



Weddings at the Museum



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THE 10 DAY CHALLENGE

Fit Bride

by Alexa Atkinson

With the stress of wedding planning, work, and everything else life throws at you, we know that getting your wedding bod is hard. There are so many fad diets that have sparked this year, and picking one and sticking with it can be difficult. One that got some major rage was the JLO and AROD 10 day challenge. What is the 10-day challenge? Basically, it's eating whatever you want EXCEPT sugar and carbs, with a goal of working out at least 7 out of those 10 days. We know it sounds hard, but we pulled up our sleeves and did some research and found some great tips to consider. We were surprised at how many foods have sugar, and yes this means cutting out all fruit! The best way to see it, is that you will be eating basically protein and veggies for those 10 days, which isn't too bad! Don't forget to drink LOTS of water!

WARNING: The first 48 hours will be hard, so you will definitely just need to meal prep so you can be prepared to accomplish this goal. Here are some things to consider during your 10-day challenge:

Foods you CAN'T EAT: ❌

Fruits

Alcohol

Soda

(NO diet soda)

Sugar & Sweeteners

(including substitutes and natural sweeteners such as honey and maple syrup)

Dairy

Grains

(bread, rice, pasta)

Starchy Vegetables

(potatoes, corn, peas)

Foods you CAN EAT: ✅

Non-Starchy Veggies

(spinach, broccoli, cauliflower)

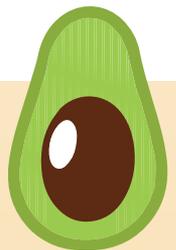
Eggs

Meat

Nuts

Unsweetened Teas

Avocados



We know that your list is limited and you might have some random cravings, but don't worry, that's normal! If you're really having a weak moment and need something sweet you can always grab yourself SUGAR-FREE jello or drink some green tea to get rid of those cravings. Don't forget that it will all be worth it when you're able to indulge in wedding cake and champagne on the big day!

**please consult your doctor before starting any diet.*