

Diet: Kitchen/Pantry Purge #2

Take a final sweep of the premises and get rid of any non-Primal offenders still hanging around. If you are juggling the interests of a non-Primal significant other, kid(s) or roommate(s), see if you can arrange to segregate Primal and non-Primal items to specific shelves in order to sharpen your focus.

Exercise: Moderate Duration Aerobic Workout

Exercise for 20-60 minutes at 55-75 percent of maximum heart rate. Rest or hit the minimum if you are a bit tired or sore.

Lifestyle: Use Your Brain

Today you will take the initial steps to pursue a creative intellectual challenge that provides a refreshing break and balance to the responsibilities of hectic daily life. Sign up for lessons in a foreign language, a musical instrument, or dancing. Start a jigsaw or crossword puzzle right now, write a short story, or initiate a home improvement or landscaping project. Try anything else outside of your comfort zone that sounds interesting and challenging!

Also, figure out ways throughout the day to keep your brain challenged and stimulated. Replay a song on your iPod to memorize the lyrics, bust out your school yearbook and try to recall the names of long lost fellow students, or use your head instead of a calculator to add up numbers.