

# DINNER

*30 Day Challenge*

**What:** Protein + Veg Hit, or Garden Hit.

**When:** 6 pm - 8pm.

**Volume:** Start with a glass of salted water, then, prepare 80% of the volume you would normally consider appropriate. Finish your meal, brush your teeth, and leave the table.

**Directions:** Finish your meal, brush your teeth, and leave the table.

**Changing Volume:** Base each evening's volume on hunger leading into and after dinner the evening before.

**Hot drink:** A late evening non-caffeinated hot drink is recommended.

To be bought at most supermarkets.

- Protein options: White meat, Pink Meat, Red meat, All Fish (is King), Eggs, etc.
- Vegetables: Go heavy on fibrous choices, eg; Cauliflower, Broccoli etc, and a little lighter on root veg, eg; potatoes etc.
- Salad: Loads of mixed leaf, including herb leaf, avocado, pistachios, celery etc.
- Taste boosters: Salted butter, garlic, salt, Extra Virgin Olive Oil, Herbs to taste.

Reduce volume, naturally!