

The Three-Day Challenge is an e-mail course available on the Eat Like a Bear website [here](#).

This PDF is NOT the Three-Day Challenge.

The Three-Day Challenge

Eat Like a Bear!

Watch videos and read emails each day to learn the #1 meal framework driving weight loss success in the Eat Like a Bear!

-->[START HERE](#)<--

Featured on the cover of *Woman's World* magazine.

