



A 30 Day Clean Eating Challenge!
www.the30clean.com



WHAT IS THE 30 CLEAN™?

The 30 Clean is 30 days of eating only REAL food! For 30 days you and your co-participants will focus on eating only the foods our bodies were meant to digest. You can expect to set and achieve goals, develop a new relationship with food, and gain more confidence in yourself... with the help of a like-minded community!

JOIN US FOR OUR NEW YEAR'S CHALLENGE STARTING JAN. 5TH

\$70 for new challengers and only \$40 for returning challengers! Go to WWW.THE30CLEAN.COM to register.

THE 30 CLEAN CHALLENGE OPTIONS:

The Original Clean™- A great choice for those of you who have never dabbled in any kind of elimination diet and are new to the idea of clean eating. Under this option, you will eliminate the following for 30 days: Gluten, grains, dairy, sugar, and anything artificial. However, it is okay to have wine (but ONLY a glass or two on the weekend) and real dark chocolate (but ONLY one square three nights a week.) The Original Clean will still challenge you and change you!

The Super Clean™- For those of you who are ready to go ALL THE WAY! On top of eliminating gluten, grains, dairy, sugar, and anything artificial, you will also eliminate alcohol and legumes (including peanuts.) NO EXCEPTIONS.

The V Clean™- For our Vegan/Vegetarians! While you will be eliminating gluten, wheat, sugar, and anything artificial, we do allow our V Clean'ers limited dairy, grains and soy. You can find more details on allowable foods for this option when you register and receive your Start-Up Guide. You can choose the Original V Clean or the Super V Clean!

WHAT DOES THE 30 CLEAN PROGRAM INCLUDE?

- Video Presentation and Q&A with one of our amazing Health Advisors
- The 30 Clean™ Guidelines, Food List, 3-Day Starter, and Shopping List Template
- Daily Morning Emails with a Health Tip of the Day, a Recipe and a Non-Food Challenge
- 30 days on a Private Facebook Message Board with your Co-Participants for Food Picture Journaling, Accountability, Motivation (Venting is okay too!) & Daily Access to a Health Advisor
- Compare all of this to \$125/hr for a nutritionist!

**Disclaimer- Results will vary, and you should check with your doctor to determine whether this challenge is right for you. Our Health Coaches are not doctors, dietitians or psychologists. The 30 Clean™ is not intended to substitute for the advice, treatment and/or diagnosis of a qualified licensed professional. Trained Health Coaches may not make any medical diagnosis, claims and/or substitute for your personal physician's care.*

www.the30clean.com and www.facebook.com/the30clean for more info!