



25th

1st

RESCUE TIMELINE

REAL FOOD RESCUE

Program Timeline

Ever done a program and wondered if you are on the right track? We are with you, so we created a timeline of what to expect on the Real Food Rescue. Remember that everyone's journey is different so if you are a day behind or ahead do not worry, just keep going.

Day 0: This is the time to prepare and NOT the time to binge, you will thank us later. Go shopping for Real Food Rescue approved foods and lay off the "junk", drink some water, and get some sleep, tomorrow is a big day for you.

Week 1: I'm ready to do this!

Alright, so you've committed to doing The Real Food Rescue and you are all planned ahead, have broccoli out your ears and feel like Martha Stewart but WAIT have you read this week's timeline? Plan ahead so you know that if you want to simultaneously yell at your friends and take a nap in the middle of the mall, it may or may not be normal. Happy Week 1!

Day 1: Real Food Like A Rockstar

Yes! Day 1 has you fired up, you are ready to make some amazing changes and cannot wait to fit in that old pair of jeans. Breakfast was some eggs and veggies and boy do you feel great! Your body has not yet adapted yet and you are making one great choice after another, so you feel great (mentally and physically). Make sure you keep this up!

Day 2-3: Dun, dun, dunnnnnn is this the FLU?!?

You killed it on Day 1 but all of a sudden you feel like your head is about to explode, your body aches and you cannot focus. Chocolate and chips sounds good right about now, DO NOT cave. This is your body's way of detoxing and of tempting you to go back to your old ways. This flu-like period is worsened if you decided to binge on all the non-real food rescue approved foods before day 1.

Make sure to drink some water and stay the course, this is only temporary. You may feel fatigued and get headaches during these days but have no fear, you will feel better soon.

Day 4-7: I'm so angry I could take a nap!

You may think that this timeline looks more like a roller coaster than a lifestyle plan but unfortunately when you are detoxing your body (in the right way) it can be quite a ride, after all you may have a few years of undoing to get started on.



During the last half of week 1 you may experience anger (and thoughts of lashing out at the wrong time) most likely because your blood sugars are trying to stabilize and you are mentally and emotionally adjusting to not having that treat everyday at work, remember you are not a dog you do not need a treat.

You may also experience some extreme feelings of tiredness so much so that you must take a nap or go to bed earlier, THAT'S OK! Your body is learning to burn fat as it's primary source of fuel and no longer has that quick false sense of energy from refined carbohydrates (and *gasp* sugar). Listen to your body and get some rest, not only will you not be tempted by the cravings (because you will be sleeping) but you will also be doing your body good by resting.

Week 2: Can I really do this?

You have now made it past the first week, so that means it's all downhill from here right? Not so fast. This is the week where you realize you may want to have a social life, that commercials on TV want you to have ALL the things and that uh-oh your pants STILL are not fitting

This week may be the hardest, the program is no longer new and the results are not in front of you just yet, be patient. When your pants do not fit, do not get discouraged, your body is still trying to figure out what is happening to it (for the better) and it may be trying to detox you via inflammation and bloating (all things that will make your pants fit tighter).

During this week you may get bored with eggs for every meal, so stop thinking of what you CANNOT have and start thinking about what you CAN have. There are so many options in the recipe guide, USE IT.

This is the time where you must change your habits and stop cravings in their tracks. You CAN go out to eat with your friends, you just need to PLAN AHEAD. Find an accountability buddy and work through the struggle, reward yourself with an activity with friends (non-food related) because you've earned it and you do NOT need food to be your reward.

Ps. If you start having dreams about chocolate, cookies, cupcakes, etc. you are not alone but please let these dreams be just that, dreams!

Week 3: I can do this!

*Are you climbing up hills just so you can shout to all your friends that **a)** you can climb up a hill and **b)** this real food thing really does work (oh yea and **c)** your pants are fitting looser!). Your energy level will be through the roof if you have stuck to the plan. You will feel like you can crush any workout, tackle any problem at work AND keep up with your kids at their soccer practice, SCORE!*

While some people may have this feeling of super powers, relax if this is not the case for you. Recognize that you are on your own journey but at this point you should feel your



energy stabilize, have cravings under control (or almost non-existent) and notice your body composition start to change.

Week 4: I don't want to do this anymore!

You are coming off of a great week and continue to see great results, however, it just does not seem worth it anymore. You are so close to the finish line and you have events and parties you want to splurge on, one drink won't hurt right? You owe it to yourself to finish this program! If you are struggling because you are bored with food, check out the guide and many online resources like: [ChowStalker](#), [FoodGawker](#), etc. that can keep you having fun with your food. This is a great time to reach out to the Facebook group and to friends and family and stay motivated.

Week 5: I can do this later.

You made it an ENTIRE month, go YOU! But wait! Think about where you have been over the past month. You have made amazing strides in your real food lifestyle so remember, YOU are worth it. Before you order that pizza and indulge in that pint of ice cream, reflect on how GREAT you feel and remember that this does not have to be temporary this can be the new NORMAL for you.

Slow down charger! This is the time to add back foods one by one, while it may be tempting to eat ALL the things ALL at once, we do not recommend it. There is no reason to undo all your hard work! You do not have to be 100% Real Food Rescue ALL the time but we want you to take what you have learned from the program and keep it as apart of your real food lifestyle.

