



KITCHEN KLEAN-UP

Don't wait for the challenge to start:

Get your environment set up to help aid your success.

ELIMINATE PACKAGED PRODUCTS

It's time to go through your cupboards, fridge & pantry to eliminate temptations that will derail your progress.

{ Added Sugar | Flour-Based Products | Vegetable Oils }

Refer to the Clean Eating Guide to search for specific products to ditch.

01
STEP

REPLACE WITH WHOLE FOOD

Now that your kitchen has been cleaned out, it's time to stock up with foods that will help you reach your goals.

{ Lean meats | Vegetables | Fruits | Whole Starches | Healthy Fats }

Refer to the Clean Eating Guide to search for items to stock up on.

02
STEP

KITCHEN ESSENTIALS

Now that the food products are on point, it's time to double check you have the necessary tools for success.

{ Pots & Pans | Knives | Accessories | Slow Cooker }

Cast iron or stainless steel are great options for stove-top cooking. Be sure you have a sharp knife (or two) to help you prepare your veggies each week. Do you have spatulas, measuring cups and spoons and a cutting board? Your slow cooker will be your best friend for bulk cooking -- why limit yourself to just one??

{ Blender | Storage Containers | Freezer Bags | Water Bottle }

Nutribullet or Ninjas are great for single serving shakes. Ditch your plastic storage containers & opt for glass -- Pyrex is great! Be sure to have gallon freezer bags if you plan to create freezer meals to use throughout the challenge. A good Nalgene bottle or two are great to make sure you are drinking plenty of water or for taking shakes to go.

03
STEP