



**7-Day  
No  
Snacks  
Challenge**

**BL**

# BuiltLean®

## 7-Day No Snacks Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark an "X" for each day you have no snacks.

### The Challenge

Eat 3 or fewer meals a day with no snacks for 7-days. A snack is any food you eat between meals. Caloric beverages count as a food.

### The Benefits

1. Decrease Calorie Intake
2. Reduce Compulsive Snacking
3. Drop Excess Weight

### The Considerations

1. Cleanse Your Cupboards & Pantry
2. Keep A Photo Food Journal
3. Drink Plenty of Water (60+ Ounces)

Original post at [www.builtlean.com/no-snacks-challenge/](http://www.builtlean.com/no-snacks-challenge/)