

REBOOT

CHALLENGE

YOUR 21 DAY GUIDE TO A HEALTHIER, HAPPIER YOU



WELCOME

We're so glad you've made this commitment to you. Our goal over the next 21 days is to help you feel better by establishing healthy habits that fit into our ever-changing lifestyles. We're honored to partner alongside you to:

- > Move more with our daily jumpstart exercise routine
- > Eat better with our expert nutrition support
- > Learn through our lifestyle coaching and education
- > Take some time to focus on you
- > Help you establish healthy habits to feel and live better for a lifetime

Our Reboot Challenge Packet is jam packed with all your challenge essentials and will act as a guide to a healthy lifestyle, including:

1. Goal setting activities to help you determine your why
2. Program calendar and daily tracking sheet
3. Meal plan, grocery list, easy recipes and more!

We are looking forward to supporting you throughout the next 21 days!

If you have questions for our health professionals, please contact yourcoach@activewellness.com.

S.M.A.R.T. GOALS *Worksheet*

Research shows that you are 2-3x more likely to implement healthy habits into your life if you actually plan for it. Use the provided SMART goal worksheet to start you off in the right direction toward your goals.

MY GOAL:

S

Specific

What? When? How long? Where?

M

Measurable

Is your goal measurable?

A

Achievable

Do you feel you can achieve this goal at this time?

R

Relevant

Are your goals relevant to what you want to achieve?

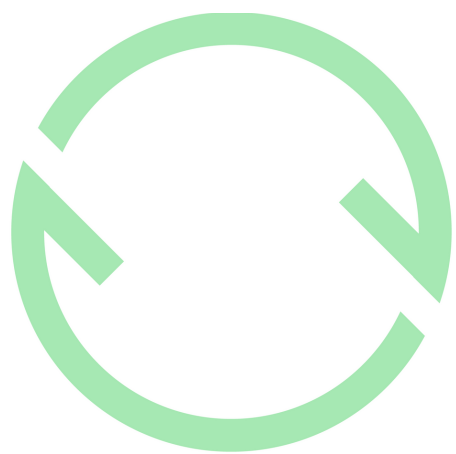
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Time-Bound

When do you want to achieve your goal by?



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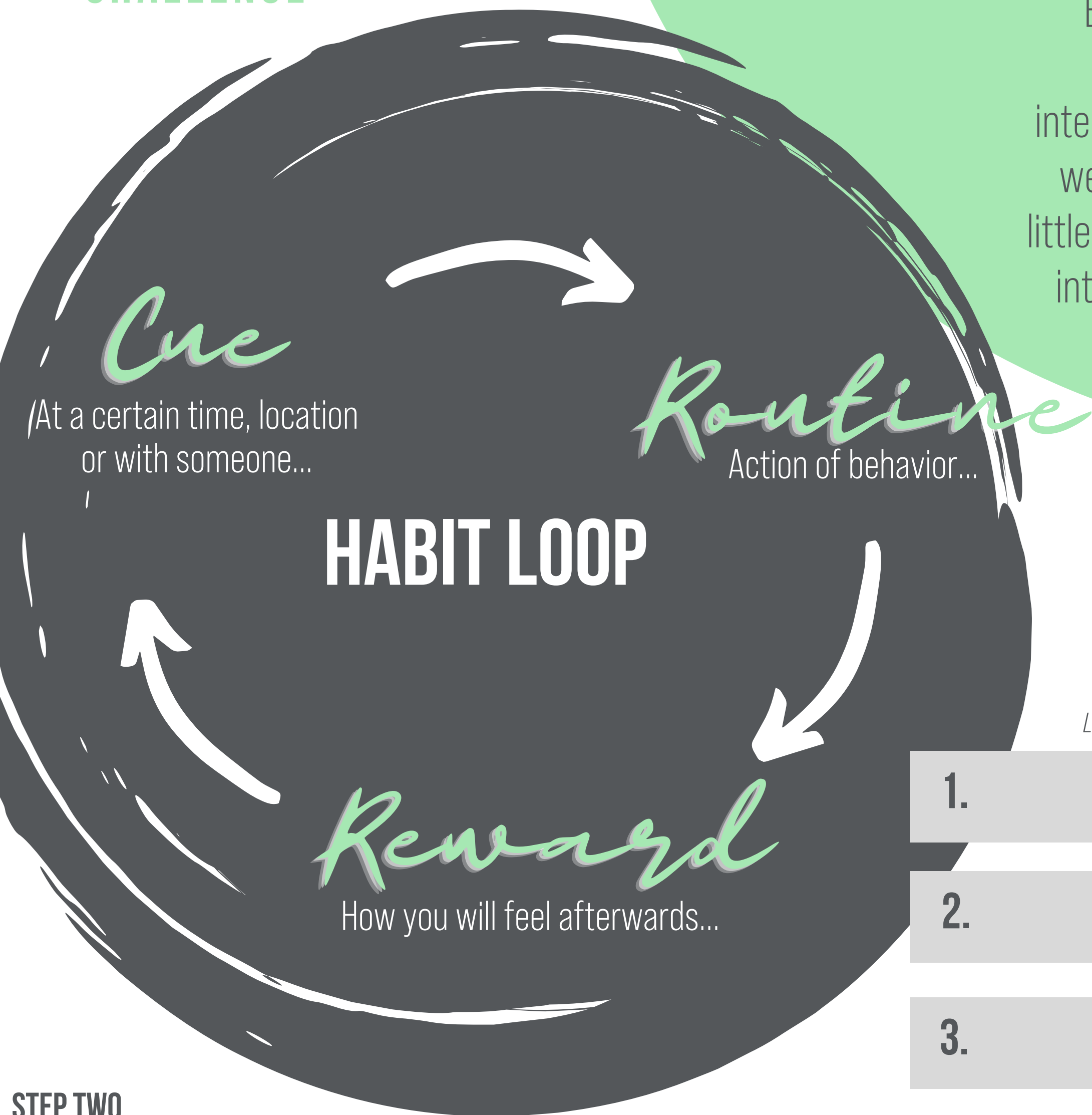


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Little HABITS

Big change can be hard for a lot of people.

Another way to look at change is by integrating little habits. Habits are things that we do automatically & most times with very little thought. You can create little changes by integrating desired habits with the ones you already have with small reward systems.



STEP ONE

MY LITTLE HABITS

List 3 little habits you want to create (Ex. Drink more water, meditate, etc.)

1.

2.

3.

STEP TWO

EXAMINE YOUR HABITS

Look at your current habits & assess where you can apply new habits after or before them (Ex. Wash hands, make coffee, etc)

1.

2.

3.

STEP THREE

MY REWARD

Identify a reward to help follow your new routine

STEP FOUR

YOUR LITTLE HABIT EQUATION

Pick one habit to focus on & enter it into the habit stacking formula plus reward. After/Before [CURRENT HABIT], I will [NEW HABIT]

AFTER/BEFORE I _____, I WILL _____.

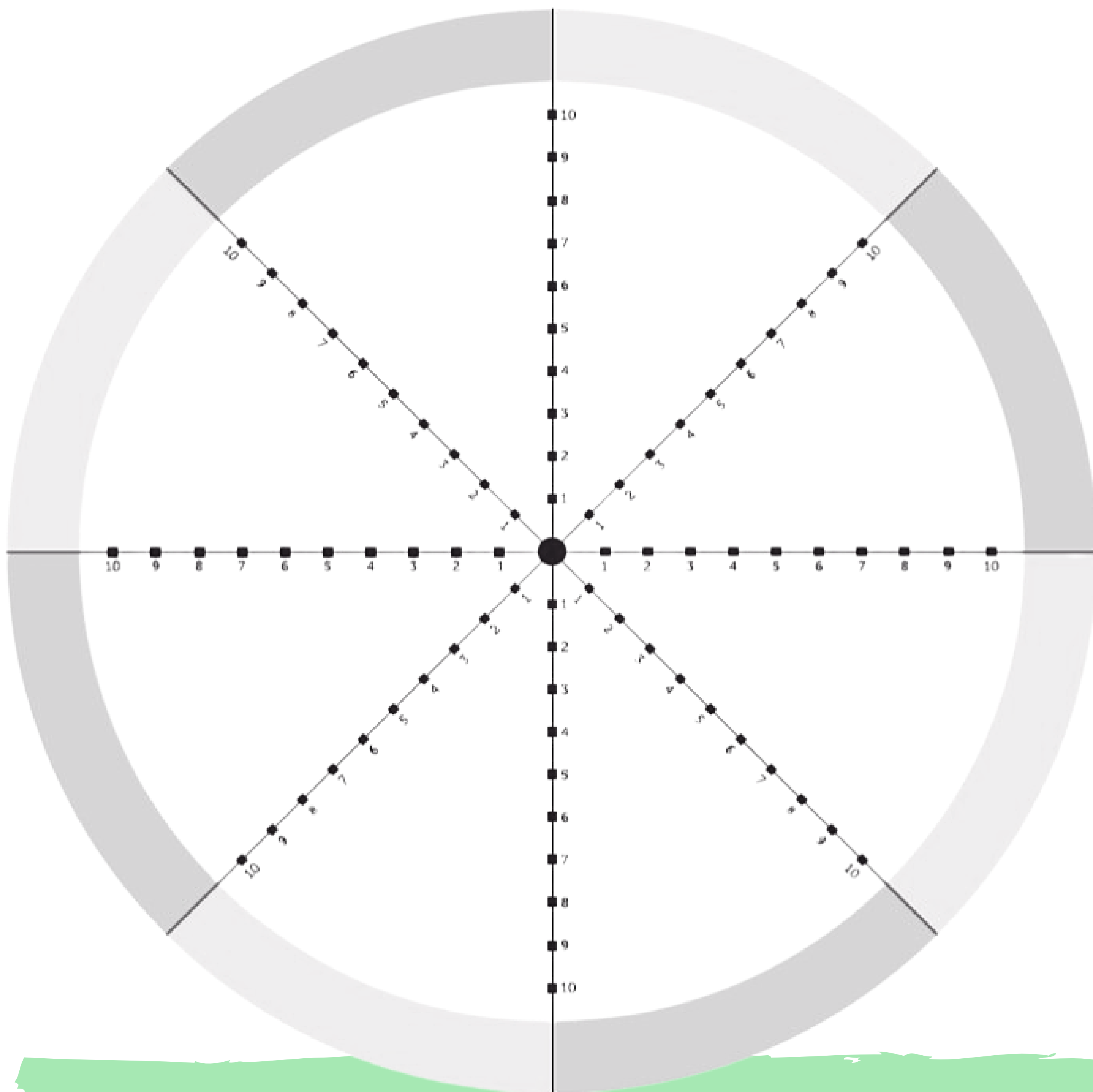
REWARD: _____

WHEEL *of* LIFE

Life is all about balance. When we put too much emphasis on one part of our life it can lead to lack in other important parts of our lives. One way to check your balance is by making a wheel of life.

INSTRUCTIONS

1. Evaluate 6-10 areas of your life that are most important to you
2. Circle or highlight each area on the wheel below
3. Rate each area 1 (worst) to 10 (best) based on satisfaction
4. Join marks together on the wheel. Is yours balanced? Where do you want to improve?
5. Make a SMART goal or revisit tiny habits to improve your wheel





WEEK ONE

Weekly Challenge:
Accumulate 100 Pushups

MONDAY

☐ Body Sculpt

» [Click Here to Access](#)

___ # of Push-ups

TUESDAY

☐ 20 Min. High Intensity Interval Training

» [Click Here to Access](#)

___ # of Push-ups

WEDNESDAY

☐ Yoga for Back Health

» [Click Here to Access](#)

___ # of Push-ups

THURSDAY

☐ Every Minute Lower Body Blast

» [Click Here to Access](#)

___ # of Push-ups

FRIDAY

☐ Upper Body Blast Strength Circuit

» [Click Here to Access](#)

___ # of Push-ups

SATURDAY

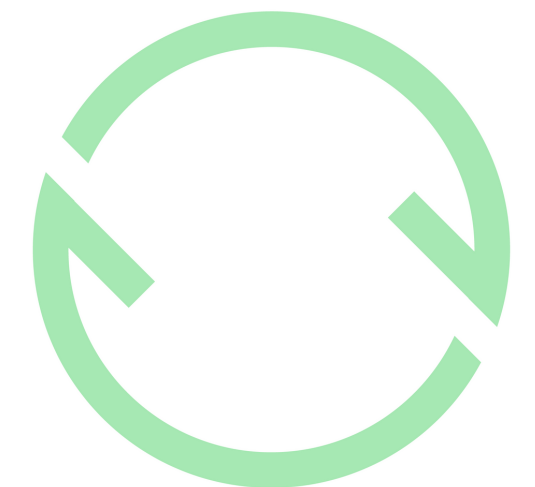
☐ Rest Day

___ # of Push-ups

SUNDAY

☐ 30 Min. of Walking or Running

___ # of Push-ups



REBOOT
CHALLENGE



MONDAY

☐ Body Sculpt
Bootcamp

» [Click Here to Access](#)

___ Sec. Planking

TUESDAY

☐ Cardio
Kickboxing

» [Click Here to Access](#)

___ Sec. Planking

WEDNESDAY

☐ Yoga for
Shoulder
Mobility

» [Click Here to Access](#)

___ Sec. Planking

THURSDAY

☐ 7 Min. Upper
Body Blast

» [Click Here to Access](#)

___ Sec. Planking

FRIDAY

☐ Lower Body
Sets for Reps

» [Click Here to Access](#)

___ Sec. Planking

SATURDAY

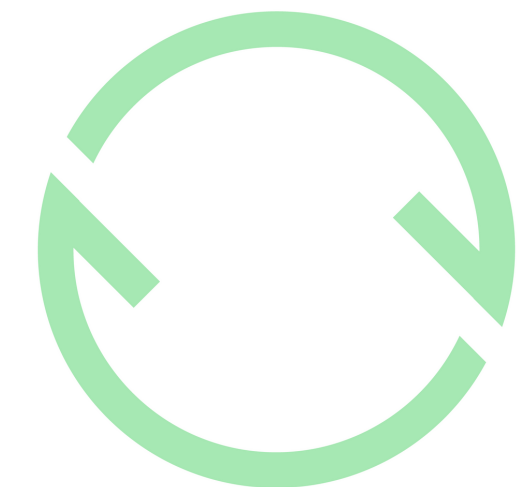
☐ Rest Day

___ Sec. Planking

SUNDAY

☐ 30 Min. of
Walking or
Running

___ Sec. Planking



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WEEK TWO

Weekly Challenge:
Accumulate 60 Sec. Plank/Day



MONDAY

☐ Total Body Strength Training

» [Click Here to Access](#)

☐ Belly Breathing

TUESDAY

☐ Cardio Dance

» [Click Here to Access](#)

☐ Belly Breathing

WEDNESDAY

☐ Morning Wake Up Yoga Session

» [Click Here to Access](#)

☐ Belly Breathing

THURSDAY

☐ Ramp-It-Up Full Body Dumbbell Circuit

» [Click Here to Access](#)

☐ Belly Breathing

FRIDAY

☐ Ab Workout

» [Click Here to Access](#)

☐ Belly Breathing

SATURDAY

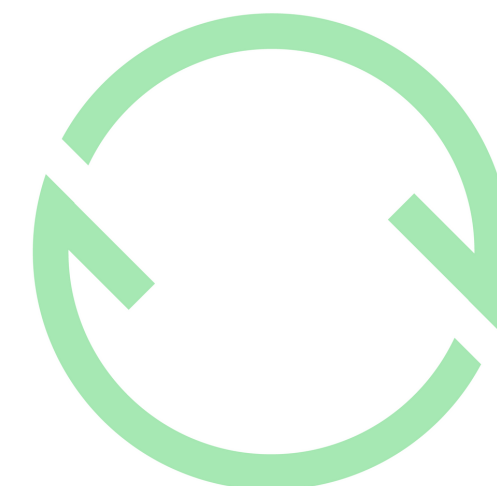
☐ Rest Day

☐ Belly Breathing

SUNDAY

☐ 30 Min. of Walking or Running

☐ Belly Breathing



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**WEEK
THREE**

Weekly Challenge:
Practice Belly Breathing 3x Day



MONDAY

Servings Fruits & Veggies

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Glasses of H2O

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TUESDAY

Servings Fruits & Veggies

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WEDNESDAY

Servings Fruits & Veggies

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THURSDAY

Servings Fruits & Veggies

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FRIDAY

Servings Fruits & Veggies

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SATURDAY

Servings Fruits & Veggies

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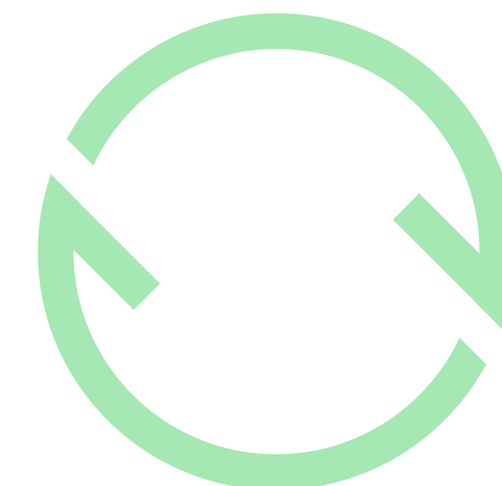
SUNDAY

Servings Fruits & Veggies

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CHALLENGE

**WEEK
ONE**



MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

Servings Fruits & Veggies

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SATURDAY

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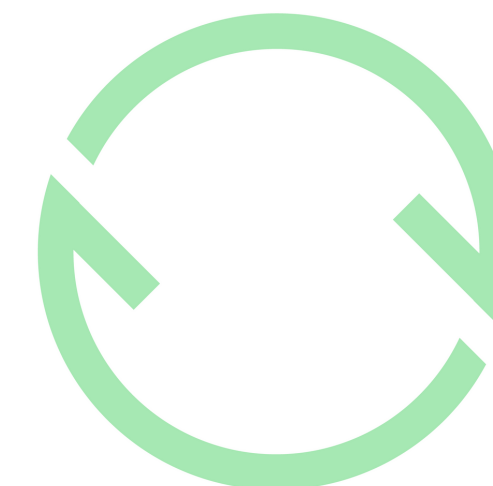
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Servings Fruits & Veggies

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REBOOT
CHALLENGE

**WEEK
TWO**



MONDAY

Servings Fruits & Veggies

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TUESDAY

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WEDNESDAY

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THURSDAY

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SATURDAY

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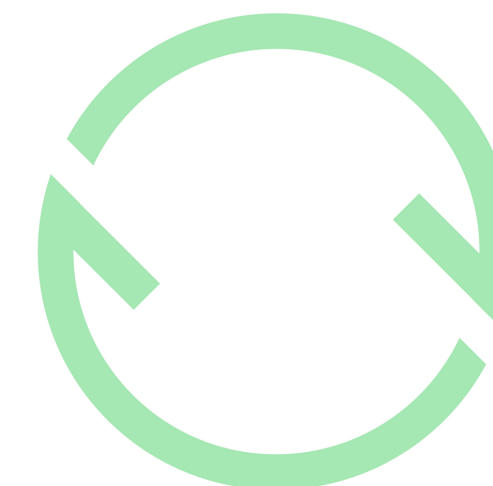
SUNDAY

Servings Fruits & Veggies

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REBOOT
CHALLENGE

**WEEK
THREE**



MONDAY

- ☐ Spend 5 mindful minutes on you....Ex.
- > Stretch
 - > Close your eyes
 - > Breathing Exercises
 - > Walk

TUESDAY

☐

WEDNESDAY

- ☐ Take an on-demand Yoga class

THURSDAY

- ☐ Practice breathing exercises 3x day

FRIDAY

- ☐ Write down your thoughts, emotions and experiences of your day in a journal

SATURDAY

☐

SUNDAY

- ☐ Write down 5 things you are grateful for...

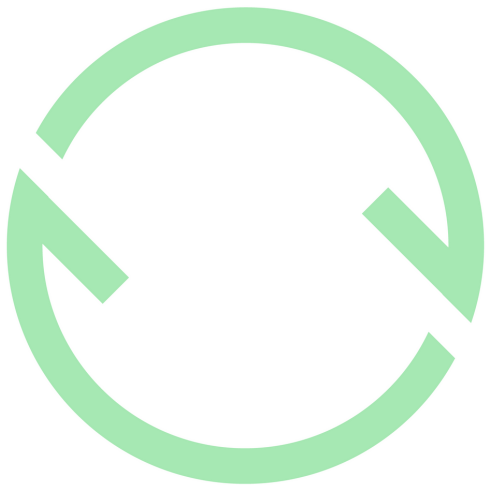
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REBOOT
CHALLENGE

WEEK
ONE



MONDAY

- ☐
- Spend 5 mindful minutes on you....Ex.
> Stretch
> Close your eyes
> Breathing Exercises
> Walk

TUESDAY

☐

WEDNESDAY

- ☐
- Take an on-demand
Yoga class

THURSDAY

☐

FRIDAY

- ☐
- Shut down your phone
or device for the
evening

SATURDAY

- ☐
- Write a note to a
loved one

SUNDAY

- ☐
- Write down 5 things
you are grateful for...
-
-
-
-
-

WEEK
TWO





MONDAY

- ☐
- Spend 5 mindful minutes on you....Ex.
> Stretch
> Close your eyes
> Breathing Exercises
> Walk

TUESDAY

☐

WEDNESDAY

- ☐
- Take an on-demand Yoga class

THURSDAY

☐

FRIDAY

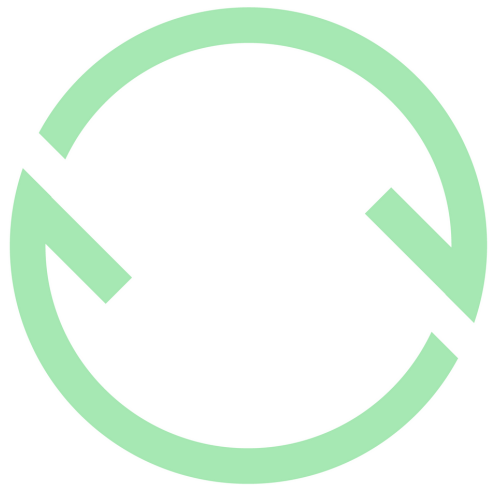
- ☐
- Meditate on this quote: "Gratitude turns what we have into enough"
- Melody Beattie

SATURDAY

☐

SUNDAY

- ☐
- Write down 5 things you are grateful for...
.....
.....
.....
.....
.....



REBOOT
CHALLENGE

WEEK
THREE

This OR That

YOUR EXERCISE MODIFICATIONS



If this exercise isn't feeling comfortable ... try that



Burpees



Jumping Jacks

Push-ups



Elevated Push-ups

Squats



Sit to Stand

Squat to Press



Sit to Stand + Press

Lunges



Step Ups

Plank



Bird Dog

EXERCISE DOES A BODY GOOD

Research shows that those who exercise once a week, or even for just 10 minutes a day, are happier than those who do not. Mood benefits of exercise can last up to 12 hours after exercise, and who doesn't want that?!

Here are 7 ways that exercise does a body good.



1

MAKES US FEEL HAPPY

... by releasing endorphins each time we move

2

LETS US STRESS LESS

...through it's reduction of cortisol,
a stress hormone

3

HELPS US FOCUS BETTER

...by clearing our mind to remain focused

4

LOWERS OUR RISKS

...for disease, depression, dementia
and slows aging!

5

REFRESHES US

....exercise helps us sleep better and recover

6

SUPPORTS HEALTHY WEIGHT

... by balancing calories in and out

7

REDUCES INFLAMMATION

....an underlying cause of disease
and disorder in the body

Commit to Moving More

How can you commit to moving more? Finding consistent ways to move more will help you make movement a habit.



SCHEDULE IT

If you do better with routine, make sure you have your exercise time blocked out in your daily schedule at a time that works best for you. Try not to miss it!



WATCH IT

Take advantage of our virtual resources to complete your workout wherever you are; home, work, travel, etc. Log in to our on-demand video library.

BREAK IT UP

Research is finding 5-10 minutes of movement 3-4 times throughout the day has significant health benefits. Walking during a meeting with a colleague, squats and pushups after breakfast, lunch and dinner, or a few minutes of your favorite yoga routine in the morning and at night.



TRACK IT

Those who like data, can find great benefits and accountability through wearable technology that tracks things like steps, calories, sleep, workouts, etc. You can set goals or reflect on your activity each day to help you move more.



TAKE IT

A group class or one-on-one personal training setting is a great way to receive individualized assistance, accountability, social engagement & fun!

FOOD TO MAKE YOU FEEL GOOD

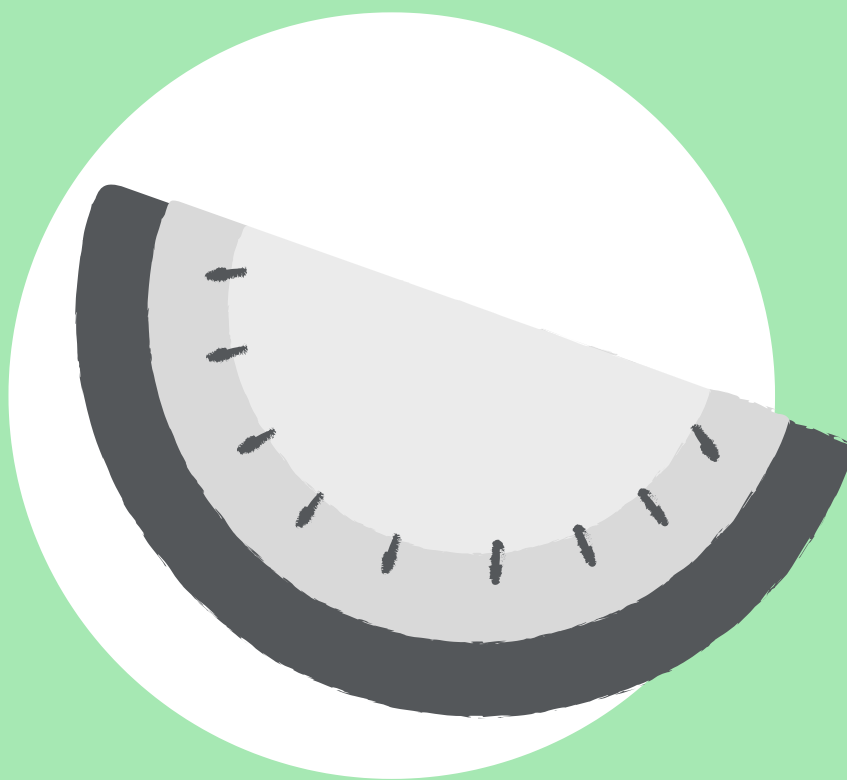
Nutrition is an extremely underestimated component of better health, and uniquely enough, has a built in accountability system! Your body will let you know if your daily choices are helping you feel better or worse. Let's start to eat better to feel better and improve immune response, reduce the risk of disease and cancers, lose or maintain weight, sleep better and deeper, increase strength of bones, teeth, nails and hair, enhance your mood, help you have more energy, improve your gut and digestive system, heal faster and impact the health of future generations with a positive example.

6 TIPS TO EAT WELL + STAY ON TRACK



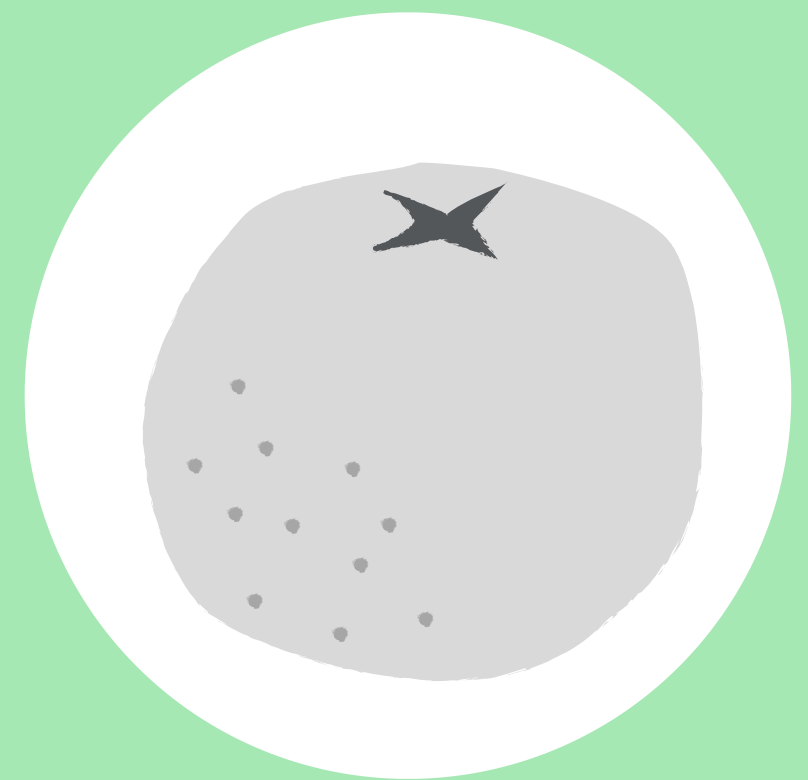
EAT A VARIETY

Eat a variety of colors to provide excitement for your eye when you sit down to eat as well as wonderful nutrients in every bite



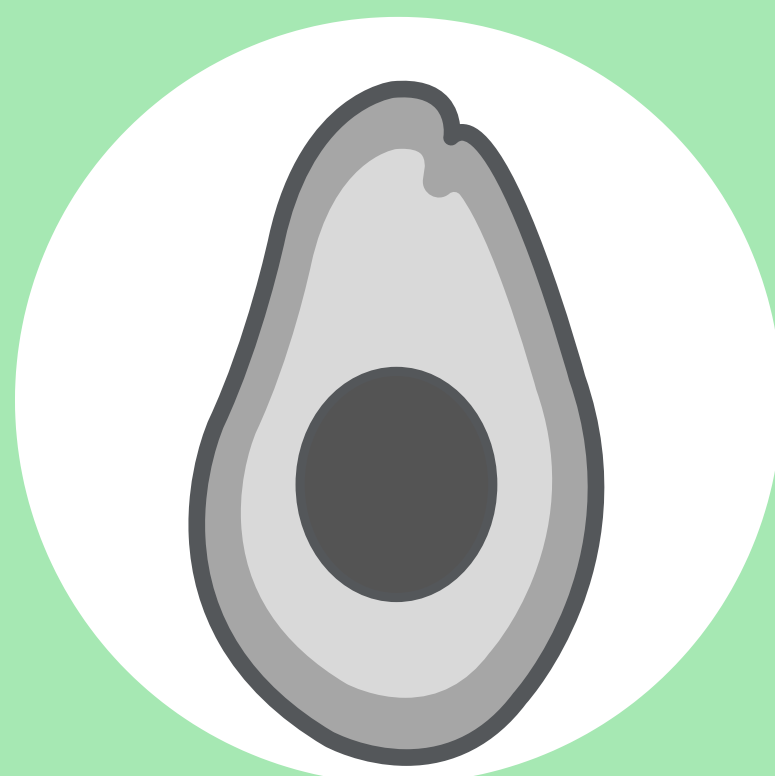
TRY NEW THINGS

Search for healthy recipes or different cuisines to eat throughout the week. This keeps things fun and exciting



DRINK WATER

Water helps your body to know if it's truly hungry and keeps your body running well.



CARBS + FAT

Carbs and fat aren't bad. Carbs give us energy and fats help support cell growth, protect organs, absorb nutrients and they taste delicious.. Eat healthy sources for better health.



EAT AT HOME

Begin to reframe and start to enjoy restaurants as a treat or experience instead of something you do every night. If you begin to eat at home more often, we bet you will see some major results.



SLEEP + STRESS

When you are stressed or have not had enough sleep, it's easy to get cravings and reach for unhealthy choices.

More Mindfulness



Mindfulness is a gentle effort to be aware moment to moment. It's living in the present so all of your energy is directed to right now. In the present moment your focus is clear, ideas flow freely and solutions arise. You can train your brain to be more mindful; it's just like strengthening a muscle. Try following these 5 tips to help you become more mindful.

Let Go

If you let your mind wander into the past, you may waste your energy on regrets. If you think too much about the future, worries can drain your energy. Brief trips to the past and future are needed to deal with practical matters, but your power lies in the present moment.

Accept

Accept the present moment just as it is without judgement so you can use your energy to directly handle the circumstance at hand. Mindfulness frees you from the tendency to react.

Meditate

One of the best ways to cultivate mindfulness is to focus on your breathing. Breathe deep into your belly and follow your breath all the way in and out. Notice the air passing through your nose. Try it for 3 minutes, three times a day to transform your day.

Focus

Notice and focus on the sounds around you, the temperature of your skin, the scents in the air and all the things that surround you. Slow down to notice what's going on around you in the moment.

Practice

Practice being mindful in moments such as brushing your teeth, taking a shower, eating or walking. For example, feel the ground against your feet while walking down the street. Take in the small details and practice often.



STRESS MANAGEMENT IDEAS



MEDITATE OR BREATHE DEEPLY.

Just a few minutes can help ease anxiety & help you to become more resilient towards stress.



REACH OUT.

Surround yourself with a community that you feel comfortable talking to when times get hard. Reach out in person or talk over the phone. This can help give you a fresh perspective while keeping connections strong!



BE PRESENT.

Take 5 minutes to slow down - sometimes we are so on the go that little things that should not stress us out are the exact things that do stress us out.



DECOMPRESS.

Wrap a warm compress around your shoulders & neck for 10 minutes. After the time is up use a foam roller or other tool to massage out tension.



LAUGH.

Wrap a warm compress around your shoulders & neck for 10 minutes. After the time is up use a foam roller or other tool to massage out tension.



GET MOVING.

All forms of movement can ease anxiety & depression by helping the brain to release feel good chemicals that help your body deal with stress. Go for a run or just a light after dinner walk around the neighborhood, both are going to be great for your stress levels



MON.

BREAKFAST

Raspberry French Toast in a Jar

[RECIPE LINK](#)

SNACK

Hummus & Vegetables

On a plate measure 1-2 T. hummus with baby carrots and bell peppers

LUNCH

Turkey Roll-Ups & Apple

Roll slices with peppers & spinach. Enjoy with a 1/2 an apple & 1 T. of nut butter

SNACK

Peppermint Patty Protein Shake

Blend 1 scoop vanilla protein, 1 T. cocoa, 1/2 C. spinach, 1/2 frozen banana, 1 C. almond milk, 1 C. ice & small drop peppermint extract

DINNER

Baked Cod + Tomatoes

[RECIPE LINK](#)

TUES.

Mediterranean Scramble

Sautee 1/4 C. chopped spinach & red pepper for 5-7 min. Add 1-2 eggs, olives & scramble until cooked. Sprinkle with 1-2 T. fat free feta.

Deconstructed PB&J

Measure out 1 C. Raspberries in a bowl. Drizzle with 1 T. nut butter & enjoy

Greek Chicken Salad

Place 2-3 C. spinach in bowl. Add 1/2 C. tomatoes, 1 C. chicken, 1 T. fat free feta, kalamata olives & 1-2 T. greek dressing..

Butterscotch Yogurt

Mix 1 C. fat free greek yogurt with 1 T. sugar free, butterscotch pudding. Optional: top with 1/2 banana chopped & chia seeds.

Easy Crockpot Chicken Fajitas

[RECIPE LINK](#)

WED.

Breakfast Tacos

Scramble 1-2 Eggs. Serve in 2-3 tortillas with spinach, beans & salsa

Baked Olive, Tomato & Feta Dip

[RECIPE LINK](#)

Turkey Sandwich & Bone Broth

Build sandwich with 2-4 slices of turkey on 1-2 slices of sprouted bread. Add favorite fixings & pair with 1-2 C. warm broth.

Cookies & Cream Protein Shake

Blend 1 scoop vanilla protein with 1/2 C. almond milk, 1 frozen banana, 1 T. honey, 1 T. choc. chips (or cacao nibs), 1 t. vanilla extract.

Chicken & Veggie Sautee

Sautee 1-2 lbs cooked chicken with 1/2 C. carrots, peppers & green beans. Add 1-2 T. soy sauce to taste & serve over 1/2 - 1 C. cooked rice.

THURS.

French Toast & Chicken Sausage

Soak 2 bread slices in mix of 1 egg, 1/4 C. almond milk, 2 t. cinnamon, 1 t. vanilla. Cook & drizzle 1 T. syrup. Serve with 1 chicken sausage.

Hummus Platter

Place vegetables & 10 pretzel thins on plate with 1-2 T. hummus. Optional: 5 kalamata olives.

Rice-y Ramen

Whisk 1 T. soy sauce, 1/2 t. garlic & ginger in 2 C. broth. Add 1/4 C. carrots, peppers, beans & 1/2 C. pre-cooked chicken & rice to broth. Simmer until cooked.

Banana & Nut Butter

Spread 1-2 T. preferred nut butter on banana

Beefy Turkey Meatballs & Zoodles

Mix 1/2 lb. turkey & beef with 1 t. garlic, 2-3 T. italian seasonings, salt & pepper. Roll in 1" balls, top with sauce & bake at 350 for 30 min. Serve with side of zoodles.

FRI.

Egg, Sausage & Spinach Sautee

Sautee spinach & chopped chicken sausage for 3-5 min. Add 1 egg to skillet & scramble.

Banana Nut Protein Shake

Blend 1 scoop vanilla protein with 1/2 C. almond milk, water, ice, 1/2 frozen banana & 1-2 T. nut butter.

Open Faced Meatball Sammy

Use 5 meatballs from Thurs. dinner. Chop & place on 1-2 slices of bread topped with 1/2 C. marinara. Warm in microwave & serve with spinach salad.

Cup of Broth & Vegetables

Warm 1 1/2 C. bone broth in microwave. Enjoy with 1/2 - 1 C. favorite vegetables.

Taco Skillet

[RECIPE LINK](#)



PRODUCE

- > 1 Bag Baby Carrots
- > 4-6 Bell Peppers
- > Onion
- > 1 Big Bag/Box Spinach
- > 1 Apple
- > 1-2 Pints Raspberries
- > 1 Lemon
- > 2 Pint Cherry Tomatoes
- > 3 Bananas
- > 1 Bunch Fresh Parsley
- > 1 lb Red Potatoes
- > 2 Tomatoes
- > 2-4 Zucchini
- > 1 Package Frozen Green Beans

GRAINS

- > 1 Loaf of Sprouted Bread (or whole wheat)
- > 1 Package of Tortillas (Approx. 8" Diameter - Corn or Flour)
- > Rice
- > Pretzel Thins

MEAT/EGG/POULTRY

- > 1 Dozen Eggs
- > 1 lb. Turkey Slices
- > 2 lb. Lean Ground Beef
- > 1/2 lb. Ground Turkey
- > 4-6 Cod Filets
- > 1 package Chicken Sausage
- > 2-4 lb. Chicken (boneless breast or thighs)

DAIRY

- > Fat Free Greek Yogurt
- > Fat Free Feta Cheese

MISCELLANEOUS

- > Unsweetened Vanilla Almond Milk
- > Vanilla Protein Powder
- > 1 Jar Pitted Kalamata Olives
- > 1 Bottle Fat Free (or Low Fat) Greek Dressing
- > 1 Jar Preferred Nut Butter (Peanut, Almond, Sunflower, etc)
- > 1 Container of Hummus
- > Fat Free Refried or Black Beans
- > Boxed Bone Broth (Approx. 32 oz)
- > Sugar Free, Fat Free Butterscotch Pudding Mix
- > 1 Jar of Marinara Sauce

PANTRY STAPLES

- > Taco Seasoning
- > Chia Seeds (optional)
- > Cocoa Powder
- > Peppermint Extract
- > Sugar
- > Vanilla Extract
- > Cinnamon
- > Maple Syrup (optional)
- > Paprika
- > Salt & Pepper
- > Dried Oregano
- > Garlic Paste or Powder
- > Ginger Paste or Powder
- > Dressing of Choice
- > Sriracha (optional)
- > Soy Sauce
- > Chocolate Chips
- > Honey
- > Salsa
- > Mustard
- > Mayo
- > Italian Seasoning
- > Chili Powder
- > Cumin



MON.

BREAKFAST

Southwestern Scramble

Add 1-2 T. of beans, corn, peppers & tomato to skillet. Cook 4 min, add 2 eggs & scramble. Top with 1 T. cheese & gr. onions. Optional: drizzle with taco sauce

SNACK

Yogurt & Berries

Top 1 C. yogurt with 1/2 C. raspberries.

LUNCH

Pecan & Pear Salad

Add 1/2 C. chopped pear & chicken, 1-2 T. walnuts on top of 2-3 C. spring mix. Drizzle with 1-2 T. balsamic vinaigrette. Enjoy with 1 C. warm broth.

SNACK

Crispy Roasted Black Beans

[RECIPE LINK](#)

DINNER

Cinnamon-Apple Pork Chops

[RECIPE LINK](#)

TUES.

Greek Yogurt Pancakes

[RECIPE LINK](#)

Hummus & Vegetables

Put hummus & baby carrots on a plate & enjoy!

Mexi-Chicken Salad

Toss 1/4 C. tomato, pepper, crispy beans (day 1 snack) & corn with 2 C. spring mix. Top with 1/2 C. chicken, 1-2 T. cilantro, gr. onion & salsa.

Berries & Cream Protein Shake

Blend 1 scoop protein powder, 1 C. frozen strawberries, 1 C. almond milk, & 1/2 C. ice. Pour & enjoy!

Ranch Pork Chop Sheet Pan Supper

[RECIPE LINK](#)

WED.

Eggs & Smashed Ranch Potato

Smash 1-2 ranch potatoes (day 2 dinner) & sautee until crispy. Remove from pan & cook 1-2 eggs. Season with sea salt to taste.

Chocolate Chip Yogurt Dip

Mix 1/2 C. yogurt, 2 T. cocoa, 1/2 T. maple syrup, 1/8 t. vanilla extract & 1-2 T. chocolate chips. Serve with raspberries, pears or both!

Easy Chicken Tortilla Soup

Heat 2 C. broth, 1/4 C. tomato, pepper, corn & 1/2 C. chicken until veggies cooked. Add lime, salt & pepper to taste. Top with 1 T. cilantro & 5-8 chips.

Egg Salad Crunch

Smash 1 hard boiled egg with 1/2 t. mayo & mustard. Place on 1/2 bell pepper & top with salt & pepper to taste.

Salmon with Lemon & Mustard

[RECIPE LINK](#)

THURS.

Avocado Egg

Cook 1 egg over easy & place on top of 1/8 smashed avocado, 1/2 C. spring mix & sprinkle with sea salt. Optional: drizzle with hot sauce or balsamic

Strawberry Banana Smoothie

Blend 1 scoop protein powder, 1 C. almond milk, 1/2 frozen banana, 1/2 C. frozen strawberries, & 1/2 C. ice.

Salmon Salad

On a plate top 2-3 C. spring mix with chopped 1/3 C. salmon (day 3 dinner) & toss. Season with salt & pepper to taste..

Hummus & Vegetables

Place 1-2 T. hummus & sliced peppers on a plate & enjoy!

Stuffed Sweet Potatoes

[RECIPE LINK](#)

FRI.

Yogurt Parfait

In a bowl layer 1 C. yogurt, 1/2 C. raspberries & 1-2 T. chopped walnuts

Cup of Broth & Hard Boiled Egg

Warm 1 C. broth & enjoy with a hard boiled egg. Add salt & pepper to taste.

Chicken Salad with Vegetables

Mix 1/2 C. chicken & 1/2 t. mayo in a bowl. Season with salt & pepper to taste. Eat with 1/2 C. peppers & carrots on the side.

Gingerbread Protein Smoothie

Blend 1 scoop protein, 1 C. almond milk, 1/2 banana, 1/2 C. ice, 1/4 t. each of fresh ginger, ginger powder, cinnamon, pinch of all spice 1/2 T. maple syrup, 1/2 T. molasses

Turkey Nachos

Sautee 1/2 lb. turkey & 2 T. taco spice. Place 10-15 chips on sheet with 1/4 C. corn, pepper & beans. Top with turkey & 1-2 T. cheese. Cook 8 min. at 350. Sprinkle with salsa, cilantro & 1/8 avocado



PRODUCE

- > 1 Bag Baby Carrots
- > 2 Bell Peppers
- > 1 Green Peppers
- > 1 Box Spinach
- > 1 Tomato
- > 1 lb Yukon Gold Potatoes
- > 1/2 lb. Green Beans
- > 1 Pint Raspberries
- > 1 Lemon
- > 1 Lime
- > 1 Pear
- > 1 Avocado
- > 1-2 Bananas (Frozen)
- > 1 Package Frozen Corn
- > 1 Package Frozen Strawberries
- > 1 Bunch Green Onion
- > 1 Bunch Parsley
- > 1 Bunch Cilantro
- > Fresh Thyme
- > Fresh Rosemary
- > 2-3 Sweet Potatoes
- > Fresh Ginger

GRAINS

- > 1 Small Bag of Tortilla Chips
- > Rice

MEAT/EGG/POULTRY

- > 1 Dozen Eggs
- > 1/2 lb. Ground Turkey
- > 4 Pork Chops
- > 4 Salmon Filets
- > 1 Rotisserie Chicken

MISCELLANEOUS

- > Unsweetened Vanilla Almond Milk
- > Vanilla Protein Powder
- > 1 Cans Black Beans
- > 1 Can Northern Beans
- > Small Package of Pecans
- > 1 Container of Hummus
- > Balsamic Vinaigrette
- > Boxed Bone Broth (Approx. 32 oz)
- > 1 Jar Salsa
- > 1 Packet Ranch Dressing Mix
- > 1 Small Jar Sun Dried Tomatoes
- > 1 Small Jar Tahini

DAIRY

- > Fat Free Greek Yogurt
- > 1 Package Shredded Cheese

PANTRY STAPLES

- > Taco Seasoning
- > Cocoa Powder
- > Vanilla Extract
- > Maple Syrup
- > Salt & Pepper
- > Chocolate Chips
- > Yellow Mustard
- > Mayonaise
- > Honey
- > Butter
- > Brown Sugar
- > Dijon or Whole Grain Dijon (or both)
- > Dressing of Choice
- > Worcestershire
- > Coconut Oil
- > Olive Oil
- > Chili Powder
- > Cumin
- > Garlic Powder
- > Cinnamon
- > Nutmeg
- > Ginger Powder
- > Molasses



MON.

BREAKFAST

**Bacon & Egg
Sammie**

Cook 1/2-1 slice bacon & remove from pan. Cook 1 egg & sprinkle with 1 T. cheese. While egg is cooking, toast english muffin. Top with 1/2 C. spinach & enjoy!

SNACK

**Tomatoes &
Cottage Cheese**

Place 1/2 -1 C. cottage cheese in bowl & top with 1/2 C. tomato. Salt & pepper to taste.

LUNCH

Chicken Chop Salad

Place 2-3 C. spring mix, 1/4 C. tomato, carrots & 1/2 c. chicken in a bowl. Top with 2 t. dressing & mix. Transfer to plate & serve.

SNACK

**Pear Ginger
Smoothie**

Blend 1/2 medium pear frozen, 1/2 C. spinach, 1/4-1/2 t. ginger (dried or minced), 1 C. almond milk, 1 scoop protein, 1/2 C. ice & blend.

DINNER

**Instant Pot Beef
Stew**

[RECIPE LINK](#)

TUES.

Overnight Oats

[RECIPE LINK](#)

**Carrots, Celery &
Nut Butter**

Place 1/2 C. celery & 1/2 C. carrots on a plate & serve with 1 T. nut butter

Rice Protein Bowl

Place 1 C. rice, 1/2 C. black beans, 1 C. spinach, 1/4 C. chopped tomatoes, 2 T. each cheese, greek yogurt & salsa in a bowl & mix.

Yogurt & Berries

Add 1 C. yogurt to bowl & top with 1/2 C. strawberries. Drizzle with 1 t. honey. Optional: top with 1/2 t. chia seeds.

**Sheet Pan Pork
Chops & Broccoli**

[RECIPE LINK](#)

WED.

Veggie Scramble

Saute 1/4 C. tomato, spinach & mushrooms for 2-3 minutes. Add 2-3 eggs & scramble. Top with salt & pepper to taste.

**Mocha Latte
Smoothie**

Blend 1 frozen banana, 1/2 C. each of almond milk, coffee & ice, 2 T. cocoa, 1 scoop protein powder. Optional: 1 T. nut butter

**Chicken Club
Crunch Wrap**

Clean lettuce & tear off 3-4 large leaves. Divide 1/2 C. chicken, 1/2 slice bacon, 2-3 slices tomato & 2 t. ranch. Wrap & enjoy!

**Pears & Cottage
Cheese**

Place 1/2-1 C. cottage cheese in bowl. Top with 1/2 C. pear & drizzle with 1 t. of honey.

**Roasted Butternut
Squash & Chicken**

Roast 1lb chicken thighs & 2-4 C. squash tossed with 1 T. oil, 1 t. sage, 1/4 t. salt & pinch of pepper on a sheet pan at 450 for 20 min.

THURS.

**English Muffin French
Toast**

Mix 1 egg, 1/2 C. almond milk, 1/2 T. syrup, 1/2 t. vanilla, 1/4 t. cinnamon & pinch of salt. Soak muffin in mixture. Cook until golden. Drizzle with 1/2 T. syrup & serve with 1 slice bacon.

Veggies & Dip

Place 1 C. carrots on plate. Serve with 1 T. dressing.

**Chicken Soup &
Salad**

In saucepan heat 2 C. broth, 1/2 C. chicken & salt & peper to taste. Serve with 2-3 C. spring mix, 1/4 C. carrots, peppers & 1 T. dressing.

**Cheesecake
Pudding**

In a bowl mix 1 C. yogurt & 1-2 T. pudding mix. Top with 1/2 C. berries. Optional: 1/2 graham cracker crumbled.

**Sheet Pan
Shawarma**

[RECIPE LINK](#)

FRI.

**Broccoli, Cheese &
Eggs**

Sautee 1/4 C. finely chopped broccoli & 1 T. chopped onion. Add egg & scramble until eggs are cooked. Top with 1 T. cheese.

**Pina Colada
Protein Shake**

Blend 1/2 frozen banana, 1/4 C. frozen pineapple, 1/2 C. ice cubes, 1 C. almond milk & 1 scoop vanilla protein. Optional: 1 drop of coconut extract

**Butternut Squash
Soup & Salad**

[RECIPE LINK](#)

**Hard Boiled Egg &
Carrots**

Hard boil 1 egg & serve with 1 C. carrots

Pizza Chicken

[RECIPE LINK](#)



PRODUCE

- > 1 lb Carrots
- > 1-2 Bell Peppers
- > 1 Small Bunch Spinach
- > 1 Pear
- > 2 Pints Strawberries
- > 3 Bananas
- > 1 lb Golden Potatoes
- > 1 Medium Russet Potato
- > 2 Tomatoes
- > 1 Box Spring Mix
- > 1 Small Head Iceberg
- > 1 Large Butternut Squash
- > 3 Stalks Celery
- > 1 Head Broccoli
- > 1 Head of Garlic
- > 1-2 Onions
- > 1 Small Bag Frozen Pineapple
- > 1 Can Crushed Tomatoes
- > 1 Small Can Mushrooms
- > Frozen Peas

GRAINS

- > 1 Package of English Muffins
- > Small Package of Oats
- > Rice

MEAT/EGG/POULTRY

- > 1 Dozen Eggs
- > 2 lb. Beef Chuck Roast
- > 1 Package Pepperoni (Turkey or Regular)
- > 2-4 Boneless Chicken Thighs
- > 2-4 Pork Chops
- > 1 Rotisserie Chicken
- > 1 Package of Bacon (Turkey or Regular)

DAIRY

- > Fat Free Greek Yogurt
- > Fat Free Shredded Mozzarella
- > Fat Free Cottage Cheese

MISCELLANEOUS

- > Unsweetened Vanilla Almond Milk
- > Vanilla Protein Powder
- > 1 Pouch of Fat Free Sugar Free Cheesecake Pudding Mix
- > 1 Bottle Fat Free Ranch (or preferred dressing)
- > 1 Jar Marinara Sauce
- > 1 Can Tomato Sauce
- > 1 Can Black Beans
- > Bone Broth (Approx. 32 oz)
- > Dry Package of Ranch

PANTRY STAPLES

- > Sage
- > Chia Seeds (optional)
- > Cocoa Powder
- > Coconut Extract (optional)
- > Ginger (powder or minced)
- > Vanilla Extract
- > Cinnamon
- > Maple Syrup
- > Smoked Paprika
- > Olive Oil
- > Salt & Pepper
- > Nut Butter
- > Garlic Powder
- > Dressing of Choice
- > Sriracha (optional)
- > Soy Sauce
- > Oregano
- > Honey
- > Salsa
- > Chili Powder
- > Cayenne
- > Cumin
- > Italian Seasoning
- > Worcestershire
- > Bay Leaf
- > Dried Thyme
- > Cornstarch

EASY RECIPES

for you



CHIPOTLE PORTABELLA TACOS



ONE POT PAD THAI



SHEET-PAN HARISSA CHICKEN
WITH SWEET POTATOES



ONE POT CHILI MAC



TARRAGON CHICKEN WITH
ASPARAGUS, LEMON & LEEKS



ITALIAN SAUSAGE
STUFFED ZUCCHINI



SALMON WITH SPRING PEAS



CROCKPOT BBQ CHICKEN



SIMPLE BAKED SALMON WITH
ASPARAGUS & DILL SAUCE



BAKED CHICKEN PARMESAN



ROASTED WHITE FISH WITH
POTATO-BRUSSEL SPROUT HASH



LEMON GARLIC CHICKEN
& GREEN BEAN SKILLET



CHICKEN TERIYAKI FRIED RICE



PARMESAN CRUSTED STEAK &
ASPARAGUS SHEET PAN DINNER



SOUTHWESTERN STYLE
QUINOA SALAD



TURKEY CHILI

THANK YOU

We hope you find these next 21 days helpful for you to begin feeling your best! Remind yourself of the commitment you've made & the healthy habits you're building with our digital screensavers.

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Desktop 2



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Desktop 3



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