http://MarksDailyApple.com) for 30-Day Challenge Guidance and Direction