



Week 1:

Creating Space for the New

As you begin this Lifestyle Reset journey, a few things need to happen in order to create space for new foods, thoughts and habits to enter into our space.

This is a lot like spring cleaning, but hitting all parts of your life instead of just the clutter in your home. Cleaning out, tying up loose ends and creating space is what must happen before you bring new things in. Think of it like this, when the change of season comes, begin to pack up the clothes of summer and unpack the clothes of fall and winter, we are creating space in our closets.

You can also think of it this way, when you go shopping and find a pair of boots that you have to have, I have a rule that one pair has to go or something from my closet has to go to create more space. This, is the same thing.

Have you ever cleaned our your closet and found clothes, shoes, bags that you have been “looking for” for the past year? Or you find things that you forgot you had? We do the same thing with food, we tend to buy the same items at the store even though we have that item already and it isn't even close to running out, then we end up with 5 cans of beans that we don't even eat! They are taking up space and energy!

Below is a list of practices that I would like you to do over the course of the week to get yourself mentally, physically and energetically in the right place to begin this program on the best note ever. Understand that things are going to come up as you do these practices.

You may feel emotional attachment to some foods (I know, you may be thinking yea right, but really, be present with yourself and see what comes up as you are cleaning out and creating space).

Tip on being present, when you are completing the work for this week, notice how many times your mind wanders, how many times you are thinking about what you should be doing next, or what your friend said that pissed you off, or what you need to do to get ready for tomorrow. Once you notice this, please let it go, come back to the present moment by repeating to yourself what you are doing right now, in this moment. An Example: Washing your hands, say to yourself, I am washing my hands again and again until you are finished. THIS is being in the present moment.

So let's get going!

Take a deep breathe, say this outloud:

I give myself permission to release what no longer serves me and my body. I allow myself to create space in my foods, thoughts and habits. Why is it so easy to let go? I enjoy creating space for new things. And so it is...

Create Space and Tie up loose ends:

I am inviting you and urging you to start this process in your pantry or wherever you store your food.

1. Take inventory in your pantry:

- a. Do you have a number of the same food item?
- b. Do you use this item as much as you think?
- c. Are there items that you have been holding onto just because?
- d. Write these below:

2. **Take a chair and put it in your pantry if you can and check out how many ingredients are in your favorite items?** if the item has more than 5 ingredients and has an ingredient or more that you cannot pronounce- TOSS IT! You can also donate these foods, it's a great time of year to give to food bank organizations so you can clean out and give back! Write these items here:

3. **That stack of magazines that you have been saving to read... Skim through them, read the articles you want to read and get rid of them! Clean out the pile.**
 - a. During this program, it is best to limit your intake of other nutrition/ lifestyle magazines. It will only create clutter in your house and in your head.
 - b. The idea is to be clear and have clarity about who you are and how you act. Information overload inhibits your own wisdom from coming through.

4. **Supplements:** The only supplements you need right now during this journey is:

- a. Fish Oil: Omega 3's
- b. Probiotics
- c. Vitamin D

Any medications that you are taking prescribed by your doctor or myself ☺

Get rid of any other supplements hanging out in your house, in your cabinet, there is no need to hang on to any more than you are taking at the moment. The “just in case” ones, let them go. Trust me when I say, it's for a good reason. You are going to learn so much that you will throw them out anyway, so just save yourself some time and throw them out now!

5. **Refrigerator and Freezer Time!**

Open your fridge and take notice of what's in there. Can you see everything? If you can't there are things in there that should not be in there. If you have a big family, I totally get it, however, use the first in first out rule and everything should have it's place so you can see everything.

- a. Check for outdated food items that are half open.
- b. Cheese and cold cut drawers, how long have things been in there? Are there half open containers? If there are, bring them into sight, finish them up or get rid of them.

- c. Freezer: IF there are items in there OVER 6 MONTHS OLD-
toss them! The freezer is amazing, however, after 6 months,
nothing is good in the freezer, so just clean it out and
create space for more deliciousness that may enter your
freezer in the next few weeks!

