Congrats! You’ve taken the first step toward a healthier lifestyle by joining the Cooking Light Diet. Keep the momentum going by following this checklist to personalize the Diet so it works for you and your goals.
Log in to the Cooking Light Diet and browse your first week of menus. You can choose from several different options for breakfast, lunch, dinner, and snacks.

Print your shopping list. Compare it to the ingredients you have on hand. Then, head to the market!

Give your pantry a good once-over by stocking up on must-have ingredients (see the list in your Jump-Start Kit) and hiding the temptations.

Join the “Cooking Light Diet Community” Facebook group to gather tips, share stories, and find support. facebook.com/groups/cookinglightdiet

Tell close friends or coworkers that you've joined the Diet. They can help support you and keep you accountable. Maybe they'll even join you!

Create a shortcut to your meal plan on your phone so you can refer to it anytime, anywhere. Use your mobile browser to open Cooking Light Diet, tap Menu or Share, and choose Add to Home Screen.

Keep the Dining Out Guide on hand (included in your Jump-Start Kit). You'll be able to compare your calorie goal for that meal with smart choices listed in the guide. Then, sit back and relax. After all, dieting doesn't mean you have to bid farewell to your friends and fun.

Focus on the positive! A complete lifestyle overhaul won't happen in one day. Dieting, losing weight, and living a healthier life are cumulative. One bad day doesn’t ruin all your goals.

Questions? When logged in, look for our Help section. If you can't find the answer you need, email us at feedback@cookinglightdiet.com.