

Food Prep: What It Is & How To Do It

*Food prep is the best thing you can do to ensure you stay on track with healthy eating. It's a bit of work up front, but it's worth it! **We cannot stress enough how important it is to start prepping before Nourish starts.** If this is your first Nourish, take the time to read ALL the materials we've given you carefully. This will help you understand what to expect and how to set yourself up for success. If this is not your first time doing Nourish, read all the materials as you may learn something new!*

Today's preparation determines tomorrow's success!

FOOD PREPPING is simply preparing some, or all of your meals ahead of time. It may be a full week's worth of meals, or it may just be cutting produce and cooking big batches of chicken to grab and go quickly.

Food prep saves you time and helps you eat healthier foods more often. The idea is that when you have **healthy foods ready to eat**, you will eat them instead of other potentially harmful foods.

And it works incredibly well.

STEP 1 - GETTING STARTED

Before elimination starts, you'll want to spend the days prior reading the materials, understanding what you are eliminating and why and getting your food planned for the first week (see page 3 and 4 for the meal planning calendar) and then your grocery list (see page 2 for the Pantry & Refrigerator Supply List). Take a look through our Recipe Book and maybe find something new! There is also a sample week in our Recipe Book that uses the recipes and leftovers in meals. Make a plan, then step into action.

STEP 2 - CLEAN OUT YOUR KITCHEN

Time to do a little kitchen clean out! After reading the materials, go through your refrigerator and pantry get rid of anything that has gone bad (it is extremely satisfying to start with a clean and organized fridge and pantry) and throw away or put aside any foods that are not on the approved list. Read the labels! There are hidden inflammatory foods in many perceived 'healthy' foods. You don't need it, ditch it! Take a before and after picture so you can admire your hard work.

STEP 3 - MAKE YOUR GROCERY LIST

You've read the materials, you've made a written meal plan and cleaned the junk out of your pantry and refrigerator. Now it's time to make a shopping list! We have a recommended shopping list on PAGE 2 of this document. If this is your first time with Nourish, you're in for a major overhaul. If you are not, you likely just need to freshen up a few things. Get an online order from Thrive or your favorite grocery store in ASAP so you have healthy pantry items delivered to your door!

STEP 4 - PREPARE YOUR FOOD

Now it's time to get busy in the kitchen! Prepare snacks! Protein balls and an order from Thrive Market will help you stay on track with Nourish while enjoying delicious snacks. Make large batches of sauces and rice and store in containers. Grill enough chicken for 3 meals so you can easily chop and put on salads or in an omlette. Cut up all your fruits and vegetables so that you have easy access to them while making meals or grabbing food to go. Take it a step further and prepare your single serve lunches in containers. Most of all, connect with your fellow Nourishers on Facebook and find out how everyone else is preparing for the first day of elimination. Great minds think alike and great minds are Nourishing!

Once you have a week of Nourish done, your prep time for week 2 will go faster. Follow these 4 steps and you will succeed!

Refrigerator & Pantry Supplies

Refrigerator Recommendations

- Ghee
- Grass-fed butter
- Eggs
- Nut/seed butter
- Fermented foods (pickles, kimchi, kraut)
- Lemon juice
- Ginger
- Garlic
- Fresh herbs (cilantro, chives, mint, parsley)
- Mustard and other condiments (check sugar content)
- Pre-washed bags of greens (a great hack if washing greens is a barrier for you)
- Baby carrots, jicama sticks, snap peas, tomatoes or whatever easy-to-grab veggies make you happy
- Berries, Granny Smith apples, pears, lemons, limes, or whatever high fiber, lower glycemic index fruit you like. Great for smoothies, topping your chia pudding / overnight oats, giving flavor to water, or to add some sweetness to salads.
- Hummus, salsa, guac, pesto (check for cheese as an ingredient), or other flavorful condiments/ sauces that can go on just about anything.
- Non-dairy yogurt and spreads like those from Kite Hill farms.
- Non-dairy milk like oat, coconut or almond. Look for hidden added sugar!
- Frozen fruits vegetables and fruit

TIP: Beware of sugar in condiments, especially ketchup and barbecue sauce. Choose organic brands that contain no sugar or cane sugar (better than high fructose corn syrup). For barbecue sauce, try Annie's Naturals or Stubb's. They tend to have less sugar than others, less than 4g per serving. If you like tangy, Arthur Bryant's has only 1g/serving!

Pantry Recommendations

- Extra Virgin Olive Oil
- Coconut Aminos (similar to soy sauce but is gluten free and soy free)
- Coconut Oil
- Raw Apple Cider Vinegar
- Red Wine Vinegar
- Salsa (check sugar content)
- Hot sauce
- Tomato paste
- Chopped tomatoes Tip: Check the sodium content; we recommend POMI brand with 10mg/ serving. Other brands have 220mg/serving.
- Nuts
- Seeds (pumpkin, sunflower, chia)
- Chicken or Veggie stock (we recommend Pacific Foods brand)
- Vanilla
- Dates
- Quinoa
- Brown rice
- Beans
- Gluten free rolled oats

Spice Drawer

- Sea Salt (in moderation)
- Whole peppercorns & pepper mill
- Cinnamon
- Rosemary
- Chili powder
- Red pepper flakes
- Thyme
- Cayenne pepper
- Cumin
- Oregano
- Paprika
- Za'atar
- Turmeric

TIP:

Clean out your pantry now! Look at the ingredients in their current products as well as the expiration dates and see if they are ready to purge and start fresh.

WEEK 1 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

WEEK 2 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							