

An orange circle containing the text "SPOON & SKILLET" in white, uppercase, sans-serif font. The background of the top of the page is a wooden surface with a pile of fresh okra and purple carrots on the left.

SPOON &
SKILLET

28-Day Refresh

Jan 11th - Feb 7th
#28dayReFresh

PROGRAM BASICS

Week 1

Eliminate grains, dairy, legumes,
alcohol, and refined sugar

Week 2

Reintroduce gluten-free grains

Week 3

Reintroduce legumes

Week 4

Reintroduce dairy

• what **CAN** I eat? •

BREAKFAST

focus on fresh fruit, organic eggs,
try a green juice if you're into it

LUNCH

salad is an obvious choice, make a
big batch of vegetable soup, grill
some extra chicken

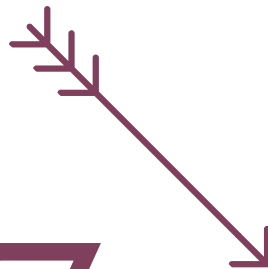
DINNER

protein style burgers, stir fry (just be
careful about sauces), baked potato
with a no-bean chili

SNACKS

pre-portioned nuts, fruit (think about
what's easy to grab on the go), pre-
cut veggies (dip ideas: guacamole,
homemade vinaigrette)

Add a personal goal here:



remember

This is not about starving yourself.
Eat regular meals, and eat when
you are hungry.

Have questions or need support?
Call: (562) 424-4740
Email: hello@spoonandskillet.com