KITCHEN TUNE UP

Don't wait for the Challenge to Start:

Get your environment set up to help aid your success.

01 STEP — 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.

02 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.

03 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.