



# Preparing your environment for success



FAILING TO PLAN IS PREPARING YOUR FAILURE

# **Preparing your environment for success**

We want to prioritize foods that are as natural and fresh as possible. The less processed they are, the healthier they are and the more beneficial they are for our bodies. Fruits and fresh and frozen vegetables, good quality protein, a limited amount of fats, legumes, limited whole grain products as well as low glycemic index condiments should be available at your disposition. Try to avoid canned goods if possible as they contain more salt. If the ingredients list contains several items which are you unfamiliar with and cannot identify, the product may be considered processed. Be careful of genetically modified organisms (OGM).

## **Foods to avoid or eliminate entirely from your home**

### **Protein**

- ☐ Purchase lean cuts and organic livestock if possible
- ☐ Eliminate bacon purchased at the grocery store
- ☐ Eliminate sausages and deli meats purchased at the grocery store
- ☐ Limit pork and catfish

### **Dairy Products**

- ☐ Purchase dairy product with decreased fat content

### **Beverages**

- ☐ Limit consumption of one coffee per day
- ☐ Eliminate fruit juices, soft drinks and sweet beverages
- ☐ Water consumption should be your primary beverage

## **Bread and cereal products**

- ☐ Avoid chips, pretzels, pop corn and appetizers
- ☐ Avoid confectionery goods including pastries and desserts such as cookies, muffins, doughnuts, brownies, croissants, cakes and pies, etc.
- ☐ Limit vegetables that grow under the earth

## **Oils, nuts and seeds**

- ☐ Ensure that the oils are kept fresh and in the refrigerator
- ☐ Ensure the oils are conserved in an opaque container to prevent rancidity
- ☐ Limit servings of oils, nuts and seeds as they contain more calories per serving than other types of foods