- Drink 64 ounces of water
- Don’t eat after dinner
- Eat 5 servings of veggies
- Do not eat anything out of a box, bag or can
- Eat at least 20 g of lean protein at 3 meals
- Visit a CSA or farmers market
- Prep your food today for tomorrow
- No artificial sweeteners in your drinks
- Eat healthy fats, fish oil, avocado etc.
- Take a multivitamin
- Log your food for the day
- No cheese of any kind today
- Post a recipe to facebook –Cr8 Fitness
- Plan one week’s menu
- No alcohol day
- Eat fish for a main dish
- No bread or baked goods today
- Don’t eat any added sugar foods – check each label
- No bread or baked goods today
- Try a veggie you never had before
- Replace any fruit/fruit juice with a veggie
- Eat 5 colors at one meal
- Stop eating at 730 or two hours before bed
- Eat Veggies at your first meal
- Have your recovery drink before leaving Cr8 Fitness or right after other training
- Eat only raw vegetables today
- No Caffeine today. – (big culprits: coffee and chocolate)
- Eat 2 cups of vegetables at any one meal (salad doesn’t count)
- Replace your bread/pasta/rice with a vegetable at dinner
- Make a salad as a main course for lunch or dinner today.
- Eat lean protein and a veggie everytime you eat today

17 years in business, Celebrate with Cr8 Fitness by tackling one item each day (your choice) until you finish 17 different items.