

PLANNING:

I am so thrilled you are joining us! Even before we start our Day 1, I encourage you to sign up on our FB group *Kasia Kines- Detox Support*, print the Manual, order your supplements, and watch the welcome video right away! The Pre-Program week is a great opportunity for you to set the stage and prepare for the success. I would love for you to already clean up your fridge and your pantry this week, so come Day 1, you can enjoy the videos of shopping and cooking, and then over the weekend you can print the shopping list, buy the foods, and Sunday cook up a storm for the whole week!!!! Now, that is a powerful start!

People do not plan to fail. They fail to plan!!! Yes, planning is everything, and I really want you to succeed! First, clean up your pantry by following the guide below. Consider that this is your opportunity to start with a clean plate, so we can set you up for success!!! Get started a few days before we officially start the program!!! Also:

- Give away junk that otherwise will tempt you.
- Go over all the mystery items in your freezer and the fridge and discard what is old than and if you are not sure if it is still ok to eat.
- Discard all boxed food products that have more than 3 ingredients in general or if you do not understand ingredients on the list. Check all expiration dates – you may be surprised how much is expired.
- Empty your fridge/freezer and clean it up so it sparkles. Only put back in the foods that serve your health. You will feel sooooo good about it. Hire a cleaning lady if needed.
- Let your family know your healthy food plans for the next 30 days and how important it is to you that they support you or at least do not sabotage you.
- Let your coworkers and friends know that you are on a 30-day health program and so you will not be going to the bar to drink and to the bakery for desserts. Hold your ground and be proud to say it out to the universe. You will get plenty of support from me and our Facebook community, so you will never be alone!
- The first weekend of the Program has been designated for your shopping and cooking. Once your pantry is cleaned up, please watch the videos of me cooking – and find the corresponding recipes here. Then also watch the videos of a trip to a health food store. All this process will prepare you like a pro to get into your local health food store, buy what you need to cook out over the weekend for the next week and to stock up your pantry and fridge/freezer. Please take your time watching and reviewing the corresponding reading materials so that the shopping and cooking will indeed be a breeze. I have had people that hated to cook or never came close to the kitchen before and they ended up rocking it in the kitchen and having a lot of time cooking and eating!!!! You are next.