

Plan and prepare for success

You've read *It Starts With Food*, and you're ready to change your life with our Whole30® program. So... now what? Don't panic - we've got you covered. Just follow our easy six-step Quick Start Guide to set yourself up for Whole30 success, and optimize your program's results.

STEP ONE: CLEAN OUT YOUR PANTRY

If it's not in your house, you won't be anywhere near as tempted, so clean out your cabinets, pantry, and refrigerator. Remove all foods that are not Whole30-compliant and either dump 'em or donate 'em to a local food bank. If you share your house with friends or family who are not on board with the Whole30, designate specific cabinets or refrigerator shelves for non-compliant foods - and practice averting your eyes. For a sneak peek of one family's pantry clean-out, visit <http://bit.ly/whole30pantry>.

STEP TWO: PLAN A WEEK'S WORTH OF MEALS

This step is optional, but research shows that those who write out a plan are more likely to stay on track. The key is keeping it *flexible*. Instead of outlining what you'll eat for each meal on each day, consider a big-picture approach. For example, "I'll eat eggs, ground beef, chicken, and salmon this week." Then, seek out inspiration from our Meal Map, and make your shopping list.

STEP THREE: GO SHOPPING

Print out the shopping list from <http://whole9life.com/itstartswithfood>, check off the items you need for the next few days, and hit the grocery store, health food market, or farmer's market. As the healthy food you're buying is fresh and perishable, you'll need to shop more often! And don't forget our pantry-stocking cheat sheet for oils, fats, and other non-perishable goods.

STEP FOUR: PLAN YOUR GO-TO MEALS

Plan three quick and easy meals - your "go-to" dishes for nights when you come home late, tired, and hungry. These are meals that you'll be able to prepare in 15 minutes or less, made with things you always have on hand. Think an egg, frozen spinach, and avocado scramble; our no-fuss salmon cakes; or frozen shrimp in a coconut-milk based curry with frozen vegetables. That way, when one of those nights hits, you'll have a plan for healthy eating (and will be less likely to cave to the urge for take-out).

STEP FIVE: SET YOURSELF UP FOR SUCCESS

Write down all of the potentially stressful situations coming up in the next 30 days - times when you *know* you'll be vulnerable to peer pressure or temptation. Then, create a plan for dealing with those situations. Family dinner? Offer to cook, or explain you are testing out some potential food sensitivities, and could they please eliminate these foods from the menu? Business dinner? Research the menu ahead of time to make ordering easier. Fancy party? Drink seltzer water with lime, and enjoy your hangover-free day after. Don't be caught off guard - we cannot overstate the importance of planning and preparation!

STEP SIX: DITCH YOUR SCALE

We're serious about this one - lose your scale. Throw it out, hide it away, or take it out back and give it the sledgehammer beat-down it deserves. Not convinced this step is necessary? Read "5 Reasons to Break Up With Your Scale": <http://whole9life.com/scale>