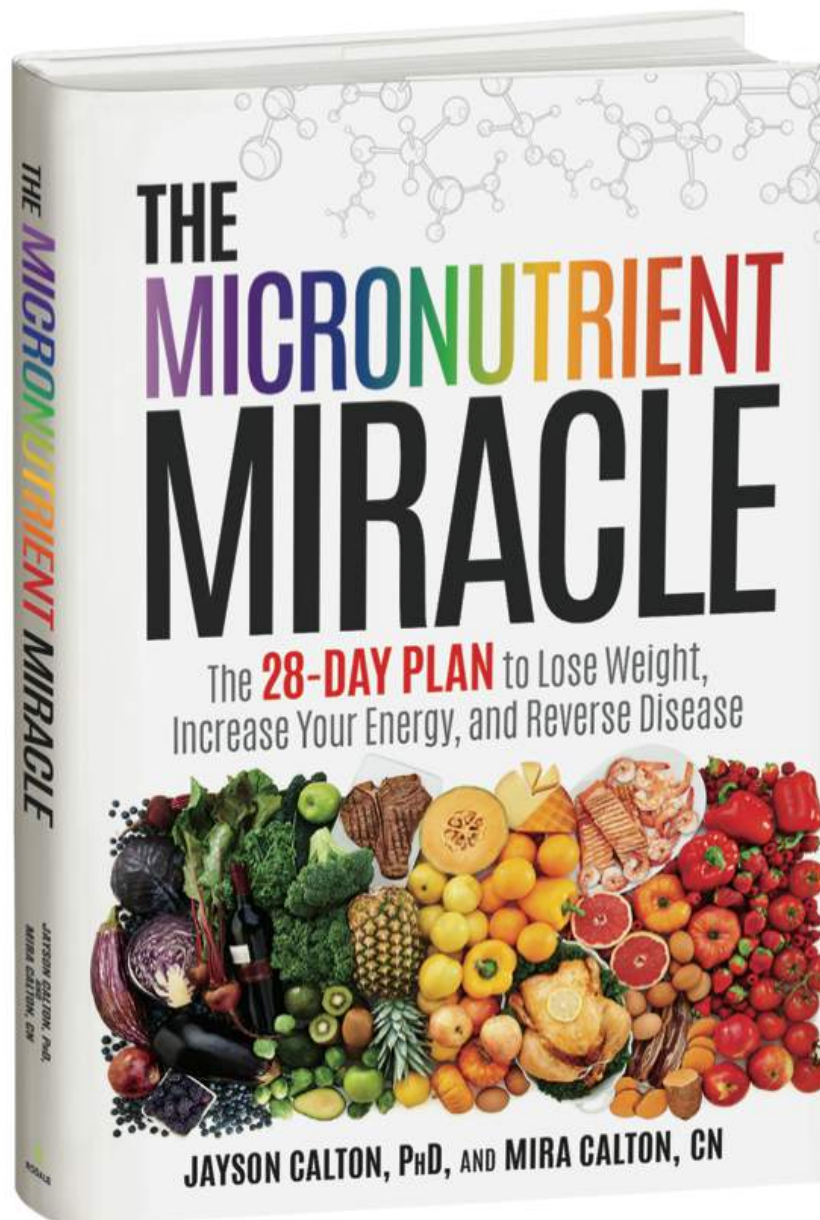


# Your Micronutrient Miracle Program Planner

**READY, SET, GO**



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## READY, SET, GO

We created the schedule below as a checklist that you can use to make sure you are ready to start your Micronutrient Miracle plan. It reviews all the things that you should do before starting and gives you a timeline that you can use to set yourself up for success. You may have already completed some of these tasks as you have been reading this book. However, in case you haven't, here are the tasks we want you to consider for your final week before "go day."

## 7 DAYS BEFORE "GO DAY"

### TASK LIST

1. Make sure that you have read this book from the intro to the conclusion. After all, you can't eliminate the EMDs if you don't know where they are hiding or practice ZMT if you don't know what it stands for.
2. Go to the Micronutrient Miracle Motivation and Resource Center online at [mymiracleplan.com](http://mymiracleplan.com) and sign up for your free personally guided 28-day plan. This will allow us to send you daily tips that we couldn't fit into this book, as well as valuable Rich Food coupons, discounts on Calton Nutrition products, and a plethora of videos and downloads to help you succeed.
3. Purchase any supplements and products that you will need to start the plan. Make sure to include:
  - a. Multivitamin (see page 178)
  - b. Protein powder (see page 142)
  - c. Fat source (see page 146)
  - d. Omega-3 (see page 202)
  - e. Any additional supplements noted under the special health conditions section you are going to follow (see Chapter 8)
4. Review the Top 10 Terrific Tips to Reduce Household Toxins on page 103. Choose which products you want to replace with nontoxic, healthy alternatives, and purchase any of the nontoxic specialty brands listed. Once you have them, purge your home of the toxic substances you are replacing.
5. **Optional:** Purchase a scale designed to measure body fat (see page 197).
6. **Optional:** Are you a "calculating client"? Purchase the nutritional analysis (see the box on page 41) from our Micronutrient Miracle Motivation and Resource Center and schedule your blood work. Alternatively, you may choose instead to take the Micronutrient Matrix online. This advanced micronutrient sufficiency analysis will give you a greater understanding of your current levels of deficiency for each micronutrient as well as the

health conditions and diseases that these deficiencies may currently be causing or can cause in the future.

## **5 TO 7 DAYS BEFORE “GO DAY”**

### **TASK LIST**

1. Purge the pantry following the guidelines in Chapter 3.
2. Look in the Micronutrient Miracle Motivation and Resource Center at [mymiracleplan.com](http://mymiracleplan.com) for online shopping suggestions and discounts to make the plan easier and more enjoyable. Ordering early guarantees that any speciality products ordered over the Internet will arrive to your home in plenty of time.

## **2 TO 5 DAYS BEFORE “GO DAY”**

### **TASK LIST**

1. Make sure your exercise plan is in place. Which days will you do your Zero Movement Training cardio workout? What are the One Set To Failure weight-training exercises you plan on starting with for each of the 4 days?
2. Review the first week’s menu plan. Decide whether you will be following the Signature 28-day Micronutrient Miracle plan or one of the health condition–specific protocols. Swap out any foods or recipes you don’t love and make a Rich Food shopping list.
3. Identify which de-stressing activities you are planning on using. Watch related videos in the Micronutrient Miracle Motivation and Resource Center to learn these beneficial techniques.
4. Print out the Fab 14 and Terrible 20 wallet guide at [mymiracleplan.com](http://mymiracleplan.com) to take on your grocery shopping expeditions.

## **1 TO 2 DAYS BEFORE “GO DAY”**

### **TASK LIST**

1. It’s time to go shopping. Stock your fridge with all of the Rich Foods you will need to create meals that will build micronutrient sufficiency. Don’t forget anything that you wrote down on your shopping list.
2. Soak or sprout any nuts, seeds, or grains you plan on using in the first week unless you purchased them already soaked or sprouted.
3. Premake any SKINNYFat Oil Infusions, Miracle Butters, Miracle Pestos, mayonnaise, and SKINNYFat salad dressings that you may want to enjoy during the plan (see pages 282 to 289). You can freeze your butters and pesto in ice cube trays to reduce your meal prep time.