DAY 26:
Social Media And Image

Challenge
Do you get jealous when looking at your friend’s social media feeds? Maybe they are a little TOO perfect?

Solution
Stop comparing yourself to others, and make yourself happy.

Journal
Today’s journal entry is to reflect on a time when you compared yourself to someone else, and subsequently felt bad about things in your own life. Was this the right thing to do? What can you do in the future to avoid this kind of situation?

Stress
How were your stress levels today? Is comparison the thief of joy for you? Stressing about others takes the focus off our own problems – which creates more stress.

Sleep
How much sleep did you get last night? Was it enough? Don’t forget to meditate for at least 10 minutes this evening!

Try This
Instead of watching television this evening, start a craft project, or volunteer at a shelter. Giving back always makes us feel good – try and do it as much as you can!

Did You Know?
According to scientific research, more than 50 percent of adults who are online now use at least two social media websites.
Further Reading:

*How To Live Paleo In The Digital Age*

 Teens average between 8 and 13 hours of screen usage – per day! And people who spend more time in front of screens and less time outside have narrower blood vessels in their eyes; this has been linked to cardiovascular disease later in life. Since a lack of exercise is a major cause of chronic disease, it is a good idea to try and get away from the screens, and to get outside and get moving!

**Thought For The Day**

“You can be the moon and still be jealous of the stars.”

-Gary Allan
DAY 26: FOOD

BREAKFAST

Chocolate Breakfast Milkshake

**Ingredients (serves 2)**

- 2 large frozen bananas
- 1 cup coconut milk
- 2 tbsp cashew butter
- 1 tbsp raw cacao powder
- 4 scoops protein powder (optional)
- 1/2 tsp vanilla extract
- 6 ice cubes

**Directions**

1. Start by adding the bananas and the coconut milk to your blender, and pulse a few times.
2. Add the cashew butter, cacao powder, protein powder, vanilla and pulse another few times.
3. Depending upon the texture, you may want to add fewer than all 6 ice cubes. Feel free to add more coconut milk, in order to get your concoction to a milkshake consistency.
DAY 26: FOOD

LUNCH

Smoked Chicken Breast With Spinach And Radish Salad

**Ingredients (serves 2)**

- 2 smoked chicken breasts, thinly sliced
- 1 bunch English spinach, chopped
- 4 radishes, thinly sliced
- 6 pecans, chopped
- 2 tbsp macadamia oil
- 1 tbsp balsamic vinegar
- 2 cups blueberries

**Directions**

1. Place the spinach, radishes, pecans, macadamia oil and balsamic vinegar in a bowl and combine.
2. Place an even portion of spinach salad across two plates with a sliced smoked chicken breast on top to serve. Enjoy with the blueberries!
DAY 26: FOOD

DINNER

Pan-Fried Pork Chops And Apples

Ingredients (serves 4)

1 tsp each sea salt, freshly ground black pepper, ground cumin
1/4 tsp ground cinnamon
1/2 tsp onion powder
4 - 6 oz. boneless pork chops
3 tbsp olive oil
5 cloves garlic, minced
1 tbsp ghee
2 large apples (any kind), peeled, cored and thinly sliced
1/4 cup low sodium chicken broth, or use homemade broth
4 potatoes
4 cups steamed broccoli

Directions

1. In a small bowl, blend together seasonings (salt through onion powder); sprinkle mixture evenly over both sides of pork chops.

Making Progress? Let Us Know!
Instagram: Tag #PaleoHacksChallenge, @PaleoHacks and @EatCleanTrainCleanOfficial
Twitter: Tweet #PaleoHacksChallenge to @PaleoHacks and @EatCleanTClean
DAY 26: FOOD

2. Heat the olive oil in a large skillet over medium-high heat. Add garlic, and cook for 30 seconds or until fragrant.
3. Add seasoned pork chops; cook for 2 to 3 minutes per side or until a crust has formed.
4. Meanwhile, melt the ghee in a small saucepan over medium heat. Add apple slices and let cook, stirring constantly, until softened. Set aside.
5. Add the broth to the pork chop skillet and whisk up all of the browned bits from the bottom of the pan.
6. Add softened apples, then reduce heat to low and cook for 3 minutes, for flavors to meld. Serve with steamed broccoli, and potatoes, as sides!

Note: Be sure to pay attention to portion sizes and serving recommendations. Some recipes included in this program make multiple servings. There's also no need to finish a full serving if you're no longer hungry. If your body is telling you it's full - listen to it!

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DAY 26: EXERCISE

Rest

Skill Level:
Beginner, Intermediate & Advanced
You get to rest today – nice work!

Take some time to relax today. You’ve come a long way so far. You’ve almost made it the FULL 4 weeks! Just a few more days to go!

If you absolutely NEED to do something, take a short, 10 minute walk. No longer! Remember: too much stress, without proper rest time, will cause you to accumulate fat – the exact thing we are trying to avoid!