





LiveWhole365 started as a joke. Almost. I threw it out there in conversation after splitting a \$5 take-out pizza and washing it down with a cold Dr. Pepper. I felt horrible and knew the culprit was food. As you know, the best time to talk about change is when you're feeling fed-up and miserable with the current situation. An entire year of whole eating didn't sound quite as fantastic in the morning light. However, with each bad choice we made regarding eating and the physical symptoms that followed, LiveWhole365 became more of a solid idea than a passing thought.

After Kristin and I spent some time crunching numbers and looking at calendars, we decided that a 90/10 split would be a great option for our lifestyle. Meaning, 90 percent of the year, we would take an approach to eating that we already know our bodies love. Fresh produce and proteins will dominate 2016, leaving room for a little cheat here and there - roughly 36 days. See? It doesn't sound bad at all when you look at it that way!

Why? That's the biggest question we are posed with when explaining LiveWhole365 to others. The reasons are countless, but from previous experience with eating whole, here are a few of our favorites.

FALL IN LOVE WITH FOOD. I'll admit that until recently, I wasn't a huge vegetable eater. I relied heavily on take-out and over processed foods. Instead of sticking with old habits, I started cooking with new produce. I've learned to love a variety of vegetables and fruits. My kitchen is fun and exciting. I am creating new recipes and giving old favorites a healthy twist.

FEEL GREAT. You'll quickly see just how much better you feel. The energy levels are amazing! Not only that, but when you cook with whole foods, you know exactly what is going into your body.

BE THE EXAMPLE. With young children watching me daily, I owe it to them to take charge of my eating and set a healthy example. Teaching them to love a variety of healthy choices and look at food in a positive light will make an impact on their overall health and self-esteem.

Our biggest advice is to plan ahead! In this eBook, we've seriously given you all of the tools to successfully execute the LiveWhole365 plan right along with us! It may seem like a huge commitment at first, but with planning and follow-through, it'll become second nature in no time. Make a plan at the beginning of each week using our guides, make a shopping list, and purchase all the the ingredients you need. You will have immeasurably more success when you plan ahead and stock your kitchen with the ingredients you need to be successful.

Most importantly, stay motivated. Surround yourself with friends and family who inspire you or talk a friend into trying it with you! Make time to schedule and plan for the week - you are important enough for the time and dedication. Sadly, it's easier to break a commitment to ourselves than to others, so let everyone know what you're doing! Most importantly, before you begin, make a list of your **whys**, keep it in a safe place and refer back to it any time you feel discouraged.

Join us every other Friday in 2016, as we share our journey of eating whole for a whole year.

Good Luck!

Jennifer Green

lifeinthegreenhouse.com



SUGGESTED GROCERY LIST

FRUITS

apples
bananas
berries
cherries
grapefruit
grapes
lemons
limes
melon
oranges
peaches
pears
pineapple
watermelon

NUTS + SEEDS

almonds
cashews
flax seeds
pecans
sesame seeds
sunflower seeds
walnuts

FRIDGE/FROZEN

eggs
ghee
frozen fruit
unseasoned SP fries
mixed veggies

VEGGIES

avacado
artichoke
arugula
asparagus
bell pepper
broccoli
brussels sprouts
cabbage
carrots
cauliflower
celery
cucumber
eggplant
garlic
green beans
greens
kale
lettuce
mushrooms
onion
parsnips
radish
shallots
spinach
sprouts
squash
tomatos
zucchini

MEAT + DELI

bacon (sugar free)
chicken
chicken/apple sausage
deli meat
ground beef
roast
seafood
steak
turkey

PANTRY SUPPLIES

bay leaves
broth (sugar free)
cajun seasoning
chili powder
coconut butter
coconut milk
coconut oil
cooking spray
cumin
extra virgin olive oil
fajita seasoning
garlic powder
olives
salt
pepper
red pepper flakes
rosemary
thyme
unsweetened coconut flakes

SAMPLE WEEKLY MEAL PLAN

MONDAY

- B sweet potato and sausage muffins with fruit
- L flt roll ups
- D plantain nachos
- S mini compliant lara bars

TUESDAY

- B bacon, eggs and fruit
- L chicken salad with raw veggies
- D fajitas on a bed of lettuce
- S fruit smoothie with fresh orange juice

WEDNESDAY

- B fajita omelet
- L flt roll ups
- D "barbecue" shrimp with roasted vegetables
- S apples with almond butter

THURSDAY

- B omelet cups
- L fajita wraps
- D chicken salad with balsamic vinegar dressing
- S chia seed pudding

FRIDAY

- B bacon, eggs and roasted potatoes
- L "barbecue" shrimp salad
- D sweet potato and kale soup
- S mini compliant lara bars

SATURDAY

- B omelet cups
- L chicken salad with balsamic inger dressing
- D steak with roasted veggies
- S fresh fruit or vegetables

SUNDAY

- B steak and eggs
- L leftover soup
- D spaghetti squash spaghetti
- S chia seed pudding or smoothie

NOTES + THOUGHTS

use this space to jot down ingredients you need to pick up at the store, recipes you'd like to try or other notes of encouragement.



month / year

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planned off-days

floating off-days

notes



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WEEKLY MEAL PLAN

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NOTES + THOUGHTS:

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month / year

sunday	monday	tuesday	wednesday	thursday	friday	saturday

planned off-days

floating off-days

notes



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WEEKLY MEAL PLAN

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NOTES + THOUGHTS:

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month / year

sunday	monday	tuesday	wednesday	thursday	friday	saturday

planned off-days

floating off-days

notes



WEEKLY MEAL PLAN

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month / year

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
planned off-days							
floating off-days							
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WEEKLY MEAL PLAN

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month / year

sunday	monday	tuesday	wednesday	thursday	friday	saturday

planned off-days

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notes



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NOTES + THOUGHTS:

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month / year

	sunday	monday	tuesday	wednesday	thursday	friday	saturday
planned off-days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
floating off-days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
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snack: _____
lunch: _____

snack: _____
dinner: _____
snack: _____
water: 

day/date: _____
breakfast: _____
snack: _____
lunch: _____

snack: _____
dinner: _____
snack: _____
water: 

day/date: _____
breakfast: _____
snack: _____
lunch: _____

snack: _____
dinner: _____
snack: _____
water: 