

# 28-DAY CONSISTENTLY TRIM

## FOCUS AREAS

**In this challenge, we are focusing on some key Trim Healthy principles:**

- Fully staying on plan (no cheats!)
- Getting 25-30 grams of protein for each meal or snack (if this feels like a lot, don't worry - we'll talk about some ways to make it easier!)
- Following the plan as it is written, including good meal spacing, one E per day, and more!