

## BUT RE AND AL... I DON'T EVEN KNOW WHERE TO START!!!

*Here is a starting checklist:*

- Read the program rules
- Read the program rules again
- Start to create a mental list or a list on pen and paper of the things you are approved to eat that you like.
- Browse some WHOLE30 approved recipes to start getting your juices flowing. Add some things to your list you see in recipes you like or might want to try.
- Start to map out your meal plan for the first week. It can be as detailed or as vague as you want. I typically think of 2 or 3 different breakfasts, lunches, and dinners that I will make over the course of the week. This way you still have some variety, but you don't have to worry about cooking the whole pantry and buying too much food. You'll do this again at the beginning of the second week, and you'll have a better feel for it!
  - You can see my meal plan matrix is very basic but gives me a good starting point, since I already know what works for me
- Check what approved food you already have in your home and then create a shopping list - KEEP IT SIMPLE STUPID! I tend to want to buy everything in the store right off the bat but remember that you can only cook and eat so much at a time. Refer to your meal plan and only buy what you need. Remember you can always go back to the store, so my mantra is: less is more (now during Coronavirus you probably don't want to be going to the store more than once a week, so it will take a little more planning to make sure you have enough but not too much).
  - Don't forget about healthy snacks you can grab straight out of the fridge and eat. These will save you!
  - Avoid processed food as much as you can. LABEL READING IS A MUST. Added sugar is added to things you would not expect so you must be diligent about this (check your bacon!!!). Here's an awesome list of ways that sugar sneaks into unsuspecting food: <https://theeverygirl.com/whole30-the-foods-i-was-shocked-have-added-sugar/>
- Clean out your fridge and pantry of unapproved food
  - Freeze, throw away, donate, or giveaway food that is non-compliant
  - If you have others in your household who will be eating non-complaint food, move it all to one shelf or side so you don't have to reach around it constantly.

- Practice the art of *mise en place* - preparing! Wash, chop and get things ready when you can, so when you are ready to cook it will be faster. Also try to cook more than one serving of a meal at a time. Since I have more time at home with the shelter-in-place order, I won't prep or cook in bulk as I would if I was on a normal schedule, but you certainly still can.
- Take a break and be proud of what you have accomplished so far! There's a lot of new info so it's easy to feel overwhelmed. If you have questions, need support or ideas, reach out to us! We are here to help!
- Take all measurements on Day 1 (weight, body fat, tape measurements) and you are not allowed to take them again until Day 31!
- Be prepared to feel awesome on Day 1 but depending on what your diet was like before starting, you may feel like you got hit by a bus the next few days. Take it easy and **DON'T QUIT!** Once you get through that, you're on your way to finishing! Here is a calendar from Whole30 about what you might experience on various days throughout your Whole30!



- Catch up on our videos from our January Whole30! We will be putting out new videos throughout this round, but we will be talking about different things!

**Patience is key and you will feel amazing soon, just don't quit and remember to see the glass half full!**