

# EAT LIKE A BEAR! 3 DAY CHALLENGE

## DAY 1 TEST MEAL

### The Ridiculously Big Salad

1 ½ romaine hearts, torn into large bowl

Toss with ranch dressing. Adjust salt/pepper.

Add optional: Onion, medium tomato, cucumber.

Add your selected protein item (see below, right).

#### Ranch Dressing Recipe:

- 1/4 cup (60 ml) mayonnaise
- 1/4 cup (60 ml) Greek yogurt or sour cream
- 1/2 t (2 ml) dried parsley (optional)
- 1/2 t (2 ml) dried chives (optional)
- 2 t (10 ml) dried dill weed (optional)
- Water to reach desired consistency
- Salt and pepper, to taste

## DAY 2 TEST MEAL

### Cauliflower Skillet, 1 serving

6-8 ounces protein, cooked

1 tbs seasoning salt (e.g., Old Bay Seasoning)

16 ounces cauliflower florets

1/2 cup chicken broth

1 cup cheddar cheese, grated

Salt and pepper to taste

**Steps:** Heat broth in skillet, add seasoning and cauliflower. Cook cauliflower until soft (5-10 minutes). Add protein until warm. Sprinkle on cheese. Turn off heat. Cover skillet with lid until cheese has melted.

## DAY 3 TEST MEAL

(Repeat Day 1)

## SHOPPING LIST

1 - 3-pack romaine hearts

1 protein item (see below)

Low carb mayonnaise

Low carb Greek yogurt (or coconut yogurt)

(Optional) Lower-carb salad vegetables (onion, cucumber, tomato)

16 oz cauliflower florets, frozen (or other vegetable)

Cheddar cheese (1 cup)

Chicken broth (in carton or homemade)

## PROTEIN ITEM

Each meal at left needs about 6-8 ounces of protein, of your choice. You can make this super-simple. Each of these would make three meals:

1 rotisserie chicken

1 ½ pounds of cubed ham

1 ½ pounds of ground beef, cooked

1 ½ pounds of chicken strips

1 ½ pounds salmon

# Jjs 3day Challenge

**Camilla Rothe**



**Jjs 3day Challenge:**

This book delves into Jjs 3day Challenge. Jjs 3day Challenge is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Jjs 3day Challenge, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Jjs 3day Challenge
- Chapter 2: Essential Elements of Jjs 3day Challenge
- Chapter 3: Jjs 3day Challenge in Everyday Life
- Chapter 4: Jjs 3day Challenge in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Jjs 3day Challenge. The first chapter will explore what Jjs 3day Challenge is, why Jjs 3day Challenge is vital, and how to effectively learn about Jjs 3day Challenge.

3. In chapter 2, the author will delve into the foundational concepts of Jjs 3day Challenge. This chapter will elucidate the essential principles that need to be understood to grasp Jjs 3day Challenge in its entirety.

4. In chapter 3, this book will examine the practical applications of Jjs 3day Challenge in daily life. This chapter will showcase real-world examples of how Jjs 3day Challenge can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Jjs 3day Challenge in specific contexts. The fourth chapter will explore how Jjs 3day Challenge is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Jjs 3day Challenge. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Jjs 3day Challenge.

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