

**pour into your core.**

# **Eating Plan**

## **phase 1: cleanse your palate**



Phase 1 is a simple, clean eating plan that eliminates processed foods and sugar. For phase 1, I recommend avoiding grains and breads and pasta, etc. Later, you can add in healthy versions

### **focus:**

- **let veggies dominate!**
- **refer to the pour into your core Grocery List**
- **no added or hidden sugars**
- **no fake/artificial sugars**
- **no alcohol**
- **eat foods the way God made them! (no factory food!)**
- **taste your food & be mindful**
- **avoid screens while you eat**
- **sit down for all food intake**

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**If you are vegetarian, vegan or have special needs, please consider this plan as a suggestion. Reach out for additional information. This is intended for general purposes & is not a hard-and-fast rule :)**

**onfirefit.com**  
**onfirefit@gmail.com**  
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