

Give Fatigue the Chop Challenge Summary
#givefatigueth Chop

Are you...

- Sick of feeling tired all the time?
- Zapped of energy and struggling to get your day to day done?
- Relying on caffeine or sugar to prop you up and keep you going?
- Suffering from poor sleep?
- Feeding yourself poor quality foods because you're unsure and confused about what's actually healthy?

If you answered yes to any of the above, then you're in the right place. The aim of this 5 day challenge is to help you press the rest button and begin to give your body the nutrients and other raw materials it needs to get your energy levels back using whole, real foods. No gimmicks, this is not a quick fix or faddy diet. This is an introduction to how your body can feel when you eat to suit your body rhythms and requirements.

What will I gain from this?

By the end of the 5 days you can expect to

- Feel clearer, revitalised and satisfied
- Know how best to eat for constant, improved energy
- Be eating nutritious, wholefoods and have learned how to combine foods best to avoid hunger, feel satisfied and control your appetite
- Have a list of best brands and examples of healthy food choices



You're going to be implementing game changing diet modifications...

- 1 – Balancing each meal with protein and healthy fats**
- 2 – Choosing your carbohydrates that give you something back**
- 3 – Ditch the foods that cause cravings and rob you of vitality**



What do I need to take part?

No fancy equipment or unpronounceable ingredients necessary! Just ensure that you have access to **filtered or bottled mineral water** and some **lemons** for the 5 days to ensure adequate hydration and the slices of fresh lemon help to give the liver and stomach a gentle wake-up.

I've added a shopping list below for some foods that you'll need to have in the fridge or pantry to make the 3 key changes. You don't need to buy all of these so please don't go spending a fortune on lots of ingredients that will end up wasted. Some you may already have in your fridge/cupboard - sit down and plan out what gaps need filling and then buy what you think you might need for 2-3 days. You can always top up again later in the week.

To get the most out of this 5 day challenge, **I recommend that you do the following every day to complement the dietary changes you're going to be making.** I really hope that the emphasis you place is on what you need to include as opposed to what to remove. Nonetheless, certain energy sappers might need to be given the boot for the foreseeable future.

- #Allow time for 7 to 8 hours sleep per night – even if it doesn't happen your body will be resting.
- Aim for 1-2 litres of filtered water per day – drinking to thirst and ensuring that the colour of your urine is a pale yellow to be well hydrated.
 - Do your best to limit your caffeine intake to 1-2 cups of tea or coffee per day.
 - Avoid breakfast cereals, white bread, biscuits and take away or fast foods
 - Try to limit your exposure to sugar in juices, soft drinks, sweets and chocolate.



Shopping List

Proteins:

- Full fat Greek yogurt such as Fage or any supermarket own brand such as Tesco Finest Greek yogurt – but it must be full fat, not 0% fat variety
- Full fat good quality cheeses such as goats cheese, halloumi, buffalo mozzarella, gouda, edam and cheddar
- A good selection of fish and meats – both cooked and fresh such as salmon and smoked salmon, cod or hake, chicken, turkey and beef or lamb as red meats. Tinned fish such as sardines, mackerel or wild pink/red salmon are also great store cupboard staples
- Free range and/or organic eggs
- A selection of beans and lentils if you're vegetarian

Nutritious Fats:

- Extra Virgin Olive Oil
- Real butter (Kerrygold or Glenstal brands) or coconut oil for cooking
- A selection of nuts and seeds such as unroasted and unsalted almonds, cashews, walnuts and hazelnuts. Whole or milled flaxseed, chia seeds and whole pumpkin seeds or sunflower seeds
- Avocado's
- Canned full fat coconut milk such as Thai Gold brand or Biona

Fruits and Vegetables: with the emphasis on vegetables more than fruit.

- Salad greens such as rocket, watercress or baby spinach leaves
- Lettuce such as baby gem or romaine lettuce
- Starchy root veggies such as carrots and beetroot
- Other veg that you enjoy such as tomatoes, onions, green beans, broccoli, cauliflower and peppers
- Berries such as fresh or frozen blueberries, raspberries or strawberries
- Plums
- Kiwi's

