



# GET READY TO EAT REAL.

In a world full of fake food, we challenge you to start focusing on real food! Highly processed fake food – like donuts or chips – lacks nutritional value and adds a lot of calories, sugar, sodium, and unhealthy fats to your diet. Whereas real food – like fruits, veggies, and whole-grains – give your body the nutrients and energy you need to feel great and perform your best. Eating more real food and less fake food is one small change you can make that will add up to some amazing health benefits.

So, for the next six weeks, we challenge you to replace one fake food with one real food every day. We hope that by the end of the six weeks, you'll realize just how amazing real food can taste, and how amazing it can make you feel. Start eating real food, and start feeling real good!

REAL FOOD  
CHALLENGE 