

How do I get back on the program?

1. Start fresh. Do not beat yourself up. We hope you enjoyed it.
2. Purge all temptation food out of the residence.
3. Prep your food for the next day.
4. Do not start a weight loss protocol.
5. Go back to eating real food for the whole day.
6. Eat protein | veg | starch or fruit at every meal.
7. Do not think about weight loss, worry about getting consistency back.
8. Send in food logs / start writing it back down.

** The reason for the whole food diet is to cut your cravings. If you try to cut calories or go too strict you may be unable to kick the cravings.

** Ideal situation to pre-order meals from PHC to ensure that you have meals organized for the upcoming week to help get motivation and time back.

