**EAT LIKE A BEAR!**
**THREE-DAY CHALLENGE**

**DAY 1 TEST MEAL**

*The Ridiculously Big Salad*

1 1/2 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 tsp (2 ml) dried parsley (optional)
1/2 tsp (2 ml) dried chives (optional)
2 tsp (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 1/2 pounds of cubed ham
1 1/2 pounds of ground beef, cooked
1 1/2 pounds of chicken strips
1 1/2 pounds salmon