

Medical Disclaimer

The content in this document is not intended to be a substitute for professional medical advice, treatment or diagnosis. For all medical conditions, concerns or questions, always seek the advice of your physician or other qualified health or medical services provider. Do not disregard professional medical advice or delay in seeking medical care or advice based on the contents of this document or any ancillary materials or communications by its author.

The Challenge is Much More Than This PDF

The Eat Like a Bear Three-Day Challenge is a whole mini-course via email that is completely free. There are educational videos for every day of the challenge. If your friend has just given you this PDF, you are missing out on the core success content of the challenge.

Printable Three-Day Menu and Shopping List

Print the following page for your convenient Three-Day Challenge plan.

EAT LIKE A BEAR! THREE-DAY CHALLENGE

DAY 1 TEST MEAL

Ridiculously Big Salad

1½ romaine hearts
Onion, medium tomato, cucumber (optional)
Protein item (see below, right)
Ranch dressing
Salt and pepper, to taste

Tear romaine hearts into large bowl. Add sliced or diced vegetables (optional) and protein item. Toss with dressing. Adjust seasonings.

Ranch Dressing

1/4 cup mayonnaise
1/4 cup Greek yogurt or sour cream
1/2 teaspoon dried parsley (optional)
1/2 teaspoon dried chives (optional)
2 teaspoons dried dill weed (optional)
Water to reach desired consistency
Salt and pepper, to taste

DAY 2 TEST MEAL

Cauliflower Skillet

1/2 cup chicken broth
1 teaspoon seasoning salt
16 ounces cauliflower florets, frozen
6–8 ounces protein, cooked
1 cup Cheddar cheese, grated

Heat broth in skillet. Add seasoning and cauliflower. Cook cauliflower until soft (5 to 10 minutes). Add protein until warm. Sprinkle on cheese. Turn off heat and cover skillet until cheese melts.

DAY 3 TEST MEAL

Repeat Day 1.

SHOPPING LIST

1 protein item (see below)
1 three-pack romaine hearts
Lower carb salad vegetables, such as onion, tomato, cucumber (optional)
16 ounces cauliflower florets, frozen (or other vegetable)
1 cup Cheddar cheese
Low-carb mayonnaise
Low-carb Greek or coconut yogurt or sour cream
Chicken broth (carton or homemade)

PROTEIN ITEM

Each meal needs about 6 to 8 ounces of protein of your choice (cooked). Each of these would make three meals:

1 rotisserie chicken
1½ pounds cubed ham
1½ pounds ground beef, cooked
1½ pounds chicken strips
1½ pounds salmon
12 boiled eggs

Most Common Questions

Q: Do you really only eat one meal a day?

A: Yes, I ate one meal a day (a very big meal). In the Three-Day Challenge you'll learn why and how to adapt it to meet your needs. It is a framework that is adaptable.

Q: May I drink coffee, tea, bone broth, Propel, Gatorade, etc.?

A: Ideally, you drink nothing outside of that meal time that adds calories or that affects your blood sugar. Water and coffee and tea (without added sugar, milk, or cream) fit that bill. If you have a drink that doesn't fit the bill, you simply have to decide if you're going to keep it or cut it. It is your decision. You will never hear from me what you may or may not do. Do find recommendations on **electrolyte drinks** to ease your transition into low-carb eating. (Find that on the website [here](#).)

Q: I already know keto and intermittent fasting. Do I really need this?

A: The main meal approach featured in the Three-Day Challenge has emerged as the most effective in our weight loss community. It is distinct in the world of ketogenic diets. I encourage you to take a look at what we do.

I encourage people not to reduce the topic of weight loss to simply what we eat and drink, and when. They are very important, but the feedback we are getting on our success is on the importance of the psychology that is rooted in a lot of our materials.

For anyone shrugging off what we do here because they already know all about keto diets, I encourage them to dig deeper into what it takes to achieve the extreme weight loss that some are achieving in this community.

All that said, anyone out there who is doing something that is working for them should keep doing exactly that. We don't all have to eat the same thing to achieve individual success.

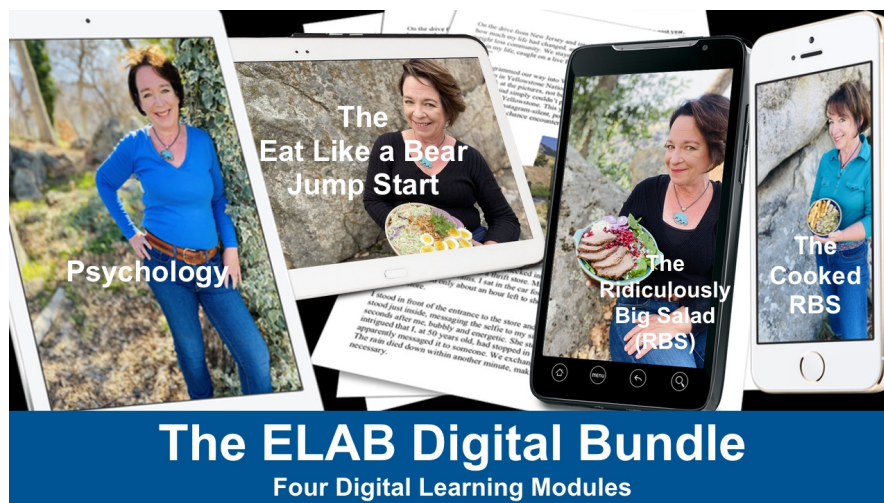
What do I do after Day 3?

The purpose of the Three-Day Challenge is to expose you to our most effective meal framework for weight loss. It is a fairly aggressive approach. You may not need to be this strict. You might choose to implement a different version of intermittent fasting (time-restricted eating).

All that said, Day 4 is completely up to you. Rinse and repeat or adapt.

Many people take this knowledge, continue to implement, and enjoy great success. Many people who do decide to implement in a similar fashion to the Three-Day Challenge get great value out of the premium content at Eat Like a Bear!

The digital content at Eat Like a Bear! is highly-reviewed, has driven a lot of success, and has a generous refund policy. [Find the most current offerings on the website here.](#) Email support@eatlikeabear.com with any questions.



Some Inspiration as You Begin

The unique video message of “A Postcard from Yellowstone” has been identified as a key success factor in the Eat Like a Bear! community. It was originally posted in September 2018 and has over three million views. [Watch A Postcard from Yellowstone on YouTube here.](#)

“Make your goal BIG.” Learn more about goal-setting in this popular YouTube video. ([Watch here.](#))

An unlikely team of postal personnel saves the day and helps ship the book *Half My Size with The Ridiculously Big Salad* from Amanda’s extremely rural location. ([Read the story here.](#))

Follow the success cases on the Eat Like a Bear! website. ([Find them here.](#)) Notice a common theme of people finding their own groove.

Find our 100+ pound weight loss success cases [here.](#)



About Amanda Rose, Ph.D.

Amanda Rose founded the Eat Like a Bear! community in July 2018 after a simple little video took hold on Facebook, driving weight loss among its viewers. Amanda's Facebook video "A Postcard from Yellowstone" in September 2018 drove the success rate and culture of the community, leading to the 50+ success cases of 100+ pounds lost.

Amanda's Ph.D. is in political science. She has training in social choice theory and in statistical analysis with complex data. She uses her analytical training to shine a light on the approaches driving the most success in the diverse Eat Like a Bear! community. Notably, the meal framework "The Ridiculously Big Salad" (and the "Cooked Ridiculously Big Salad") highlighted in the Three-Day Challenge emerged from the community's first 18 months as highly effective for weight loss.

Amanda attributes much of her weight loss success to her training in social choice theory and uses it to inform the unique psychology of her message at Eat Like a Bear!, especially that in the psychology content on YouTube and in the premium content.

