

WWL

WARRIOR LIFESTYLE

MONTHLY CHALLENGE

MONTH 2

For the second month of the Warrior Lifestyle Program, we are looking to kick things up a notch and really help you transform from the inside out! Studies have shown that diets consisting of high amounts of processed red meats can increase your risk for certain illnesses like cancer and even death! More daily issues arising from processed meat consumption include fatigue, insomnia, and irritability. I bet you didn't know that cheeseburger could have been the reason why you had an attitude problem the other day!

Month 2 will feature a TWO WEEK No Meat Challenge that will change how you interact with food around you. We want you to choose meals from our list of breakfasts, lunches, and snacks that include NO MEAT for TWO WEEKS. We know you love that chicken sandwich as much as we do, but your body will THANK YOU SO MUCH for choosing yourself over your cravings. After two weeks, you can slowly incorporate meat back into your diet. However, after losing as many inches as you will during these two weeks, you may want to continue with your own no-meat challenge!

