

WELCOME TO YOUR

Junk Food

CLEANSE



Are you ready to transform the way you eat?



This is a quick cheat sheet full of tips and tricks to cut out the junk and start feeling great. Try to focus on one per day and see the difference these little changes can make in just over a week.

1



Give your pantry a quick makeover! Donate or toss the foods you know contain junky ingredients.

2



YOU are responsible for the food you eat. **Trade in processed snacks for real, whole food options.**

3



Are stresses, boredom, or other emotions driving your junk food cravings? **Deconstruct your cravings to defeat them.**

4



Hydration is key. Find plain old water bland? Jazz it up with some citrus, mint, or berries.

5



Are you giving your body enough time to reboot? **Make a conscious effort to get more quality sleep.**

6



Are your cravings triggered by a stressful relationship? **Use your relationships to support you, not derail you.**

7



Connect more fully to you. Cravings for crunchy foods in particular signal a restless mind. Try meditation or your own favorite method to re-center yourself.

8



Make your workplace a junk-free zone. Stock the office kitchen with healthy treats like luxurious teas or fresh fruit.

9



Schedule exercise on your calendar every week, if not every day. **Activate your body and your mind,** and you'll feel so great you won't even want the junk food.

Health is a vehicle not a destination.

LISTEN TO YOUR BODY AND CONTINUE TO EXPLORE WHAT FEEDS YOUR BODY AND SOUL.

If you want **my support** for a full **10 Day Junk Food Cleanse** and way more tips, exercises, and food for thought, feel free to email me and we'll work through these tips and more to create powerful changes for you.