

STEP BY STEP PLAN

STEP 1 DETOX YOUR KITCHEN:

- REMOVE AWAY ALL "TEMPTATION FOODS" / "INFLUENCE DOWN FOODS"
- THROW AWAY ALL ITEMS WITH "HIGH FRUCTOSE CORN SYRUP" ON THE LABEL
- THROW AWAY ALL ITEMS WITH "HYDROGENATED" ON THE LABEL
- REMOVE POOR "LIQUID CALORIE" CHOICES

STEP 2 PREPARE YOUR KITCHEN:

- APPLE CORER
- BLENDER
- COFFEE GRINDER
- CROCK POT
- FOOD PROCESSOR
- SALAD SPINNER
- STEAMER BASKET
- STRAINER
- MEASURING CUPS
- TUPPERWARE
- "RIGHT SIZE" YOUR PLATES
- "RIGHT SIZE" YOUR UTENSILS
- FOOD SCALE

STEP 3 REPLENISH YOUR KITCHEN:

- FOLLOW THE FOUNDATION SHOPPING GUIDE
- CHOOSE FOODS WITH NO LABEL.
- IF THE FOOD DOES HAVE A LABEL LIMIT THE NUMBER OF INGREDIENTS BETWEEN 1 (BEST) - 5 (READ CAREFULLY)
- WHOLE, REAL, FRESH FOOD IS THE MOST POWERFUL PRESCRIPTION ON THE PLANET. IT WORKS FASTER, BETTER, AND CHEAPER THAN ANY OTHER DRUG AND HAS NO SIDE EFFECTS. IF APPLIED IN THE RIGHT WAY (QUALITY, QUANTITY, TIMING) IT CAN TRANSFORM YOUR HEALTH - NOT IN MONTHS OR YEARS, BUT IN DAYS OR WEEKS.

STEP 4 REFRESH YOUR BODY:

- ELIMINATE ALLERGEN FOODS: DAIRY, WHEAT, PEANUTS, SHELLFISH
- ELIMINATE STARCHES, SUGAR, PROCESSED FOODS
- FOLLOW A CONSISTENT MEAL PLAN (BREAKFAST, LUNCH, DINNER, SNACK MENUS)
- STRUCTURE A ROUTINE

SHOPPING LIST

VEGETABLES

	AMOUNT
☐ Artichoke	_____
☐ Asparagus	_____
☐ Beets	_____
☐ Broccoli	_____
☐ Brussel Sprouts	_____
☐ Cabbage	_____
☐ Carrots	_____
☐ Cauliflower	_____
☐ Celery	_____
☐ Collard Greens	_____
☐ Cucumber	_____
☐ Egg Plant	_____
☐ Green Beans	_____
☐ Mushrooms	_____
☐ Onions	_____
☐ Peppers (all kinds)	_____
☐ Radishes	_____
☐ Spinach	_____
☐ Squash	_____
☐ Sweet Potatoes	_____
☐ Tomatoes	_____
☐ Zucchini	_____

NUTS

☐ Almonds	_____
☐ Brazil Nuts	_____
☐ Hazelnuts	_____
☐ Hickory Nuts	_____
☐ Macadamia Nuts	_____
☐ Pine Nuts	_____
☐ Walnuts	_____

SEEDS

☐ Chia	_____
☐ Flax	_____
☐ Pumpkin	_____
☐ Sesame	_____
☐ Sunflower	_____

WHOLE GRAINS

☐ Black Rice	_____
☐ Brown Rice	_____
☐ Wild Rice	_____
☐ Oatmeal	_____
☐ Quinoa	_____
☐ Whole Grain Bread	_____

FRUIT

	AMOUNT
☐ Apple	_____
☐ Apricot	_____
☐ Avocado	_____
☐ Bananas	_____
☐ Blackberries	_____
☐ Blueberries	_____
☐ Raspberries	_____
☐ Strawberries	_____
☐ Canteloupe	_____
☐ Cherries	_____
☐ Grapefruit	_____
☐ Grapes	_____
☐ Honeydew	_____
☐ Kiwi	_____
☐ Lemon	_____
☐ Lime	_____
☐ Mango	_____
☐ Nectarine	_____
☐ Orange	_____
☐ Papaya	_____
☐ Peaches	_____
☐ Pears	_____
☐ Pineapple	_____
☐ Plums	_____
☐ Pomgranates	_____
☐ Tangerines	_____
☐ Watermelon	_____

SPICES

☐ Chili Poser	_____
☐ Cumin	_____
☐ Dejon Mustard	_____
☐ Garlic	_____
☐ Onion Powder	_____
☐ Red Pepper	_____

MEATS / POULTRY

☐ Chicken Breast	_____
☐ Chicken Thigh	_____
☐ Turkey Breast	_____
☐ Ground Beef	_____
☐ Ground Turkey	_____
☐ Steak (lean cut)	_____
☐ Pork (lean cut)	_____
☐ Beef Roast (lean cut)	_____
☐ Eggs	_____

FISH

☐ Salmon	_____
☐ Mackerel	_____
☐ Sardines	_____
☐ Tuna	_____
☐ Canned Light Tuna	_____
☐ Canned Light Mackerel	_____
☐ Halibut	_____
☐ Tilapia	_____

SEAFOOD

☐ Crab	_____
☐ Shrimp	_____
☐ Lobster	_____
☐ Clams	_____
☐ Scallops	_____

HEALTHY OILS

☐ Coconut	_____
☐ Flaxseed	_____
☐ Olive	_____
☐ Sesame	_____

BEVERAGES

☐ Almond Milk	_____
☐ Organic Milk	_____
☐ Herbal Teas	_____
☐ Water	_____

DAIRY

☐ Plain Yogurt	_____
☐ Feta Cheese	_____
☐ Goat Cheese	_____
☐ Mozerella-Cheese	_____
☐ Parmesian Cheese	_____
☐ Cottage Cheese	_____

BEANS & LEGUMES

☐ Black Beans	_____
☐ Garbanzo Beans	_____
☐ Kidney Beans	_____
☐ Navy Beans	_____
☐ Pinto Beans	_____

Proteins	Carbohydrates	Fats/Omegas
Dozen eggs – free range	Grapefruits	Nuts/seeds - almonds, walnuts, brazil nuts, sun flower seeds
Grass fed / organic chicken	Green apples	Cold pressed olive oil
Salmon – wild caught is ideal	Leafy green Lettuce	Unrefined coconut oil
Ground Turkey	Spinach	Chia Seeds/ Flaxseed
Steak (lean cut)	Veggies for stir fry (chestnuts, broccoli, carrots)	Condiments / Beverages
Beef Roast (Lean Cut)	Veggies to grill (bell peppers, onions, zucchini/squash)	Apple Cider / Balsamic Vinegar
Fish (tilapia, tuna, halibut)	Veggies for snacks (celery, cucumbers, tomatoes)	Almond Milk
Seafood (shrimp, scallops)	Quinoa	Spices and seasonings
Tuna Fish		
Rotisserie turkey		
Chicken (hormone free)		

Meal Planning Tips

- ✓ Make extra large portions for dinner to use for lunches the following days
- ✓ Spend one or two hours a week cutting up vegetables, baking meats and veggies for lunches and snacks
- ✓ Prepare a large container of leafy greens and vegetables for salads
- ✓ Use crock pots or make large amounts of soups to be frozen or stored for future use
- ✓ Shop for seasonal fruits and vegetables. Farmers markets are a great way to eat seasonally and save money
- ✓ Buy tuber wear containers and cooler if needed for storing food during the day
- ✓ Use sea salt, pepper and spices to flavor foods
- ✓ Plan out your lunches and dinners for the week and make a grocery shopping list
- ✓ Prepare an emergency snack to have in case you get into a bind (nuts, protein shake etc..)

START REFLECTIONS

Date _____

Weight _____

Waist Circumference _____

Pant or dress size _____

Energy _____

Strengh _____

Stamina _____

Sleep quantity _____

Sleep quality _____

Digestive comfort _____

Digestive regularity _____

Physical appearance _____

Overall wellbeing _____

Resting heart rate _____ bpm

Blood pressure _____ (if available)

Cholesterol _____ (if available)

Committed _____

Motivated _____

Energized _____

Enthusiastic _____

Confident _____

Responsible _____

Hopeful _____

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

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#MY24Challenge WEEK ONE

Creating your vision and taking action!

“Vision without action is merely a dream. Action without vision just passes the time.” Joel Barker

The only thing standing between you and the dreams you have is yourself. You have set your goals and are following through with a plan of action so be proud of your self and know that failure is not an option. In the past, any attempts you may have had to achieve your goals may not have worked or have been maintained for only a short period but **true failure only exists when you stop trying!** You have committed to your health and you now have a team of people who are going to encourage and support you to make all the changes you desire in order to achieve the results you want! The only difference between where you are today and where you want to be is what you do on a daily basis! Act as if you are the person you desire to become and know that everything you desire is already within you!



Create your vision along with your smart goals!

Time Line within 30 Days – Be Specific (pant size, inches dropped, body fat percent, etc..)

Time line Event Within 6 months and specific goal (birthday, vacation, anniversary, etc..)

One Year Goal – Labor Day 2016 – Specific Goal

Weekly Goal – WEEK #1

3 Action Steps to Achieving this goal

Week One Checklist -

- ✓ ☐ Read the MY24 4Questions every morning and when tempted to skip a workout or fall into a temptation
- ✓ ☐ Plan out weekly workout routine and check in with accountability partner
- ✓ ☐ Fill out weekly activity log on back page and turn in next week
- ✓ ☐ Read daily emails and get connected on the MY24 Challenge facebook group
- ✓ ☐ Post with the #MY24 Hash tag and get 5 additional raffle tickets next week
- ✓ ☐ Fill out the MY24 Mind Strong Packet
- ✓ ☐ Fill out MY24 Meal Log
- ✓ ☐ Log onto club OS and upload a motivational picture for account profile