

THINGS TO HAVE ON HAND

- Journal (paper or digital)
- Calendar for planning meals and movement
- Reusable water bottle
- Lemons
- Fresh fruits and veggies (especially greens)
- Supplements: Multivitamin; Omega 3 Fish Oil; Vitamin C; Magnesium; Probiotic; Vitamin D; Calcium; B complex; Fiber, if necessary
- Healthy sweetener (if you use sugar or other sweeteners): monkfruit sweetener, stevia or xylitol (cinnamon and vanilla extract can also satisfy a sweet tooth)
- Apple cider vinegar
- Herbal teas and green tea (if desired)
- Protein powder (which includes collagen or plant protein such as pea and rice protein and contains less than 3 grams of sugar)
- Bone broth, optional

