

## Diet: Kitchen/Pantry Purge

First things first! Time to eliminate SAD foods that may be lurking in your house. There is no halfway allowed here: a purge is a purge, and even those precious old favorites must go if you want to transform from a sugar-burner into a fat-burning beast quickly.

What has to go? Breads, cereals, baked goods, and anything made from grains, whole or otherwise; packaged foods and processed foods; heavily processed industrial seed, grain, and vegetable oils, as well as dressings and sauces made from them (mayonnaise, salad dressings); the "mindless crunchy snacks" that derail you in front of the TV at night; sweets, sugary drinks and sodas; frozen convenience meals, canned convenience foods; and just about anything that was made by man or produced in a factory.

---

## Diet: Restock Preparation

Grab a few essentials at your local supermarket so you don't starve before tomorrow: eggs, veggies, fruit, nuts, and meat. Meanwhile, spend a little time on the telephone or Internet lining up the best locations for a proper Primal shopping spree tomorrow. Get ready to storm your local farmer's market, co-op, or alternative grocer.

---

## Exercise: Increase Daily Movement

Implement at least two basic non-exercise movements today – a morning walk with the dog, brief work breaks, a stroll before arriving home, or an evening stroll with the family after dinner.

---

DAY 1

# Lifestyle – Primal Essentials

One of the best ways to ensure success with any health program is to set yourself up with the tools and resources you'll need to get—and stay—on track. Prepare for your 21-Day journey by having these essentials at the ready:

## DAY 1

**Evening tools** (to help create a calm, ambient environment, which will encourage great-quality sleep):

- f.lux app for smartphones, tablets or computers
- Amber lensed glasses
- Yellow-hued lightbulbs, candles

**Exercise basics:**

- Comfortable clothing
- Suitable location for sprints
- Pull-up bar (get one that hangs in your door frame!)
- A weighted vest
- Barefoot shoes - Vibrams or similar

**Kitchen basics:**

- A tidy fridge
- Available space in the freezer
- Cookbooks
- A curated list of great culinary websites
- Cookware
- Spices
- Primal foods (the restock happens tomorrow!)

**Shopping resources:**

- Local shops that offer quality protein and produce
- Internet resources order in the things you can't buy locally

**Workplace:**

- Check out some options at work for quiet time and mini-workouts
- What appliances are available to you at work?
- Is there room in a spice cupboard for you to bring your own spices and oils?
- Is there room in a fridge, cupboard or desk drawer for you to store some Primal snacks?