



21-Day Eat to Live Challenge AUTUMN 2020

WELCOME BOOKLET

WELCOME, MY FRIEND!!! Welcome to our 21-Day Eat to Live Challenge. :D

I am so excited to have you here, and I hope you're so excited to complete this Challenge...and truly change your healthy eating journey. I want to first start by saying that you are doing such a great thing for yourself, and I'm really proud of you for taking this step.

And we're going to have LOTS of fun together in the next 3 weeks so buckle up! :)

Please read through this introductory information thoroughly first: there are LOTS of great, jam-packed tips and motivation. And then start planning out mentally what it will take for you to get started. There are 10 PDFs that go along with this Welcome Booklet that include 4 Core PDFs and 5 BONUS PDFs:

- 1) [CORE] Program Calendar (large and small print)
- 2) [CORE] Sets and Recipes Guide
- 3) [CORE] Grocery Lists
- 4) [CORE] Full Prep Instructions
- 5) BONUS Produce Storage Guide
- 6) BONUS Mini-Lesson Mindset
- 7) BONUS Kitchen Products Guide
- 8) BONUS FAQ Guide
- 9) BONUS Facebook Group and Housekeeping Guide

I have also created a quick introductory video to explain JUST how to use these documents so you can jump in and hit the ground running...and skip the whole “I Don’t Get It” part. :P

[Watch the Challenge Intro Video Here](#)



Ingredients Notes

We will be having Challengers participate from all around the world and as such, certain ingredients might be different where you live. Be sure to look at the grocery list early on so you can place an Amazon or DrFuhrman.com order for items that you might not be able to easily find right off the bat.

I have noted common substitutions in case you can’t track something down, so you should easily be able to find at least one variation in your local stores.

Note that whenever something is a link, it’s probably an affiliate link, meaning The Watering Mouth will earn a small commission from your purchase, but you will pay the same amount. You are welcome to buy any comparable replacement product you prefer that is not from an affiliate, if you choose!

Get Interactive and Social on This Challenge

Make sure to post about your experience on the Fresh Start Challenge so your friends and family can see and cheer you on! Some ideas: post about what your thinking, feeling, the results you’re getting, what you’re learning about yourself, post pictures of your food prep, what your meals look like, and anything else you can think of.

Hopefully some of your friends will take notice and ask you questions!

Use the hashtag **#etl21daychallenge** and tag **@thewateringmouth** in the text whenever you post something, so we can easily search back through our past posts on every network!

And of course, please use the [private High-Nutrient Lifestyle Group on Facebook](#) to talk about what's working and not working for you, so you can get tips and suggestions from other members and so I can see what to improve for future challenges based on your feedback.

So Why Even Do a Challenge?

You already joined this challenge, so I don't have to sell you on the idea that it could be helpful, but I want to point out just HOW helpful it can be, and why.

You see, every time we enter into a period of strictness like this challenge, in our lifestyle, we learn new things about ourselves and grow in ways we could have never predicted.

It sounds silly to think that being more strict will make us feel more free, but that is exactly what happens for many.

Why?

For the most part, it's because you will no longer need to use up part of your precious headspace with the deciding and choosing that normally occurs in order to eat...all the time.

In fact, it's said that we make somewhere around 35,000 decisions per day!

Wait WHAT!?

Yep, 35,000 decisions per day.

Everything from deciding whether or not to answer a text, to scratching our nose, what time to go to bed, whether we should sit here on the couch or over there...so many decisions!

And just think of how much time you spend thinking about food each day. What will you have for breakfast? What will you put in it? How much of this? How much of that? What will you have for lunch? When will you have it? Should you have it now? You really want

that extra bite of sandwich, but you know you shouldn't...will you give in? Should you? Why not? Will you add salt to your soup? How much?

Et cetera!

So when we do a food challenge, not only might we lose a bit of weight, but we are also probably going to end up with the added benefit (surprising many who do challenges) of being released from this constant barrage of thoughts and decision-making that surrounds our meal choices each day.

It actually feels quite freeing.

But take heed:

Throughout this challenge, you're going to have lots of things happen in your everyday life that will make you want to stop. Your brain is going to give you lots of thoughts that will make you feel you *totally should* stop.

Just remember: you don't have to believe every thought your brain gives you.

In fact, your brain will say some crazy things to you, because when we lose weight, our brain is worried that we're going to die. "Uh oh, food must be scarce! I'd better get my human to eat!" :)

So it throws lots of things at you to get you to cave and stop:

- "Oh it's so much easier to not have to do a challenge."
- "My old way of life was working just fine."
- "I don't like the food taste as much as my old diet."
- "I'll quit now, and do it again another time."
- "It's too hard to make all these meals!"
- "I crave too much."

And so on!

But my friend, you must keep going. You owe it to yourself. The benefits you can expect to reap from this challenge are too exciting not to give it your all for the whole 21 days (and hey, it's only 21 days):

- Lower cravings
- Lose weight

- Learn more high-nutrient meals
- Learn to cook more easily
- Learn how to incorporate G-BOMBS every single day
- Not have to choose what to eat
- Feel better
- Get incredible digestion (after the first week-ish, for beginners)
- Learn how to stop snacking in between meals
- Be one of “those people” who eats a salad every day!
- Get comments from the grocery store checkout person: “Wow, you eat healthy, huh?”
- Feel proud of your food
- Influence those around you, including your children, significant others and co-workers
- Set yourself up for fully understanding how to make the Nutritarian lifestyle work for you, long-term, without complicated recipes or too much cooking or prep

And ya know, once you get this knowledge, you can't go back to saying, “Oh I just don't know how to do it” anymore. Excuses gone! :)

What to Do When The Going Gets Super Difficult

Here's a glimpse into your future: There are going to be super difficult moments during this challenge. Your brain is going to play tricks on you. But preparing for this ahead of time, and giving yourself that pep talk is going to make worlds of difference for you.

Accept that at times you are going to want to quit. But that the benefits are too important to sell yourself short.

Make sure to read through your BONUS Mini-Lesson on Mindset to get yourself all set up for success before, during and after the Challenge is over.

And then know that: *Support is critical.*

Make sure you have a great support system in place. If you can get other friends or family members to do this with you, that would be ideal. I am also encouraging you to [join my High Nutrient Lifestyle Group community on Facebook](#) -- it's private, but it's available for everyone who wants in!

There are a TON of folks who are going to be doing this in there altogether, so it will be an excellent place to go for support and camaraderie, as well as a place to get your questions answered.

If you have any questions about the program, might I suggest you reach out to your Facebook group as your first line of defense: your questions will most likely be answered the fastest in there by your extremely helpful fellow Challengers who already have experience with my Challenges. Then, if you still have a question that needs answering, please reach out to me at cheri@thewateringmouth.com if you can't get it answered on/don't use Facebook.

Also: the more you engage and participate with the content I am providing you, as well as taking advantage of the support club I offer on Facebook, the better you will do and the more success you will enjoy.

It's like this for all of us.

So here are the guidelines I'd like for you to follow, because they work for me, and have worked for so many of my clients as well. Please read them thoroughly, and do everything you can to firmly incorporate them into your life for (at least) the next 21 days.

Rules of Engagement (and Encouragement:)

Here are some more ideas that I wanted to give you before you start your challenge, because they are all things I have learned on my journey to becoming a Nutritarian.

I have found great success in my 6+ year journey on Eat to Live, and now confidently feel I can keep this up forever, even if I still go through challenging moments.

I proved this to myself in 2018, when I lost all my baby pregnancy weight (50 pounds!) plus an extra 12 pounds after that! I am now hovering around my Happy Lifetime Weight, and am confident that I have the tools to maintain forever now.

I have also coached this lifestyle to dozens of others, as a career choice, and have great success with many of my clients, even in the range of 50-100 pounds of weight loss! (You can check out more details about my customized, life-changing [Private Life and Weight Coaching program here.](#))

I'm also a certified Life Coach from the prestigious Life Coach School, and I incorporate those techniques and trainings in with everything I do.

Some other thoughts that I want to share with you are about my own personal journey on the Eat to Live Nutritarian lifestyle. This is just for extra info, in case it might be helpful to you.

Info on My “Protocol” and Why I Made the Challenge the Way I Did

Over the years, I had to seriously adjust to the following “Eat to Live” guidelines, that I've found work for me, in order to lose weight:

I commit to and follow a strict protocol with no deviations when I am in “weight-loss mode”. Also, whenever I want to have a break from cravings, I follow the same protocol, as it removes choice and gives me more peace of mind.

Here is the start of my own personal protocol, based on what I've learned about my issues with food addiction and cravings for myself and others over the years. These guidelines help me get over the craziness that goes on in my head otherwise:)

- Whenever possible, no snacking
- No snacking on nuts/dates
- Minimal to no dried fruit
- Tons of greens and non-starchy veggies, WITH ABANDON. Really though. Overdose.
- 3 meals per day, sometimes 2
- Eating all meals within a small window of time during the day (6-8 hours usually)
- Keep track of ALL “limited” foods, and often measure them. Here are the foods I limit: each day no more than: 1 cup grains/starches (usually ½ cup or less), ¼ cup nuts/seeds, ⅓ avocado max (but usually I don't have this), ½ cup beans, since these are the higher calorie foods that tend to make me gain weight if I overdo it ([Refer to this video](#) for more info on this concept.)
- Eat a huge salad each day, no exceptions
- Have some type of veggie steamed each day
- Breakfast is either a greens-loaded smoothie, or ½ cup oatmeal/berry/seeds meal
- Don't eat dinner if you can get away with it

So these are the things that work for me for weight loss and cravings reduction, if I stick to them for the most part. And the work that I've put in over the past 6 years has all been to get more and more comfortable with giving things up and being more serious about my healthy eating journey, little by little. It takes time.

Challenge Sample Protocol

So then, here's how it affects you: here is a Sample Protocol that we will be following in the Fresh Start Challenge. Note that some things will be moved around here and there.

Breakfast: Smoothie or Oatmeal or Savory Breakfast

Lunch: Huge Salad, 1 fruit

Dinner: Steamed Veggies, 1 small serving Soup or Main Dish or leftover smoothie, 1 fruit

So this is what I have used to lay this plan out, and my wish for you is that you feel some of that peace I was talking about earlier, by following a protocol such as this.

Some More Notes About the Plan

You will be cooking several times per week, but they will almost all be easy, 15-20 minute small sessions.

If you work out of the house, you will need to make your lunch to go for the next day. Start now, getting used to this idea. This level of effort is what it takes to make all of your meals and eat high-nutrient foods. It's really not a lot of work when it comes down to it, though it might be compared to what you're used to now with all the available convenience foods on the market.

But this is what it means to be a Nutritarian. And I know you want to eat healthier and take in more nutrients, because you've joined this Challenge and are reading this -- that shows you really care about yourself.

If you have a job where it's tough to eat a large salad in the middle of the day, consider swapping your lunch and dinner meals so they are quicker to eat. You may need to eat more raw or steamed veggies with your lunch, to hold you over during work, in this case. Then you could have a smaller salad for dinner, for instance.

I have tried to keep meals to sizes where anyone can lose weight, but this could mean that men get more hungry than women. So men, you can add a bit of food each day if you need to, such as an ounce of nuts, a serving of grains or $\frac{1}{3}$ of an avocado. And women, if you get too hungry, you can always add in more greens and low-starch vegetables, in unlimited fashion, but with meals.

Another thing to keep in mind is that after this Challenge is over and as you get better at this, you will find some meal options at restaurants that may work on occasion, and you can work those things in over time.

But for this 21 days, try to get used to what it feels like to be in the zone of making all your own food and eating like a Nutritarian.

This also means that you will need to get cozy with the idea of leftovers. In this plan, I am going to show you some variety in what I eat and how I cook, but generally I cook much less than this even, and you can too, once you're done with the challenge and have chosen some of your favorites.

I tend to keep my meals really simple (some read: boring) out of laziness, because once you get used to what a protocol looks like, you can repeat things as much as you like, as long as you get good nutrient variety in the meals (more like formulas) you tend to make often.

So how do you get good variety without getting bored? This would be like substituting chickpeas for black beans, then the following week, use lentils, and after that, kidney beans, etc. Do this for all the plant-based ingredients like veggies, greens, fruits, etc, and you will have excellent variety and nutrition.

This is how I truly don't get bored with my meals. Well ok, let's be honest, some days I totally do get bored. But usually what I do is just swap out one meal for a different one for a few days and then I always end up missing the original meal I was bored of.

Works every time.

Make sure to decide roughly what times you will eat each day, but above all, listen to your hunger cues for both hunger and satiety. If you are feeling hungry, don't snack: have a full meal and stop when satisfied.

Dr. Fuhrman (the creator of this high-nutrient style of eating) encourages us to skip dinner on occasion if you can comfortably (if it doesn't make you too crave-y the next day), or cut portions of dinner in half if you aren't terribly hungry. This aids in weight-loss and detox.

And many people on previous Fresh Start Challenges have reported that they are surprisingly not even close to hungry for dinner, so invite in the idea that this might happen for you too at some point on this Challenge.

If you eat these meals with the guidelines as I have laid them out, weight-loss should be quite possible for most of you, if that is one of your goals. Of course this can't be true for every single circumstance, but for the most part, you can expect steady weight-loss.

If you are having trouble losing weight, increase the amount of greens and green vegetables you are eating, and cut back on a bit of the higher calorie foods, like sauces, dips, dressings, grains, beans, fruits and/or avocado. You will have to figure this exact level out for your own body.

And during this Challenge, commit to always measuring things in the higher-calorie/lower-nutrient category, so you can get very used to how much of those you are supposed to have. It's easy to overdo it and eat just a little too much, stalling your weight loss. Note that greens and non-starchy veggies don't have to be measured unless it's your first few times making a salad: I want you to measure so you know how big your salad should be...not how small.

Quick Note on G-BOMBS:

What's a G-BOMB?

Ok if you don't know it already, this challenge follows the eating guidelines from the [book *Eat to Live* by Dr. Joel Fuhrman](#). This is an excellent book that highlights the best eating style for longevity and long-term weight loss.

If you follow the protocol in that book (and this challenge), you will learn everything you need to know to create better health, longer life, and more vibrancy...as well as weight-loss!

In the book, Dr. Fuhrman describes the list of foods that we should be eating every day, for maximum longevity and immune benefits. He uses the acronym G-BOMBS. Super cool and catchy:

G greens
B beans
O raw onions
M cooked mushrooms
B berries
S seeds and nuts

If we eat these every day in some combination, we will have excellent health, weight-loss and longevity benefits. I have included each G-BOMB in each daily meal plan for you, so you don't even have to think about this. YAY!

And if you want to know more about G-BOMBS and why to eat each one, and how, etc, [check out my G-BOMBS series of videos on YouTube](#), or read [Eat to Live](#) or [Super Immunity](#) by Dr. Joel Fuhrman.

Ok this should be a good setup for the Challenge. And I am including a BONUS FAQ guide as well with answers to all the most commonly asked questions, so if you are still wondering something, chances are it's answered in there. If you haven't received this guide yet, you will very shortly! Keep an eye on your email inbox; it'll arrive before the start of the Challenge for sure.

Now let's get into the nitty gritty of how it will all work.

How This Challenge Works

Your challenge starts on the first Monday of the month. So the weekend before, you should be reading this through and getting an idea of what is to come. You should also grocery shop and start prepping on Sunday, so you are all set up for Monday. Don't worry, I will guide you through it all with the Calendar and other materials. :)

And believe me when I say it's completely worth the effort that it takes to become good at this, and more importantly, by process of trial and error, to discover the dishes that you truly love for yourself so you can find the deepest level of satisfaction possible.

If you find yourself ever saying to yourself (or someone else:), "I am so sick of eating salads or other meal", that is a cue that you just need to keep going and stick with it. It's the habit-building and repetition that makes us good at this and in turn, to want the meals more and more.

This is what can lead to lifelong sustainability.

Once you're on a roll, and you've got say, 5-10 dishes that you absolutely love as well as the basics of smoothies, soups and salads and the cooking techniques that are used to create them, then you're really humming along and will find success and satisfaction higher than ever.

These are the types of things that KEEP us successful.

This Eat to Live 21-Day Challenge is going to teach you a lot of things, such as new recipes, high-nutrient cooking techniques, how to mix and match ingredients, how to put together a meal plan for yourself, and hopefully you will come out with a lot of new favorite recipes that you will find surprisingly easy to love...and prepare!

A word of caution though: if you're not the type of person who likes monotony...or leftovers...you might want to start wrapping your head around these two concepts, because you will experience this on purpose.

My wish is that you will learn to appreciate this, as I have put a lot of thought into how to make this super simple to execute, having done so many challenges over my journey, and having found a truly sustainable way of prepping and cooking that I actually enjoy and can maintain.

The success that many of us seasoned Nutritarians reap is due to this. When you are really on your game and working towards this becoming your true lifestyle, you will get to a point where eating out at restaurants, for instance, becomes less attractive to you and you will find yourself making most of your meals at home.

This is a great thing to strive for!

Commit to the monotony just for this challenge. And then consider committing to the same level of monotony after the challenge is over as well, because this is how you will reap the most and quickest benefits of the Nutritarian diet, including changed tastebuds, appreciation for the foods and the lack of decision-making. This will also greatly lessen the amount that you crave over time, as your brain chemistry re-wires itself to see these foods as the new norm.

These things will make your transition from a novice to a black belt in the shortest amount of time possible.

Also, once you've done many of these things repetitively for a period of time, when you go back to your old way of eating once the challenge is done, you may just find that you miss your old Challenge staples. :)

I'm not saying it will all be easy. But I am saying it will all be completely worth it.

I keep the dinners on this plan very light to aid in weight loss. Many Challengers have reported that they are not even close to hungry for dinner on certain days, so give the magic of this Challenge a chance of happening in your own life as well.

But also, use your own judgment if you are not able to keep up with the demands of your life with these quantities. Like, if you exercise a lot, you'll definitely want to replace those calories so you don't end up too hungry or craving the next day.

In many cases, it is possible and advisable to double up on quantities of the lower calorie foods (like steamed veggies or water sautes), and get tons more bulk, lots more energy, and a similar amount of weight loss.

Important Distinction About Satiety

Also keep in mind that there is a difference between not wanting something and being satiated.

It's a subtle difference, but it's super important.

When we have thoughts that say things like, "I don't want any more of this salad. I need _____ instead to make me feel full," then you are truly not satiated...and you should keep eating the salad. ;)

If we find ourselves wanting to eat more, but veggies seem like they just won't cut it, then that is a cue that we need to eat more veggies or stop eating altogether because we're just craving. For example, eating 5 big carrots is very filling. It might not be what you're craving, but veggies can always do the trick if we let them.

What If I Have a Prior Engagement Planned Already?

This 21-day challenge falls during a period of inactivity in the American national holiday calendar, so I encourage you to try to cancel or opt-out of any outside food-related events you have scheduled as well, if possible. Just for 3 weeks!

And don't worry: if you have something scheduled already like a vacation or a trip, you can still do this. Many Challengers have successfully incorporated the Challenge into their travel plans -- some have even done roadtrips and/or camping successfully! It's all up to how committed you want to be. Anything is possible...if you decide it is!

But if you simply cannot keep going while traveling or whatever else, just put the Challenge down for those days and jump back in right where the Challenge group is when you're ready, and you can tack those days that you missed onto the end of your challenge. Easy breezy!

But friend, hear me on this: try with all your might to do the full 21 days in a row.

I'd really love for you to give yourself as much of a head start here in creating some fantastic habits to take with you, and if you interrupt your progress during this time with something that could be avoided or modified, you sell yourself short of your own potential results.

No Salt? Really?

Yeah, really, no salt. ;) This was one of the things that took me the longest to wrap my head around in my own journey as well. I'm not going to bore you with all the reasons why because there are plenty of articles on Dr. Fuhrman's site, and yes it's all legit and important. Don't believe all the stuff in the media about how certain salts are ok...even Himalayan, Celtic, etc. They all do the same thing to your insides.

But that's not even the biggest reason you should give it up. Here's the bomb I need to drop about salt: are you ready?

Salt's entire purpose as a condiment is to make us eat more food.

Ever think of it that way?

When we're on a weight-loss journey, the last thing we need is to be adding something to our food that makes us want to eat more of it. Right?

So you will have some trouble adjusting at the beginning maybe, I know I sure did. But now I'm so thankful for my super powerful taste buds that can detect natural sodium very easily, and it means that I have taken the time to actually adjust to no-sodium salt replacements. If you never give it up, you will never get there and you won't fully enjoy your new diet lifestyle. It's worth it.

And I have added in sauces, vegetables and dressings that I love as natural salt replacers, so you will have an easier time adjusting. I've also kept spices super bare because I don't really find a need for them in my own cooking, but feel free to adjust these flavors if you wish.

Some More Random Notes

When I mention hummus or beans, you are welcome to make your own, if that is an easy and natural thing for you to do. But actually, I encourage you to buy store-bought hummus if you prefer and also canned beans: because we want to make this 21 days as simple as possible. I've also got a few convenience foods in here too, like pre-chopped things, or frozen veggies etc so you can see it doesn't all have to be from scratch (but it can be if you prefer!).

If you're going the store-bought hummus route, do what you can to find oil-free; there are some amazing brands on the market. But if you can't find that, substitute just plain chickpeas, your own homemade hummus, or just use regular store-bought hummus, but use a bit less than the recipe calls for because of the oil. There are no Nutritarian police that will come get you if you use store-bought with oil, but just use less. ;)

Progress and ability to execute this Challenge as much as possible is more important than perfection, my friends.

Also, WARNING: do not attempt to skimp on your salad size. :) Salads are the cornerstone of this diet and if you don't adhere to just what I mean by this, then your hunger won't be satisfied enough and you will likely end up thinking, "This diet doesn't work." :) So get out your measuring cups the first time you make these salads, so you can be sure you're getting enough.

Huge Salads = Enough Nutrients, Fiber and Bulk to Sate

Some recipes are cold and/or hot. For those of you who find it too difficult to eat cold/warm things during the winter/summer, in your locale, feel free to swap out the cold meals for warm meals, and vice versa. Any meal is interchangeable in this plan, if it's in the same category of breakfast, lunch or dinner.

You will want to grocery shop a day or two before the Challenge begins so you have enough time to prep a few things, but not too much time so that your produce goes bad.

If you live in the US, you may want to place an Amazon or DrFurhman.com order before you begin or in the first week for some things you will need later on in the Challenge. This way you will have enough time for them to be delivered.

There may be some ingredients that are much easier to have delivered from Amazon or other online retailers than to find in your local shops, though I have tried to keep these types of ingredients to a minimum. Check the included Grocery Shopping Lists so you can see what will be needed specifically for this Challenge version.

I have gone very light on grains and starches in this plan so that hopefully anyone doing this can lose weight, even if they are sedentary. If you exercise intensely, don't want to lose weight or lose weight too quickly for your comfort, consider adding in heavier foods to make up for calorie loss. Everyone's body will be different.

And if you find issues in the way of weight-loss, feel free to reach out to the Facebook group to troubleshoot as well. That's what we're all there for!

This Challenge program is not designed to be optimal for any specific medical conditions and I am not qualified to give advice on this. You must follow this program under the supervision of your doctor.

And lastly, I have kept this PDF black + white and very basic to save your printer ink. ;)

Ok, now your next step is to take a look at the Challenge Calendar and Sets and Recipes PDF because that is your whole gameplan! Dive in and get cracking, my friend.

Let your new adventure begin.

What to Do When the Challenge is Over

Get More Support From Me

[Find me on Patreon](#): Hang Out With the VIPs and Get More Private Info

Access to the TWM Patron-Only Feed with my occasional "Coaching Notes" series, where you can learn tips and tricks I'm using with my private coaching clients. Also, pictures and video updates on my personal world. All pledge levels provide access to all the content on the Patreon page and go towards the creation of The Watering Mouth content.

Private Coaching with Me or one of my Coaches: Find out more about my powerful [Private Coaching Program](#)

Join Eat to Live Academy: Learn My Proven System to Finally Eliminate Food Cravings, Manage Your Mind and End Emotional Eating...finally and FOR GOOD!

<http://info.thewateringmouth.com/optin>

Please leave a [review of this Challenge on the Product Page](#), especially if you want to give it 5 stars! :) And if you can submit a before and after photo: even better! If you don't feel this Challenge warrants 5 stars, please let me know personally [by filling out this contact form](#), so I can learn what to improve for next time!

Keep Interacting in [the Facebook Group](#)

Watch/Follow More of My Content

YouTube Videos: SUBSCRIBE to my YouTube Channel AND HIT THE BELL for notifications 

 https://www.youtube.com/user/thewateringmouth?sub_confirmation=1

Make sure you've joined the High-Nutrient Lifestyle [Facebook Group](#)

Check out my other Meal Plans and Recipe Books:

 [9 Day Oatmeal Breakfast Bootcamp](#)

 [20-Minute Eat to Live Nutritarian Main Meals](#)

 [My Favorite Matcha Tea in the World](#)

And lastly, thank you again for purchasing this product and helping support me in getting this message about healthy eating and longevity to as many as I can. You are the BEST. <3

Xo,

Cheri

