12 STEPS TO EATING FLARE FREE

(Without Over-Restriction + Overwhelm)

- [ ] 1.) Remove the canola oil, sugar, iodized salt + flour from your pantry.
- [ ] 2.) Clean up your coffee/tea time.
- [ ] 3.) Start buying your bread, pasta, and grains in gluten free.
- [ ] 4.) Start eating vegetables at breakfast.
- [ ] 5.) Ditch the beer and switch to organic wine.
- [ ] 6.) Start eating more whole food snacks and desserts.
- [ ] 7.) Start buying gluten/dairy/sugar-free versions of your family's favorite processed foods.
- [ ] 8.) Stock your pantry the Flare Free way.
- [ ] 9.) Write yourself a 2-week dinner meal plan.
- [ ] 10.) Edit the recipes in your meal plan to be Flare Free.
- [ ] 11.) Start following the meal plan to build cooking into your daily routine.
- [ ] 12.) Set aside a few hours every week to meal prep.