

Action Steps Checklist

- ☐ Schedule a doctor's checkup
- ☐ Morning visualization: Burn Fat Now.
- ☐ After visualization, drink 2-3 glasses of warm water with lemon or apple cider vinegar. Take probiotic supplement.
- ☐ Drink glass of water before each meal
- ☐ Throughout the day, sprinkle flax or chia seeds on your food [see shopping list below]
- ☐ Do evening visualization each night before bed
- ☐ Visit your local health food store, food or growers coop, and farmer's markets [see shopping list below]

Shopping List

During these five weeks, locate the following items (at a farmer's market, health food store, or juice bar) & begin incorporating them into your meals.

Supplements

- ☐ Digestive enzymes
- ☐ Probiotics
- ☐ Unsweetened, unflavored whey protein powder

Alternative Sweeteners

- ☐ Stevia
- ☐ Coconut palm sugar

Healthy Food

- ☐ Organic grass-fed or free-range meat, chicken, fish
- ☐ Locally grown, organic produce
- ☐ Unsweetened cocoa powder
- ☐ Nori sheets
- ☐ Himalayan salt crystals

Superfoods

- ☐ Chia seeds/Flax seeds/linseeds
- ☐ Fresh Wheat Grass Juice