

CRUCIFEROUS KITCHEN
7DAILY SALAD
CHALLENGE

**WELCOME
TO YOUR
FUTURE
SELF**



Cruciferous
KITCHEN

CRUCIFEROUS KITCHEN 7DAILY SALAD CHALLENGE DISCLAIMER

AS A PARTICIPANT IN THIS CRUCIFEROUS KITCHEN 7DAILY SALAD CHALLENGE (CHALLENGE), I AGREE THAT I AM ENTERING THIS CHALLENGE OF MY OWN FREE WILL AND AT MY OWN DISCRETION. I AM OF SOUND MIND, BODY AND SOUL, AND I AGREE TO DO THIS CHALLENGE WITHOUT FAULT OR LIABILITY TO CRUCIFEROUS KITCHEN 7DAILY SALAD CHALLENGE OR ANY OF ITS AFFILIATIONS. I ALONE AM RESPONSIBLE FOR MY DECISION TO PARTICIPATE IN THIS CHALLENGE. I DO NOT AND WILL NOT SEEK ANY RETRIBUTION OR CLAIM OF ANY WRONG DOING FOR ANY REASON WHATSOEVER WHETHER BY NATURE OR FORCE OF WILL.



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THE CHALLENGE

#1

**MAKE
ONE LARGE BOWL
OF CRUCIFEROUS
SALAD**

#2

**DIVIDE THE SALAD
INTO 7 SMALLER
SALADS**

#3

**EAT
1 SALAD BEFORE AND
1 SALAD AFTER
ANYTHING ELSE YOU EAT**

Anything worth doing
is worth doing right.
You can make this the
right thing to do.

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THE CHALLENGE RULES



You should be over age 45 and have some form of arthritis or inflammation that has been unresolved for this to work for you



Your salad can only be made with greens and veggies listed on the (CKSL) Cruciferous Kitchen Shopping List
No Substitutes for this to work



Your salad may have as much or as little green or veggie either grilled, sauteed, or as close to raw as possible such as a salad, but only from the CKSL, AND each salad must be finished



Your salad may contain any salad dressing you want as listed on the CKSL

If it's that easy why isn't everyone doing it? Well, because they don't know it's that easy until they try it.

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INSTRUCTIONS CHART:

Day One       

Day Two       

Day Three       

Day Four       

Day Five       

Day Six        

Day Seven       

 = one salad or a small portion of a salad but must must be a salad made only from the shopping list.

 = one head of radicchio or a portion of it, you must finish whatever you choose.

Do you follow? Eat any size portion from the chart or list before and after a meal a snack or drink or anything else you eat or drink.

This small group
of food creates
enormous benefits
for the body.

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KITCHEN

FRESH OR FROZEN

COLLARD GREENS
MUSTARD GREENS
TURNIP GREENS
BRUSSELS SPROUTS

PREPACKAGED / FRESH

CABBAGES:
RED / WHITE / GREEN
ROMAINE LETTUCE
OR
ROMAINE LETTUCE BLEND

WHOLE FOODS / SPROUTS RADICCHIO

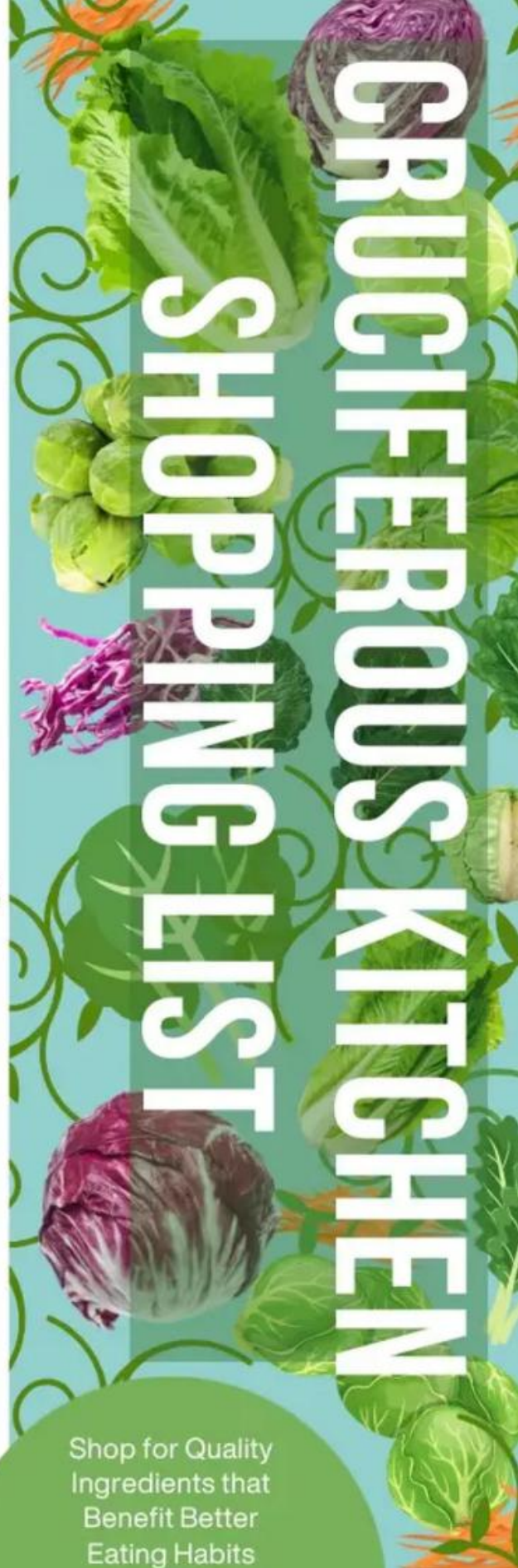
ANY HIGH FAT LOW SUGAR
SALAD DRESSING:
EX. RANCH,
CREAMY CAESAR,
HIGH QUALITY OLIVE OIL

FOR MORE INFO
YOUTUBE
@CRUCIFEROUSKITCHEN

Shop for Quality
Ingredients that
Benefit Better
Eating Habits

**when everything else fails to
relieve your body pain, do this**

CRUCIFEROUS KITCHEN SHOPPING LIST



SALAD ITEMS

HOW TO EAT



one small cruciferous salad before and after meals



add half an avocado to your salad for a healthy fat



grilled, steamed, or shredded brussels sprouts



collard greens, mustard greens or turnip greens, small handful with dressing



radicchio peeled, shredded or grilled and added to salad, or chew a few leaves that counts as one salad



red cabbage raw gives the salad crunch, or sautee, grill or just chew a few leaves, that counts as a salad



romaine lettuce ties the salad together combining greens cabbages brussels and radicchio makes a powerful cruciferous salad

When inflammation begins destroy it before it wins.

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KITCHEN

7DAILY SALAD

CHECK-BOXES

Day One ☐ ☐ ☐ ☐ ☐ ☐ ☐

Day Two ☐ ☐ ☐ ☐ ☐ ☐ ☐

Day Three ☐ ☐ ☐ ☐ ☐ ☐ ☐

Day Four ☐ ☐ ☐ ☐ ☐ ☐ ☐

Day Five ☐ ☐ ☐ ☐ ☐ ☐ ☐

Day Six ☐ ☐ ☐ ☐ ☐ ☐ ☐

Day Seven ☐ ☐ ☐ ☐ ☐ ☐ ☐

PRINT THIS PAGE TO
TRACK YOUR PROGRESS



**PLEASE
POST A PIC OF YOUR SALADS
ON YOUTUBE AT
CRUCIFEROUS KITCHEN**

**HAVE QUESTIONS?
ASK IN YOUTUBE COMMENTS
AT CRUCIFEROUS KITCHEN**

**START THIS CHALLENGE WITH A
FRIEND IN YOUTUBE COMMENTS
AT CRUCIFEROUS KITCHEN**

Reminder

Benefits OF THIS 7DAILY SALAD CHALLENGE

- ✓ IMMEDIATELY BEGIN
REDUCING INFLAMMATION
- ✓ IDENTIFY BODY PAIN
BEFORE IT BEGINS
- ✓ IDENTIFY THAT A RESULT
HAS OCCURRED
- ✓ PROMOTE YOUR OWN
LEVEL OF LONGEVITY
- ✓ EARN YOUR VERY OWN
CRUCIFEROUS KITCHEN
CERTIFICATE OF ACHIEVEMENT

*more
Benefits*

OF THIS 7DAILY SALAD CHALLENGE



IMPROVE SKIN



IMPROVE CLARITY



IMPROVE MOBILITY



IMPROVE SLEEP



IMPROVE OVERALL WELLNESS

LEVEL UP YOUR CRUCIFEROUS KITCHEN (CK) CHALLENGE



**Join the CK
Work Shop**



**Join the CK
Master Class**



**Join the
CK Magazine**

**NOW,
GET GOING,
DO THE STEPS
AND PLEASE
SAY
THANK YOU
TO YOUR
FUTURE SELF**

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