

52 Weeks Clean Eating Challenge

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Each Monday get a new challenge delivered directly to your email box

Week 1:	Set Smart Goals (Jan. 4)	Week 27:	Practice Rebounding (Jul. 4)
Week 2:	Drink Sufficient Water (Jan. 11)	Week 28:	Stick to a Healthy Eating Schedule (Jul. 11)
Week 3:	Sleep 7-8 hours per Day (Jan. 18)	Week 29:	Accept Setbacks (Jul. 18)
Week 4:	Increase Vegetable Intake (Jan. 25)	Week 30:	Try Salad in Mason Jars (Jul. 25)
Week 5:	Optimize Fruit Nutrition (Feb. 1)	Week 31:	Develop a Positive Attitude (Aug. 1)
Week 6:	Minimize TV (Feb. 8)	Week 32:	Use Healthy Spices (Aug. 8)
Week 7:	Shine Your Kitchen Sink (Feb. 15)	Week 33:	Prefer Steam Cooking (Aug. 15)
Week 8:	Increase Whole Grain Intake (Feb. 22)	Week 34:	Be Prepared for Party Season (Aug.22)
Week 9:	Downshift Dairy (Feb. 29)	Week 35:	Stand up Straight (Aug. 29)
Week 10:	Create Habit Chains (Mar. 7)	Week 36:	Save Money with Clean Eating (Sept. 5)
Week 11:	Laugh out loud (Mar. 14)	Week 37:	Get on the Scale (Sept. 12)
Week 12:	Minimize Sugar (Mar. 21)	Week 38:	Opt for Clean Eating Casseroles (Sept. 19)
Week 13:	Enjoy Nuts & Seeds (Mar. 28)	Week 39:	Prepare Healthy Freezer Meals (Sept. 26)
Week 14:	Simplify Meal Planning (Apr. 4)	Week 40:	Consume Chia Seeds (Oct. 3)
Week 15:	Stop Emotional Eating (Apr. 11)	Week 41:	Clean and Stock Fridge (Oct. 10)
Week 16:	Use Healthy Oils (Apr. 18)	Week 42:	Indulge with Clean Desserts (Oct. 17)
Week 17:	Prefer Lean Meat (Apr. 25)	Week 43:	Use Healthy Herbs (Oct. 24)
Week 18:	Use Cabbage Soup as Starter (May 2)	Week 44:	Drink Green Tea (Oct. 31)
Week 19:	Keep Walking (May 9)	Week 45:	Make Clean Eating Spreads (Nov. 7)
Week 20:	Slash Sodium (May 16)	Week 46:	Organize Clean Eating Recipes (Nov. 14)
Week 21:	Eat Healthy Fish (May 23)	Week 47:	Eat Quinoa (Nov. 21)
Week 22:	Prefer Clean Eating Snacks (May 30)	Week 48:	Practice Gratitude (Nov. 28)
Week 23:	Practice Meditation (Jun. 6)	Week 49:	Simplify Clean Eating Dinner (Dec. 5)
Week 24:	Eat Lentils (Jun. 13)	Week 50:	Motivate Kids for Clean Eating (Dec. 12)
Week 25:	Cut Out Shopping (Jun. 20)	Week 51:	Prefer Flat Stomach Foods (Dec. 19)
Week 26:	Eat Healthy Breakfast (Jun. 27)	Week 52:	Sow Your Seeds (Dec. 26)