

# HOW TO PREPARE:

1

Complete the Intention Setting Worksheet

2

Shop for the items listed on the “Things to Have on Hand” list

3

Organize your living space. Clean out your pantry and your fridge, removing any unhealthy temptations. It is also a good idea to declutter your living space so that you feel as if you’re starting with a clear home and a clear head.

4

Plan some time each week to meal plan, shop and meal prep. Put it into your calendar and make it a priority. It will make it much easier to stick to the protocol and will contribute greatly to your success.

