

DAY 4:

Withdrawal

Challenge

You have no energy. You are craving foods terribly. You are thinking you've had enough of this program, and want to quit. Anything to ease this pain!

Solution

Believe it or not, sugar addiction and withdrawal is very real. So is caffeine addiction and withdrawal. You are likely feeling one (if not both) of these things. The effects can be devastating, but you can get through it. The better you eat, the more you exercise and the more sleep you get – the easier this will become.

Make sure to get plenty of rest today, and drink lots of water. Even if you don't feel like eating, follow the meal plan, and chow down on some good carbs, protein and fats. Read an interesting book, watch a funny comedian, or play with your pet for an extra long time. Make sure you refer to the exercise guide to nail your workout for the day. Exercise helps to release beta-endorphins, which will help you feel better.

Journal

Today's journal entry is to write down the pros and cons of continuing this program. (I have a feeling that you will find that the pros far outweigh the cons.) This can be a helpful exercise when you are irrationally craving old foods. Your journal is your friend.

Stress

How were your stress levels today? What common stressors are you noticing that you have control over? What stressors do you have *less* control over?

Sleep

How much sleep did you get last night? Was it enough? Remember to meditate for at least 3 minutes during the evening to help you wind down and prioritize thoughtfully. Sleep is your best friend here.

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Try This

Clean up your pantry, and get rid of all the foods you're not going to be eating during this 30-day program. If you have lots of sugary foods, give them to someone you don't like! How does it feel to have less junk around? Nice, right?

Did You Know?

Most drugs of abuse increase dopamine in the nucleus accumbens (the pleasure center of your brain). Palatable food also releases dopamine in your brain. Therefore, under certain circumstances, sugar can have effects on your brain [similar to accepted drugs of abuse](#).

Further Reading:

[Sugar: Is It A Drug?](#)

Some studies have shown that intense sweetness is more rewarding than cocaine, and others have shown that food addiction is similar to drug addictions. This differs from behavioral addictions like gambling, since in food (and sugar) addiction, there are actually neurochemical changes in your brain.

Thought For The Day

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

-Francis of Assisi

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DAY 4: FOOD

BREAKFAST

Coconut Flour Pancakes



Ingredients (serves 2)

- 1/4 cup coconut flour
- 1/8 tsp baking soda
- Pinch of salt
- 1/4 cup coconut milk
- 2 tbsp organic, cold-pressed coconut oil
- 3 eggs
- 4 scoops protein powder (optional)
- 2 tbsp honey
- 1/2 tsp vanilla extract
- Maple syrup to taste
- Grass-fed butter for cooking
- 2 cups raspberries

Directions

1. Thoroughly mix the eggs, coconut oil, and honey together. Add the coconut milk and vanilla extract.
2. Throw in the coconut flour, baking soda, protein powder and salt. Mix, but remember, not too much!
3. Melt a dab of butter in your skillet and then, using a measuring cup, add a little batter to the pan.
4. Remember that you aren't likely to see many bubbles forming on the top, so carefully check the underside of your pancake before flipping.
5. For best results, serve your pancakes right away. Enjoy with maple syrup, and the raspberries!

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DAY 4: FOOD

LUNCH

Sardine And Sauerkraut Salad

Ingredients (serves 1)

- 1 squash, diced
- 1 avocado, diced
- 1 celery stalk, diced
- 1 head lettuce, chopped
- 1 cup cabbage, shredded
- 1/4 cup raw sauerkraut
- 2 cans of sardines, in oil, chopped
- 1 tbsp balsamic vinegar
- 1/2 lime, juiced
- 1 tsp mustard
- 2 sweet potatoes

Directions

1. Cut holes in sweet potatoes and cook at 350 degrees. Alternatively, cook them in microwave for 8 minutes, rotating once. Combine all other ingredients in a bowl and mix completely.
2. When cooked, remove sweet potatoes, and enjoy with salad!

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DAY 4: FOOD

DINNER

Butternut Squash Soup

Ingredients (serves 1)

1 butternut squash
3 cups chicken broth
3 tbsp extra virgin olive oil
1/2 apple, sliced and cored
2 carrots, chopped
8 oz. chicken, cooked
3 tsp cinnamon
1 tsp iodized salt
1 tsp chili powder
2 tbsp ghee
1 potato

Directions

1. Preheat oven to 400 degrees. In a bowl, combine the squash, olive oil, cinnamon and salt. Cut holes in potato, and cook for 8 minutes in microwave, rotating halfway through.
2. Once ingredients in bowl are mixed, spread them on a baking sheet.
3. Reusing the bowl, toss in the apple slices and carrots. Place these on a second baking sheet, and place both baking sheets in oven. Cook for 40 minutes.
4. Place ghee in a pot over low heat. Add the roasted ingredients, then add the broth and chicken. Let boil, then reduce heat. Simmer for 15 minutes.
5. Using a blender, blend the ingredients until smooth. Serve with the potato!

*Note: Be sure to pay attention to portion sizes and serving recommendations.
Some recipes included in this program make multiple servings.
There's also no need to finish a full serving if you're no longer hungry.
If your body is telling you it's full - listen to it!*

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DAY 4: EXERCISE

Rest

Skill Level:

Beginner, Intermediate & Advanced

This will be your easiest day so far! Do not do anything! You are likely adjusting – mentally, as well as physically – to this healthier way of life. Take time today to slow down, and appreciate all the hard work you’ve already put in.

If you absolutely feel you have to do *something*, go for a walk – but no more than 10 minutes! Ideally, you won’t even do that! Take some time to laugh, watch a funny movie, or tidy up around the house.

You’re doing great already, take some time to relax and enjoy it! Remember – you only live once!

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