**27 Day Real Food Challenge Cheat Sheet:**

1. There is no REAL FOOD at any large chain fast food establishment.
2. REAL FOOD does not have an ingredient list. See #4 for the exemption.
3. REAL FOOD is hardly ever boxed, bagged, canned, in a pouch, in a jar, or in a bottle.
4. If REAL FOOD has an ingredient list, it is short and you can pronounce every word and you know what that ingredient is.
5. REAL FOOD is not precooked and then frozen.
6. REAL FOOD is not subject to food marketing. Apples are not marked Gluten Free.
7. REAL FOOD is typically raw when you buy it. Fruits, veggies, meats, grains, fats and dairy should be in a raw state.
8. REAL FOOD is hardly ever ready to eat unless it is produce or plant based. Things like deli meat, breads, canned vegetables and fruit, yogurts, milk, and packaged precooked grains are processed foods.
9. REAL FOOD is in its most natural state when you buy it. Uncooked and raw.
10. REAL FOOD does not give heartburn, gas, cause bloating or make you feel lethargic.

**Print this and carry it with you so when you are in doubt you can refer to the list!**

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