

# Prepare

*Getting Ready*

# Why You Joined

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This exercise is designed to help you identify your "Why". Why does succeeding at this program matter, even when things feel tough? Why did you join this program?

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What do you hope to achieve by taking part in this program?

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How will healthy eating help you and help others in your life?

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## Your Commitment to Yourself

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People that succeed in a program make a definitive commitment to themselves; they know their “why” behind making a change, and they are ready to do what it takes to make things happen. Now that you’ve identified your “why” for doing this cleanse, take a few moments to reflect and write here the commitment to yourself that you promise to keep over the 12 days of the cleanse.

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## Getting Ready: Meal Planning

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Your module material contains a Sample Meal Plan for one day and reviews the MyPlate method of meal planning. You also have been provided with recipes to use during your Cleanse.

Use as many of the recipes as you are comfortable trying; they contain specific ingredients designed to aid your body in the cleanse process.

Now it's time for you to decide what makes sense for you during the next 12 Days, and plan out your meals, day by day. This will enable you to shop without wasting any money or food, and also to have a structure to your program that will make it easier to stick by your decision to do the cleanse in its entirety.

## Day One Meal Plan

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| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |



# Day Two Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |

# Day Three Meal Plan

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| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |

# Day Four Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |

# Day Five Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |

# Day Six Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |

# Day Seven Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |

# Day Eight Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |

# Day Nine Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |



# Day Ten Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |

# Day Eleven Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |

# Day Twelve Meal Plan

| WHAT I WILL EAT (plan for each section, even if you don't usually eat snacks – better to be prepared in case you get hungry!) | Ingredients I need to buy to make this (for shopping list) |
|---|--|
| BREAKFAST:  |  |
| MORNING SNACK:  |  |
| LUNCH:  |  |
| AFTERNOON SNACK:  |  |
| DINNER:   |  |
| EVENING SNACK:  |  |
| DRINK(S) THROUGHOUT DAY:  |  |





## Getting Ready: Reflection

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You've already done a lot to get ready for your detox: you've planned your meals, cleaned out your kitchen, and restocked with ingredients that will help you achieve your goals. Now it's time to pause and reflect on what you've done so far.

Consider the questions: How is your kitchen different now? What does that feel like when you think of the changes you've already made? Do you like the changes, is it exciting? Overwhelming? Be honest with yourself. Are you worried about anything getting in your way? Put it all down here.

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