

Day 4

PURCHASE & PREP

Action Guide

TODAY IS FIELD TRIP DAY!

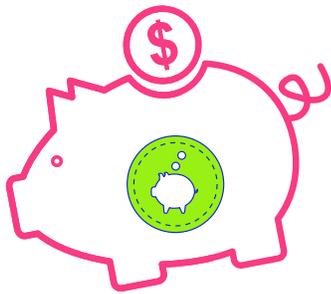
.....or have it delivered for some stellar self care

Today you get to go to the grocery store or try having your list delivered. Think of all of the time and money you have saved by using the eMeals app.

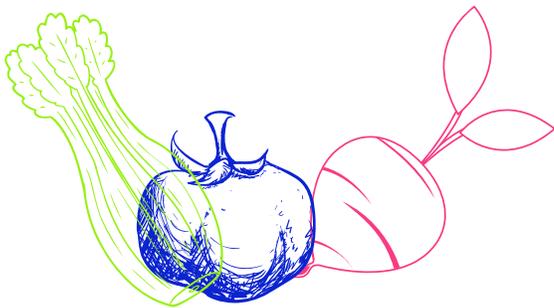
We often think that prepping and cooking takes so much time but the average time we spend in a restaurant is around 90 minutes so by eating at home you get to control the ingredients you put into your body, your time and money. This really is a wholistic and healthy weigh to live!



So excited for you on this journey.



To save money at the grocery store and still eat clean I've included this guide called the Dirty Dozen & Clean 15 to help you choose which produce to buy organic and which you can buy conventional and save a few bucks.

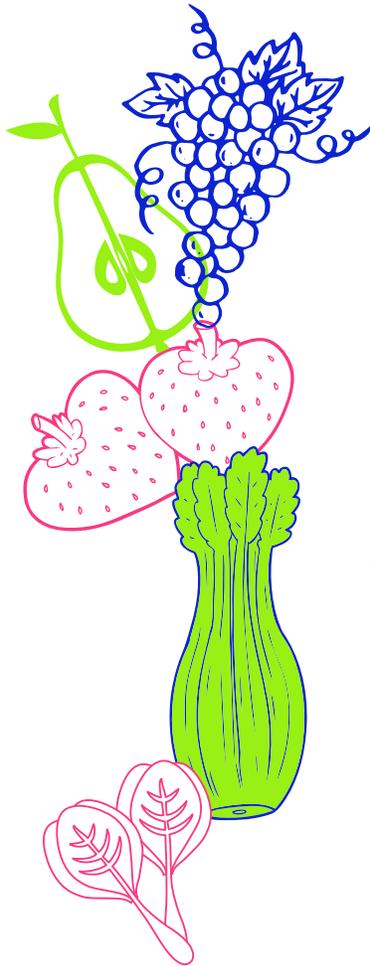


Did you know that a diet high in sugar increases your cancer risk? Or if you drink a soda a day you have an 80% chance of getting diabetes?

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The Dirty Dozen

All of these have tested positive for pesticide residue...why eat organic, not only does it decrease your risk of cancer, it can help alleviate brain fog and generally help you feel better



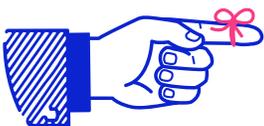
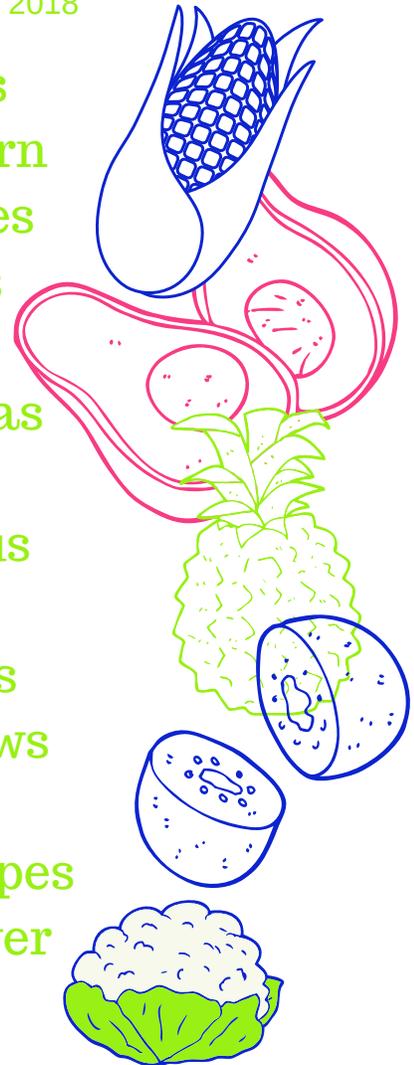
- Strawberries
- Spinach
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- Sweet Bell Peppers

The Clean 15

These have little to no pesticide residue and are generally deemed safe.

Each year a new list is produced this is the latest list as of 2018

- Avocados
- Sweet Corn
- Pineapples
- Cabbages
- Onions
- Sweet Peas
- Papayas
- Asparagus
- Mangoes
- Eggplants
- Honeydews
- Kiwis
- Cantaloupes
- Cauliflower
- Broccoli



Don't forget to complete your score card, watch the FB live & post under today's graphic what you are most excited about when it comes to prepping your own food