

P20: Start Here

Welcome to Prescribe 20! We're thrilled you've made the decision to focus the next 20 days on YOU. We know the power of a healthy, whole food diet and we can't wait for you to experience the benefits for yourself - extra energy, better sleep, less bloating, improved mood....the list goes on!

We know changes like this are exciting but can also feel overwhelming, especially in the beginning. We encourage you to reach out and ask questions on the Discussion Board throughout the program and refer back to this sheet for a refresher if you feel confused or overwhelmed. Remember, even if you don't follow the plan to a T, you're still doing better than you were before you started! Every little change counts - you don't have to be perfect to see progress!

We recommend setting a goal (or goals) and keeping a journal to reflect on your progress. This will be helpful to refer to on days that you're feeling overwhelmed. And remember, the Discussion Board is a great place to ask questions and get support from the PN team as well as other P20-ers.

The Basics

20
D A Y
—
W H O L E
F O O D
—
D E T O X

Prescribe 20 is a twenty-day whole food “gentle detox” (we try to steer clear of diet-y buzz words around here but for the sake of understanding, we'll call it a detox). Quite simply, you'll replace some of the less-friendly foods you've been eating with more nutritious ones. By swapping out foods and ingredients like sugar, processed oils, chemicals, additives, alcohol, gluten and dairy, you'll give your body a much-deserved break and allow you to make an educated decision after the program whether you want to bring these foods back into your diet. Why do we eliminate these foods specifically? We recommend you check out [Why We Give Our Bodies A Rest From...](#)

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What Can I Eat?

We love this question and honestly the list is pretty much endless. You can eat any and all veggies and fruits, nuts, beans, seeds, gluten-free whole grains, fish, seafood, meats, poultry... as well as sweet treats made with a touch of natural sweetener (honey, stevia, or maple syrup). We believe in inclusivity when it comes to eating and think the more foods you can include in your diet the better. When you eliminate entire food groups, which is common in a lot of popular diets, you eliminate all of the nutrients that that food group brings to the table. We encourage you to focus on all the foods you can eat while on P20 rather than the ones you're temporarily giving up. But to help you out, we've created a few handouts with more info on the foods that will be filling your plates and bellies for the next 20 days:

P20 Plate, P20 Pyramid, Shopping Guide, Yay or Nay?

So What Can't I Eat?

As we mentioned previously, we suggest eliminating gluten, dairy, added sugar*, and alcohol during P20. They are most likely to cause weight gain, food sensitivities, and/ or inflammation and are not essential nutrients for the body to thrive. We also recommend sticking to just one cup of caffeine each day.

Don't worry, you don't need to give these foods up forever. But we think you'll feel amazing without them and may decide to eat this way the majority of the time even after the program ends. In fact, that's what we like to call our P365 Lifestyle.

*You'll notice some of our recipes include some natural sweeteners like pure maple syrup, honey, or stevia. You can decide if you want to use these recipes or not while you're on the program. Everyone's starting point looks a little different so if you're used to eating sugary foods, breakfast cereals, or sweet treats you may really enjoy these options. The point is that you're in your kitchen making a whole food-based meal or snack, so we're A-OK with a touch of sweetener.

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P365: After The Program

At Prescribe Nutrition, we follow what we like to call a P365 lifestyle. We eat “P20” about 90% of the time but truly enjoy our occasional indulgences, too. We’ve compiled some resources to help you navigate what P365 may look like for you so be sure to read through them in the Moving Forward section of your P20 Resources.

Of course, if you have any questions throughout the program don’t hesitate to reach out to us on the Discussion Board. We look forward to having you in the program!