

# CHECKLIST: WELCOME TO WEEK 1

Now that you have filled up your fridge, you will just enjoy eating up your meals. This week is about awareness and setting those meals properly, so you can feel fabulous and energetic! We are stretching your knowledge of foods and the kitchen to go beyond what you just learned- we hag around Chapter 3. Have fun stretching!

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CAN-DO -NOW ACTIONS	CHECK
	<input checked="" type="checkbox"/>
1. Watch Videos for <b>Chapter 3</b> in Dashboard under Week 1	<input type="checkbox"/>
2. Read Chapter 3: Week 1 in Manual	<input type="checkbox"/>
3. Read <b>Balanced Meals</b> and <b>Simple Nutrition Daily Tips</b> and APPLY!	<input type="checkbox"/>
4. Check out your <b>Daily Routine</b> (populate the blank one- optional) and <b>Sample Menu</b> .	<input type="checkbox"/>
5. Review <b>My Food List</b> carefully – what we will and will not eat.	<input type="checkbox"/>
6. Review <b>Benefits of Herbs and Spices</b> .	<input type="checkbox"/>
7. Check <b>My Shopping List</b> - these are items you want to stock up short term (for next week) and longer term (4+ weeks)	<input type="checkbox"/>
8. Review <b>Foods and Drinks to Avoid</b> and <b>Substitutions</b>	<input type="checkbox"/>
9. Learn how to <b>avoid BPA</b> .	<input type="checkbox"/>
10. <b>Track your Food Progress</b> and <b>Record Your Serving Sizes</b> (optional).	<input type="checkbox"/>
11. <b>My New Kitchen</b> : read about the equipment, cooking strategies, great cookbooks, and how to cook gluten free grains.	<input type="checkbox"/>
12. <b>My New Kitchen</b> : Learn to cook beans and prepare for Rice and Beans Challenge for upcoming weekend!!! (Brown rice: short grain in winter and short grain Basmati or Jasmine in summer).	<input type="checkbox"/>
13. <b>My New Kitchen</b> : Freezer To Table (how to reheat without microwave).	<input type="checkbox"/>
14. <b>Recipes</b> : check <b>Recipe Book</b> in Chapter 3 in Manual and check Dashboard for more than 730 extra recipes!!!!	<input type="checkbox"/>

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Did you order your supplements?