

Diet: Sensible Indulgences

Make a list of non-Primal foods, beverages, or habits that have been the most difficult to manage during your challenge. Still have a hankering for that morning scone at the coffee house, or a late-night spoonful (or two, or twelve) of ice cream? Heighten your awareness of any shortcomings, accept them without judgment or negativity, and formulate a plan to make your indulgences more sensible.

If you are a chocoholic, can you swap out milk chocolate products for dark chocolate? Can the rich, satisfying taste of a Primal Fuel smoothie take the place of a coffee house baked good when you need a quick morning snack on the go? Can beef jerky and apple slices take the place of a commercial energy bar when an afternoon lull hits? Can you smuggle a baggie of macadamia nuts into the movies to replace absent-minded scarfing of popcorn? If these replacement suggestions don't fly, can you in fact appreciate a slice of cheesecake once a month without feeling guilty and diving into a five-day sugar binge? Maintain a positive mindset, focus on pleasure and satisfaction, and see if you can find ways to tweak your indulgent habits without feeling deprived or frustrated.

Exercise: Full-Length PEM Workout

Complete a full-length Primal Essential Movements workout consisting of a 5-minute warmup period of easy cardiovascular exercise, and 2-3 sets of maximum repetitions of pushups, squats, pullups, and planks.

Lifestyle: After Photo

If you are inclined, snap a progress photo to compare to the one you may have taken at the outset of the 21-Day Challenge. If you have been diligent in completing the challenges and aligned with Primal eating, you should notice some improvements in body composition.