

# LUNCH

*30 Day Challenge*

**What:** BP's Lunch Box

**When:** 11am-3pm – Grazing.

**Volume:** 150g Tasty or Cheddar Cheese; 70g each, Salted almond & Salted macadamia nuts; 1 carrot; a tub of Hummus, getting through 'about' 80g a day; 500ml Gassed water with a pinch of Himalayan salt.

**Directions:** Buy listed ingredients, cut & prepare where needed, contain, box, and graze over a 2hr period.

**Changing Volume:** Base each day's volume on hunger and satiety (hunger satisfaction) from the day before.

**Hot drink:** A further sugarless coffee (black would be best) or tea to interest.

To be bought at most supermarkets.

- 1 x 1kg Tasty or Cheddar Cheese
- 1 x 500g Salted Almonds
- 1 x 500g Salted Macadamia (damn these can x\$x\$)
- 5 x 220g Hummus Classic
- 1 x 500g Himalayan Pink Salt
  
- Soda Stream – just easier & cheaper loading your Na+.

Graze!