

### Action Steps Checklist

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- 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.

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#### 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