



PREPARATION

THE GROUNDWORK IS JUST AS MUCH
A PART OF THE PROCESS
AS THE RESET ITSELF

CREATE SPACE

In order to make sure you feel fully prepared to take on this new challenge, we advise you to do some important groundwork before you officially start.

This preparation time will vary per person but it is important that you go through it with care.

When you feel as though you have taken the steps to prepare yourself for the work, you hold yourself more accountable to the process. As you take on the preliminary steps to prepare, you can clear more physical and mental space for the work itself.

Do the work now so its smooth sailing later!

STEP 1

REVIEW THE PACKAGE

Know what you are getting yourself into and read the information we have provided you in the Preparation Library

There is a lot of helpful information here. The more you can be clear on why you are doing the things that you are doing, the easier it will be to complete the reset.

STEP 2

ACQUAINT YOURSELF WITH THE WEBSITE

Navigate through the multiple pages, sections and attachments that are accessible to you on the online platform.

You will be using this as your home base to get information, log your progress and contact us for help.

STEP 3

REVIEW THE CALENDAR

Spend some time carving out how your days will look over the 21 days to help you get into a healthy routine. Will you be doing the yoga classes in the morning, afternoon, evening? Will you be eating at home or at work? These are all things you should map out so that you are prepared for any challenges that come up.

STEP 4

FIND AN ACCOUNTABILITY PARTNER

It's a helpful tool to have someone to hold you accountable to your goals. Tell the friends and family closest to you what you are doing and make sure you tell them WHY you are doing it. By telling those closest to you, not only will they be more understanding if say, you meet them for a coffee and you have to say "no" to the caffeinated options, but they can also act as your cheerleaders.

It is very important that those who live with you understand what you are doing. If you are the primary cook of the house, you have to decide whether you are cooking the reset recipes for everyone or just yourself.

Acknowledge and communicate whether you will need more help with meal times accommodating more than one meal at a time. The majority of the recipes are set up for one person so you can double or triple the recipe depending on how many people you are feeding.

There is a forum tab on the website to talk to other participants in the program. This is a great platform to discuss some of the challenges, celebrations and questions you have along the way. Marni and Sheena will be making visits throughout to answer some of the bigger questions that come up.

STEP 5

CLEAN OUT YOUR KITCHEN

Limit temptations that lurk in your home. You will already be challenged in this program, so make sure that your home is a safe space with lots of healthy options if a craving or moment of weakness hits!

Go on a kitchen cleaning spree! Go through your pantry and fridge and get rid of anything that is restricted from the reset. We advise you to get rid of those items completely (donate what is salvageable to a neighbour or friend) however, if others in your household are not doing the detox then maybe just segregate a portion of the fridge and cupboards for these other items.

A freshly cleaned fridge and pantry will not only look and feel good but you have now made room for more healthy options!

STEP 6

START YOUR JOURNAL

Get a journal to start writing your experiences down! This is a large part of the mindfulness component of the program.

Journalling can be intimidating, however it is a very useful tool! You can write one sentence or go on for multiple pages. Use your journal to write about what comes up for you day to day, track your progress, reflect on temptations or inspirations, create space for emotional release or use it as a gratitude journal. We will give you some helpful prompts along the way.

Start now!

Take some time to answer and write down why YOU are choosing to do Simply Awaken, 21 day reset. This is your "WHY" or your intention that we want you to revisit time and time again!

STEP 7

CONSIDER SUPPLEMENTS

Make sure you read the "Supplements" booklet under the preparation library. There are links to the supplements we trust to make your shopping easy!

Educate yourself on some of the beneficial supplements that you can take to boost your 21 day detox experience. Buying vitamins can become pricey, so pick and choose the ones that make most sense for you!

STEP 8

KITCHEN GEAR

Things will go much smoother if you have the proper kitchen gear to prepare your food. This is not just for the 21 days but think about how it can simplify the cooking and preparation for your food beyond this reset.

Click on the links below for our recommendations:

1. **Vitamix:** A good quality blender for the soups, sauces and morning brews. Sheena loves her Vitamix and has used it almost every single day for over a decade so far.
2. **Vegetable Spiraller** This is a great tool to make spaghetti like strands of vegetables. It helps make vegetables fun and can feel like you are enjoying a bowl of pasta!
3. **Mason Jars:** These are perfect for storing sauces and leftovers. Glass is preferred over plastic because with plastic there is the risk of harmful hormone-disrupting chemicals like Bisphenol A (BPA) that can get into food items after repeated uses. Plus its easier to heat up!
4. **Food Processor:** Are large, flat bowls, with two blades at different heights. The bottom one scrapes the base and the higher one chops things from above. They are designed for pulverising solid food into smaller pieces, they do what even the Vitamix cannot..

STEP 9

FOOD PREP

Each week we will give you a grocery list to prepare you for the meals for the week ahead. We advise you to go grocery shopping and do your meal prep on a day that works for you where you can do as much food prep as possible.

We give you recipes to prep before the week so that each meal is simple to make on that particular day. Without this prep step, you may find yourself scrambling to make the recipes which is not ideal for the keeping things simple and easy as the program encourages.

TIPS FOR FOOD PREP:

Wash and chop all of your fresh produce. Store them in a large sealed container to make every meal easier.

We highly recommend doubling or even tripling some of your sauce recipes. You can freeze them and they will keep for the the whole 21 days, saving you time for the rest of the reset.

Have a freezer full of either protein balls or and fat bombs before you start the program you may come up against times where you are scrambling for something to eat and having these balls ready on hand is an amazing way to keep yourself on track.

Look at the "Snacks" recipe booklet and see what you can make and utilize over the next 21 days.

Keep a really good quality protein powder on hand. You can even keep a serving in a shaker cup to add a little water/alternative "milk" on the run. You can also add MCT oil to amp up the efficiency of the protein and get healthy fats to keep you feeling full. You can add a scoop of green powder to your quick shake for even more nutritional value in a quick snack. Our recommended protein powder and green powder can be found in the "Supplements" booklet.

Find ways that you can get excited about water whether that's adding chunks of lemon, cucumber, berries or mint. It can be whatever you choose as long as you're getting enough water. Flushing your system with water will help as your body transitions through this period. Water will help flush out toxins through our urine as well as promote good healthy bowel movements.

Cut out as many inflammatory foods (sugar, alcohol, red meat, caffeine, gluten/grains, dairy) from your diet and add more vegetables before the program even starts. Print off the document that says "Print This" In the preparation section. Place it on the fridge so you see it daily.

I AM VEGAN, CAN I DO THIS PROGRAM?

Absolutely! Most recipes are vegan friendly.

There are no land animals in this program,
however there are fish and egg recipes.

If the recipe is not vegan friendly there is either a substitute option, or you can choose to repeat one of your favorite recipes from the program.

Each Morning Brew has grass-fed butter in the recipe. We recommend you substitute full fat coconut milk.

Many recipes use grass-fed butter to sauté . We recommend you substitute coconut oil.

WHAT HAPPENS WHEN THE 21 DAYS ARE OVER?

We hope that through this program you experience the vast benefits that come from resetting your mind and body towards optimal, holistic health. We encourage you to really reflect on the program and consider what worked and what didn't work for you.

Can you continue to utilize the program and make minor tweaks to make sure it suits you and your lifestyle? You will have the option to invest in the lifetime access to the program which you can access anytime with your login information. This way you can revisit this program frequently or periodically to check in with yourself.

The 21 day reset is specifically designed to help create a fresh clean slate. From here we are able to reintroduce specific foods into your diet slowly to get a better understanding of how you react to different foods. Only add one new food group at a time to see its direct effect on your mind and body after the reset.

You can always book a private session with Sheena or Marni once the program is complete.

GENERAL WEBSITE DISCLAIMER

All information provided by Marni McConnach and Sheena Hculak on www.welcometoblissed.com is for general information purposes only.

All information on the site is provided in good faith, however we make no representation or warranty of any kind, express or implied, regarding the accuracy, adequacy, validity, reliability, availability, or completeness of any information on the site.

Under no circumstances shall we have any liability to you for any loss or damage of any kind incurred as a result of the use of the site or reliance on any information provided on the site. Your use of the site and your reliance on any information on the site is solely at your own risk.

The site may contain links to other websites or content belonging to or originating from third parties or links to websites or features in banners or other advertising. Such external links are not investigated, monitored, or checked for accuracy, adequacy, validity, reliability, availability or completeness by us.