

How to prep for your week?

1. Print off your protocol for the week.
2. Follow your food sensitivity test.
3. Find new recipes in the PHC cookbook or on the Facebook group (pick 1 weekly).
4. Make up a grocery list.
5. Pick up groceries; for more details on how to shop see our grocery store protocol.
6. Take out all your groceries.
7. Place all your produce in the sink.
8. Wash and rinse produce.
9. Peel, cut and chop produce as desired or needed.
10. Place in containers for the week.
11. Prepare some sauces and marinades for the week to flavour food.
12. Prep any proteins for the week place in the fridge for easy access.
13. Have some starch ready to go in the fridge.
14. Use pre-made sauces to flavour plain proteins, vegetables and starch as you go.
15. Every evening prepare containers with proper portions for the following day, this will avoid rushing in the morning.