

DAY 6: Eat Real Food

Fuel yourself right! Reduce processed food by at least 50%

What you need:

Something to write: your phone notes, or notebook, or if you prefer paper and pen!

Here your task:

1. Write down ALL the food you consume today – aka food journaling.
2. Note which one is from one ingredient source and which one is processed. Do this for every meal and every snack.
3. At the end of the day write how many single ingredients and how many processed foods you have consumed – put a number on both.
4. After you are done with this, pick that number of processed food and take it as a goal from tomorrow to halve this number.
5. Keep track of how much processed food and how many single ingredients you are consuming, to ensure that you are on track with reducing processed foods by (at least) 50%.

Let's make an example:

Take breakfast. You eat a packaged muesli or granola, bought at the supermarket (with sugar, and some kind of fats).

This is one point for processed food. While if you mix natural nuts, seeds, and oats yourself, those would be single ingredients.

Got it?

Pro tips:

When you do your grocery shopping, go with your grandma in mind. What she doesn't recognize, don't buy it.

Why that? Most processed and ultra-processed food the food industry has put out there, has appeared in the last 50 to 60 years.

Another simple and powerful tool:

Avoid food/products with a long ingredient list.

A long list of ingredients often means highly processed. Avoid highly processed foods not only for your focus, and brain cognition, but for your overall health, since those are highly inflammatory.

Instead chose as much as possible single ingredient products and create your own meals.