



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