

CHECKLIST: FRIDAY TO SUNDAY IMMERSION!

These three days are all about getting your supplies and cooking up a storm, after watching all needed demo videos of shopping and cooking. You have phenomenal resources and a simple guide that can convert ANYONE into a success this weekend!

CAN-DO -NOW ACTIONS	CHECK
1. Watch the video walk-through for Friday-Saturday-Sunday Immersion first to know what your focus now is	<input checked="" type="checkbox"/> <input type="checkbox"/>
2. Print Friday to Sunday Immersion to Print – these are the recipes and the shopping list you will use to cook up to stock up or the week’s meals. Its in Manual too, but I listed it here for convenience	<input type="checkbox"/>
3. Watch Shopping Videos (Dashboard) on Friday/Saturday	<input type="checkbox"/>
4. Watch Cooking Videos (Dashboard) on Friday/Saturday	<input type="checkbox"/>
5. In your completed shopping list in Friday to Sunday Immersion to Print handout, cross out any items you already have and add your own Smoothie items if you want to make morning smoothies, or add extra grain if you want to cook a grain for breakfast. You can start with gluten free steel cut oatmeal	<input type="checkbox"/>
6. After watching the shopping videos, go shopping Friday or Saturday- purchase all you need for your meals from Friday to Sunday Immersion to Print handout	<input type="checkbox"/>
7. After watching the cooking videos, take over the kitchen, turn on great music, turn off your phone, pull out the recipes from Friday to Sunday Immersion to Print handout, and start cooking Once you finished green drink, sauerkraut salad, lentil stew, black	<input type="checkbox"/>
8. bean and quinoa salad and cardamom balls, put everything in the fridge for storage. Cardamom balls can go into the freezer. Wow, I am so impressed, you have made it. You will be eating so great this coming week!!!	<input type="checkbox"/>
9. Print out the current Dirty Dozen , cut out and put in your wallet! https://www.ewg.org/foodnews/ They do update the shopping list annually, so if this link no longer works, google EWG free shopping list.	<input type="checkbox"/>

Did you order your supplements?