

Nourish:

21 Days of Clean Eating

PREP WEEK CHECKLIST



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- [ ] Listened to the Materials module
- [ ] Listened to the Preparation modules
- [ ] Read through the Guidebook
- [ ] Completed the Toxicity & Inflammation Quiz in the Prep Workbook
- [ ] Cleaned out my kitchen/pantry of non-Nourish foods
- [ ] Printed out food logs for journaling
- [ ] Ordered supplements, if using
- [ ] Printed out the meal plan template
- [ ] Created a meal plan & grocery list for week 1
- [ ] Went grocery shopping for week 1
- [ ] Prepared snacks for week 1
- [ ] Prepped veggies for week 1
- [ ] Chose 1-2 self-care activities for week 1