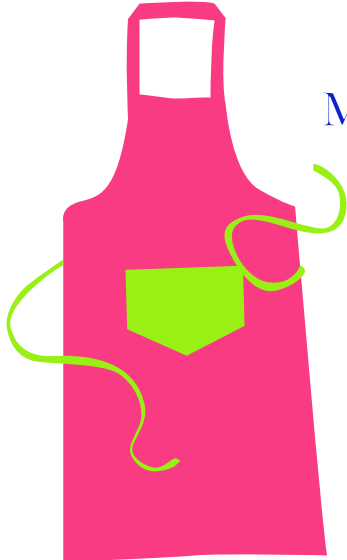


Day 2

THE ART OF LETTING GO

Starting in your Kitchen

Action Guide



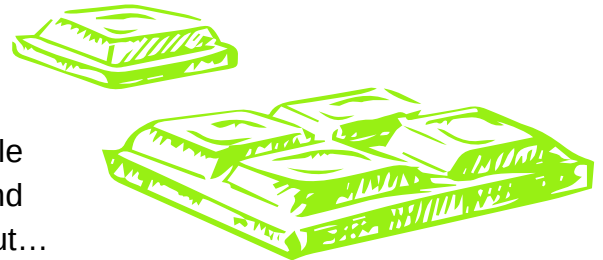
MAKE ROOM FOR SOMETHING NEW

To make room in our life for new things, thoughts or ways of being we must learn the art of letting go. When we let go of what is no longer working for we get to make room for the new things we do want in this one precious life.

Stocking our kitchen's with healthy choices helps us to make healthier choices and eliminate processed foods. It also helps us make healthy choices on the go in our busy lives.

Let's be real....

Are you really going to say no to junk food every single time? Let's be real....probably not! I love chocolate and it's in my cupboard, so we are not going for perfect but... if you are serious about eating the healthy way then you will need to do a serious pantry purge.



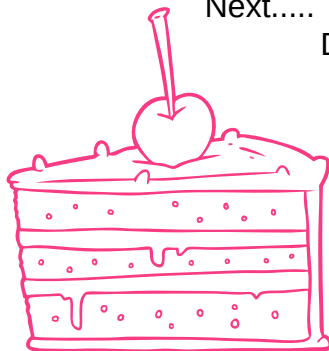
Here we go....

Start by taking everything out of your cupboards and fridge...yes, that means everything!

Next.....

Discard

- Stale or Expired Good
- Items You Never Use
- Highly Processed Foods
- Sugary Foods
- Trigger Foods

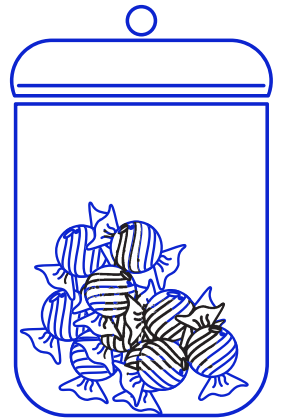


Don't worry we will restock your kitchen on Day 4 so don't despair we are on the way!

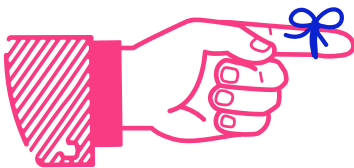
Day 2

AS YOU CLEAN OUT YOUR KITCHEN HERE IS WHAT TO LOOK FOR:

- If you can't pronounce it let alone spell it don't eat it
- If you wouldn't recognize it nature don't eat it
- Look for hidden sugars! These guys are everywhere lurking in your food. Most of them end in "ose" like glucose, fructose.
- Don't eat conventionally grown foods on the dirty dozen list
- Avoid genetically modified foods (GMO) bad guys!



Just because you bought it doesn't mean you have to eat it. In the end eating all of that unhealthy food will cost you more in medical bills not to mention the emotional toll of always wishing life were different. You get to choose. Life is NOW, yesterday you made the decision to have a different life and today you get to follow through on your decision! YAY you!! If you really can't bear to throw it away donate it to your local food pantry they always need donations, be a generous giver.



Don't forget to complete your scorecard, catch the FB live 7am PST/10am EST & post in the facebook group the most embarrassing thing you purged from your pantry or fridge.

