

## Lifestyle

- Listen to the evening visualization before bed
- Sit down and make a plan for next week, mark your calendar and have fun planning

## Food & Beverage

- Eat well, eat freely! Focus on vegetables, fruits, nuts, seeds, and fresh animal proteins
- Avoid wheat, milk, sugar, and processed foods
- Hydrate well! Avoid all beverages except water and herbal teas that naturally have no caffeine.

## Breathing & Movement

- Challenge yourself with daily yoga, fitness or any other movement practice you love—just 20 minutes is great!

## Planning & Shopping

- Do you have flax and/or chia seeds? If not, buy some
- Do you have coconut oil or MCT oil? If not, get some!
- Is your refrigerator packed with fresh veggies and some fruits?
- Have you made a big pot of “detox broth” for next week?
- Do you have some nice decaf teas ready for next week?
- Fresh lemon and spices for your juices?