



 nutrilite™

# Begin 30

HOLISTIC WELLNESS PROGRAM

PROGRAM GUIDE



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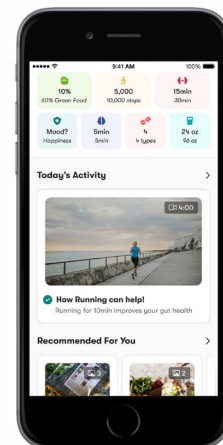
# Welcome to **Begin** 30 HOLISTIC WELLNESS PROGRAM

Did you know that emerging science is showing that a balanced gut microbiome may be **foundational to helping support your overall wellbeing?**

In fact, the gut is now being commonly referred to as the **second brain of the body!** And that's because, far beyond just helping with your digestion, scientists believe a balanced gut microbiome can **help positively impact our overall wellbeing** by helping **support our immune health, healthy weight, healthy sleep and so much more!**

The Nutrilite™ Begin 30 Holistic Wellness Program combines lifestyle habits like regular exercise, a plant-forward diet, proper hydration and daily mindfulness practice to support overall health and wellbeing, plus intentionally selected nutrition supplements to **help promote gut health and a balanced microbiome.** Scientific research has shown that these healthy lifestyle habits are a key part of promoting the **healthy function of your liver and kidneys, promoting good sleep, controlling hunger and cravings, encouraging a healthy metabolism, increasing energy levels and even maintaining a healthy weight.**

*Download the Amway™ Wellbeing+ App to support your Nutrilite Begin 30 Holistic Wellness Program journey with daily logging, educational content and more.*



iOS



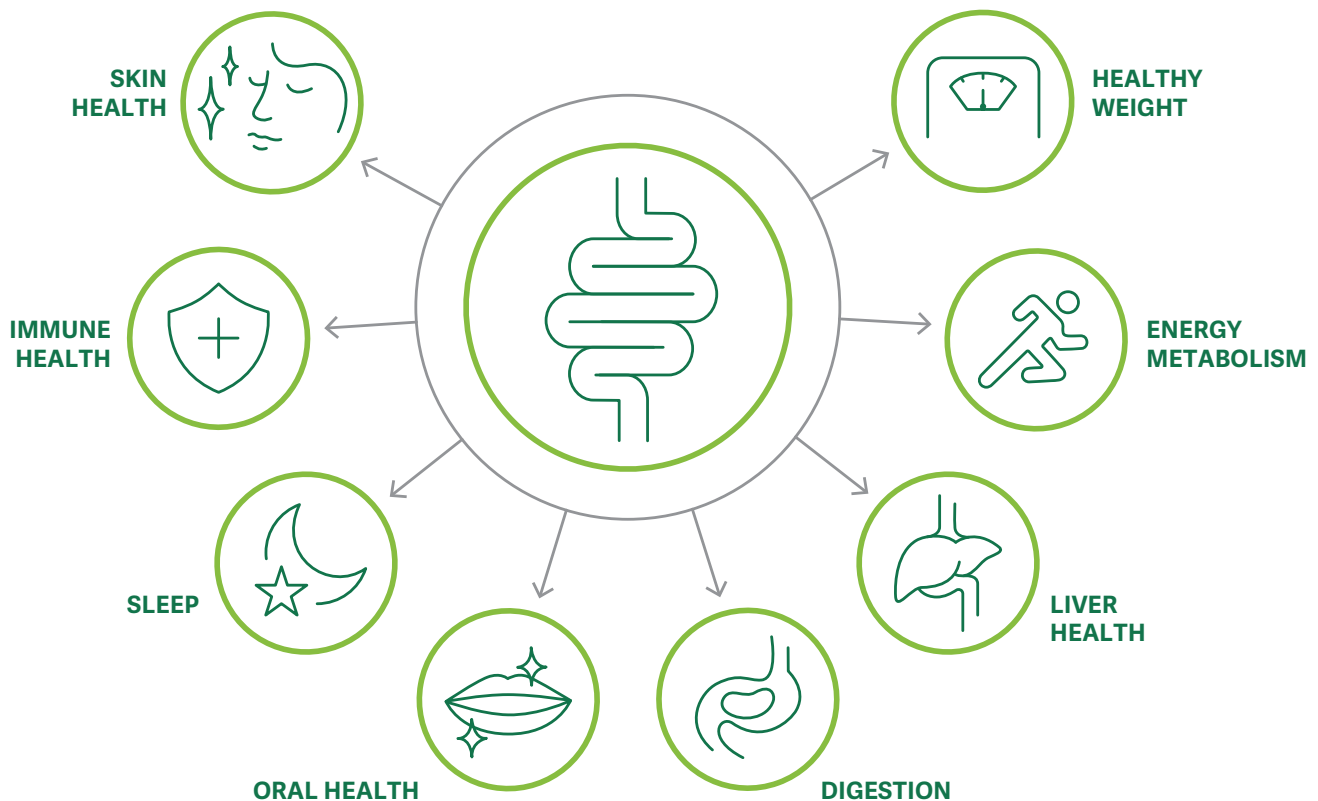
Android



# Holistic wellness begins in the gut

## How gut health supports holistic health and wellbeing

Did you know that your gut may be referred to as your second brain? That's because it plays a central role in making sure your body functions well through digestion, nutrient absorption and metabolism. Emerging science is showing links between the gut microbiome and the immune system, skin health, liver health, oral health and more! By caring for your gut, you also help support overall health and wellbeing.





# A healthy gut starts with plants

## Evolving our founding philosophy

More than **90 years ago**, the founder of the Nutrilite™ brand observed firsthand the importance of a plant-based diet for overall health. Shortly after, Nutrilite supplements **came to life**. Since then, we have **focused on harnessing Earth's most powerful nutrients** to support you with vitamins and supplements made with ingredients from **plants grown on our own farms** and partner farms.

**Today, emerging science supports our original ethos, suggesting that a diet rich in plant-based foods supports holistic wellness by encouraging a more diverse, resilient gut microbiome.**

## Essential fuel for a balanced microbiome

It's no surprise that our diets impact our gut health, but what should you eat? And how do you give your gut microbiome the support it needs? By eating lots of plants!

With the Nutrilite Begin 30 Holistic Wellness Program, we've distilled our years of expertise and commitment to plant-based ingredients into a **program fueled by holistic wellness habits**, including a plant-forward diet and supplements to **support your gut health**.

During the program, your diet will emphasize high-fiber, plant-forward foods like fruits, vegetables and legumes. You'll also aim to eliminate artificial and processed foods, alcohol, sugar and saturated fats.





# Gut with the program

Kick-start your Nutrilite™ Begin 30 Holistic Wellness Program journey with a plant-forward diet consisting of whole fruits and vegetables, and supplement your nutrition with **Nutrilite Begin Daily GI Primer**, **Nutrilite Organics Plant Protein Powder** and **Nutrilite Balance Within™ Probiotic** to support your gut wellness.\*



## NUTRITION

Consume a **plant-based, antioxidant-rich diet** with limited sugar, fat and processed ingredients.



## HYDRATION

Drink **at least half your body weight (lbs) in ounces of water** a day and consume high-water foods.



## EXERCISE

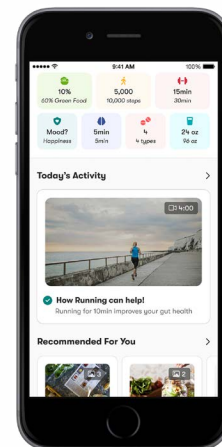
Walk **7,000–10,000 steps** every day and **exercise 75 minutes or more** a week.



## MINDFULNESS

Do activities such as meditation, diaphragmatic breathing or yoga to **practice mindfulness 1–2 times per day**.

*Download the Amway™ Wellbeing+ App to support your Nutrilite Begin 30 Holistic Wellness Program journey with daily logging, educational content and more.*



iOS



Android

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# Download the Amway Wellbeing+ App now!

We know that staying consistent and accountable to a 30-day program might seem hard. That's why we've created a simple app to support you along your journey with all the tools and logging features you need to achieve success!



iOS



Android

## Pre- and Post-Program Assessment



## Daily Log



## Today's Topics & Content Library



Track your progress against your top wellbeing goals from the start of the program till the end! Based on your results, receive personalized recommendations for your best next steps.

Leverage the daily log to stay accountable to the program pillars and learn how your habits stack up in nutrition, hydration, physical activity and mindfulness.

Gain access to program tools and support materials as well as daily content to build your knowledge and stay accountable!





# Nutrition

## The food you eat is a crucial factor in influencing the gut microbiome.

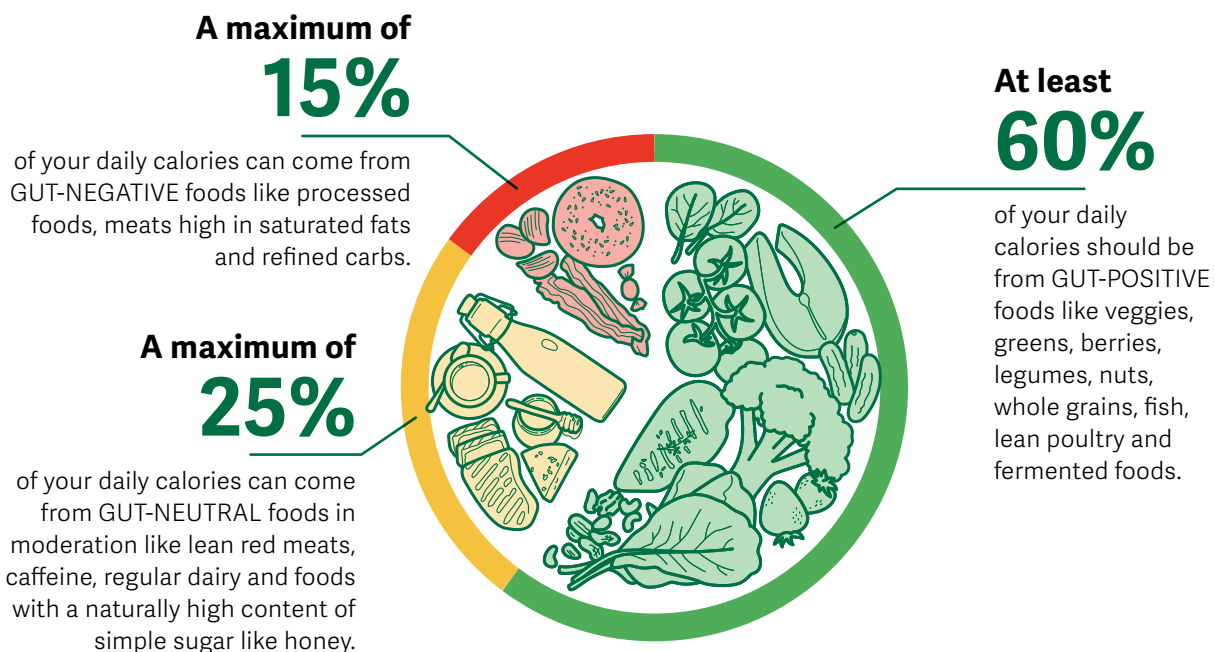
Many factors in daily life affect the gut microbiome, with diet having one of the most powerful influences. Modern lifestyles impact the delicate balance of our gut microbiome. That is why it is important to be proactive in supporting and promoting good bacteria and a balanced gut.

Studies have shown that people who consume more than 30 different plants per week have a more diverse and resilient gut microbiome than people who eat fewer than 10 plants a week.

That's why during the **Nutrilite™ Begin 30 Holistic Wellness Program**, you'll aim to consume a plant-based, antioxidant-rich diet with limited sugar, saturated fat and processed foods.

## Think GUT-POSITIVE

Your goal throughout the program is to maximize the amount of **GUT-POSITIVE** foods in your daily diet. The more you consume, the better off you are in supporting a diverse, balanced microbiome. We know that being perfect is difficult, though, so as long as 60% or more of your calories come from **GUT-POSITIVE** foods, you're hitting your mark!







## Hydration

Staying hydrated is one of the simplest ways to support your gut health. It also supports many other vital processes, including normal kidney function, skin health and regular bowel movements.



*During the program, you'll aim to drink at least half your body weight in ounces of water every day in addition to consuming high-water foods like fruits and vegetables. If you use the Wellbeing+ App, your water intake will be further customized based on activity level and diet habits.*



The eSpring™ Water Treatment System provides cleaner, healthier, better-tasting water by effectively reducing over 170 contaminants that may be present in drinking water, including over 145 potential health-effect contaminants.\*

\*The eSpring Water Treatment System is designed and intended for use only with potable drinking water deemed safe to drink by local public health authorities.



## Exercise

**Most people know that exercise has countless benefits for our health, from boosting our metabolism to improving our energy levels, helping us maintain a healthy weight, reducing stress and promoting restful sleep. But scientists also believe that exercise has a positive impact on the resilience and microbial diversity of the gut microbiome.**



*Aim for 7,000–10,000 steps per day and planned exercise for 75 minutes or more a week. Lots of activities count as physical activity, and you can split it up into 2–3 sessions to make it easier! You can take walks, garden, stretch or even do some house chores. The idea is to just be moving.*



Looking for more ways to **ramp up** your workouts? **Amway's XS™ Fitness Program** includes **convenient workouts** led by **professional coaches**.





## Mindfulness

### Wellness is a two-way street:

Scientists believe that the gut-brain axis may influence not only digestion but also our eating behaviors like cravings, hunger and satiety. There's growing evidence that influencing the gut-microbiota-brain axis may indirectly impact mood, hunger, appetite, satiety, sleep and response to occasional stress.



**MEDITATION**

**MINDFUL  
EATING**

*Practice mindfulness  
1–2 times per day  
during your 30-day  
program.*



Keep calm and sleep on with **n\* by Nutrilite™ Sweet Dreams Sleep Gummies** designed to support restful sleep. Plus, add **Nutrilite™ Organics Ashwagandha Capsules** to support stress management and mood.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# Putting it all together

Now that you've learned about all the new healthy habits you'll build during the Nutrilite™ Begin 30 Holistic Wellness Program, it's time to put it all together! This example outlines what an average day might look like as you work to incorporate each pillar of wellness into your life.

Time	Nutrition	Hydration	Exercise	Mindfulness
<b>7:00 a.m.</b>	Nutrilite Begin™ Daily GI Primer	8 oz. of water	5-min stretching	Meditation
<b>7:30 a.m.</b>	Nutrilite™ Organics Plant Protein Powder			
<b>8:30 a.m.</b>		8 oz. of water	5-min walk	
<b>10:00 a.m.</b>	Fruit and nuts	8 oz. of water		
<b>12:00 p.m.</b>	Hummus sandwich	8 oz. of water	15-min walk	Eat mindfully and do a walking meditation
<b>1:30 p.m.</b>		8 oz. of water		
<b>3:00 p.m.</b>	Fruit	8 oz. of water	5-min stretching	
<b>5:00 p.m.</b>		8 oz. of water	5-min walk	5-min meditation
<b>5:30 p.m.</b>		8 oz. of water	20-min workout	
<b>6:30 p.m.</b>	Mexican bean bowl	8 oz. of water	15-minute fun activity	
<b>10:00 p.m.</b>	Nutrilite Balance Within™ Probiotic			5-min diaphragmatic breathing

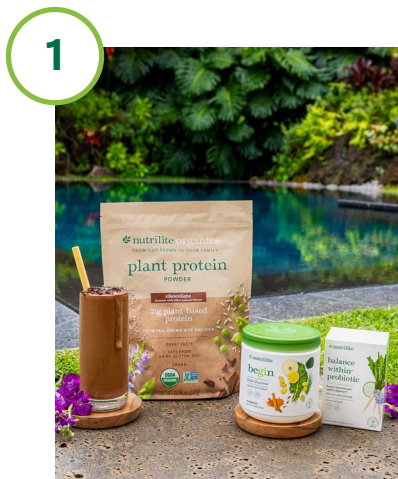




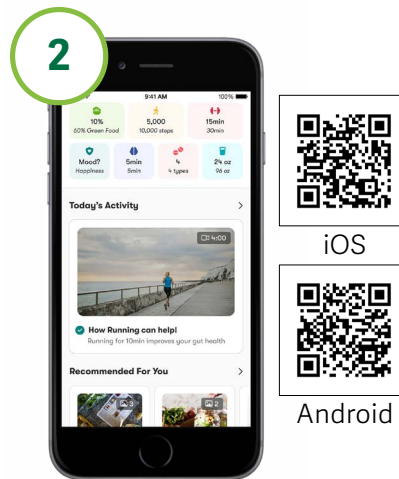
# Getting started

We know that it can feel overwhelming to start all these new habits, so instead of focusing on all the activities at once, break it down into smaller pieces to prepare yourself for the program and set yourself up for success.

## Gather everything you need



**Order products**



**Download the Amway Wellbeing+ App**



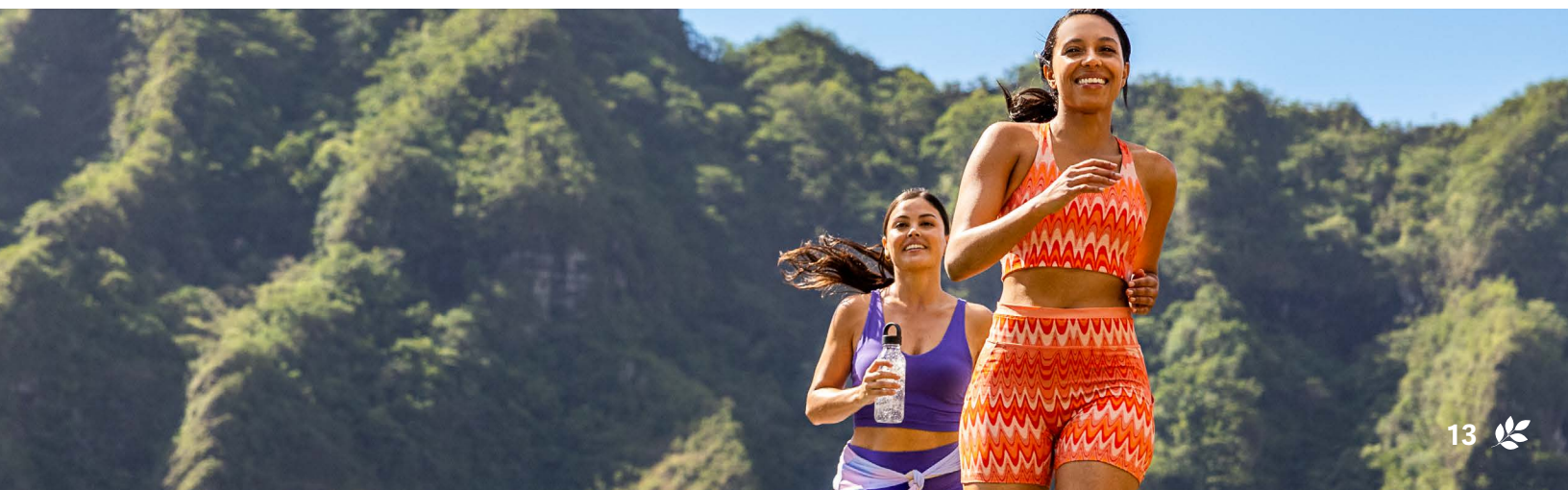
**Stock your kitchen with healthy foods**

## Connect with your community

Speak with your IBO and leverage your extended community of Nutrilite™ Begin 30 Holistic Wellness Program participants, veterans and experts to offer support.

## Get in the headspace

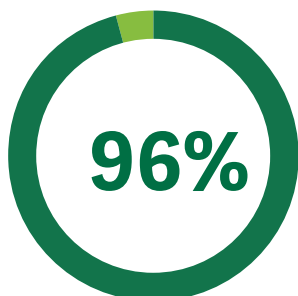
As with any new habit, it will take time to get accustomed to change. Be sure to mentally prepare yourself for the next 30 days, and don't forget to take it one day at a time!



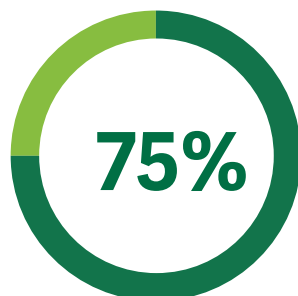


# What to expect after the program

Feel the difference that 30 days can make to help you live a happier, healthier life.



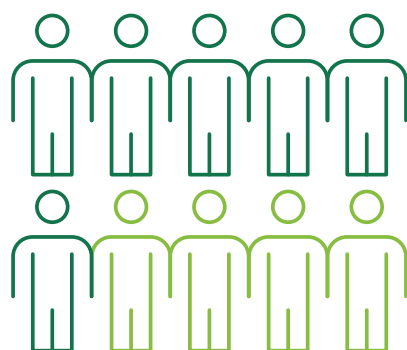
of participants were likely to continue parts of the regimen on their own.



of participants reported feeling less fatigue.\*



of participants who committed to making healthy lifestyle changes for 30 days lost weight.\*\*



**6 out of 10** participants reported:

- fewer sleep disturbances.\*
- a reduction of occasional digestive discomfort.\*
- feeling less hungry during the day.\*

\*Based on self-reported survey results compared to baseline after four weeks. There was no change in participants' reported sleep score (quality of sleep). Participants were instructed to follow a Mediterranean diet, take at least 7,000 steps per day with a minimum of 75 minutes of cardio or strength exercise per week, drink at least half their weight (lbs) in ounces of water per day and practice mindfulness one to two times daily. Participants also consumed Nutrilite™ supplements during the study, including Nutrilite Balance Within™ Probiotic and Nutrilite Begin™ Daily GI Primer.

\*\*Participants were instructed to follow a Mediterranean diet, take at least 7,000 steps per day with a minimum of 75 minutes of cardio or strength exercise per week, drink at least half their weight (lbs) in ounces of water per day and to practice mindfulness one to two times daily. Some participants reported losing no weight, so there is no guarantee that you will experience similar results. The Nutrilite™ Begin 30 Holistic Wellness Program is designed and intended to promote healthy lifestyle changes, many of which are conducive to safely losing weight or maintaining a healthy weight. The program is not designed or intended for long-term weight loss or weight management.





# How you'll feel

Everyone's body is different, so you may not have the exact same experience as others in the program, but here's what you can generally expect:

Days  
1-7

Stage 1  
Initial Phase

**Mild or occasional GI discomfort, flatulence and bloating, fatigue, tiredness and occasional nausea.**

Though uncomfortable, an immediate physiological reaction is normal, especially as your diet begins to change and you begin exercising more. When you eliminate high-sugar, high-fat foods, it's normal to experience cravings. This temporary setback is a necessary step toward making meaningful changes to lifestyle habits.

**NOTE:** There is no specific duration for this phase, but most discomfort resolves within 2-3 days from the start date.



**Tip: Lean on your IBO and program community for support during this initial phase** as you ensure that you hydrate and get enough sleep.  
**You gut this!**



Days  
**5-15**

## Stage 2

Adaptation to healthy habits

### Reduction of GI discomfort and more stable energy levels.

Once your body gets used to your new routines, your initial digestive symptoms should begin to fade and you'll start to really feel the benefits of more exercise, consistent hydration and mindfulness practices.



**Tip: Build up** to more **physical activity** as you **start to feel better.**

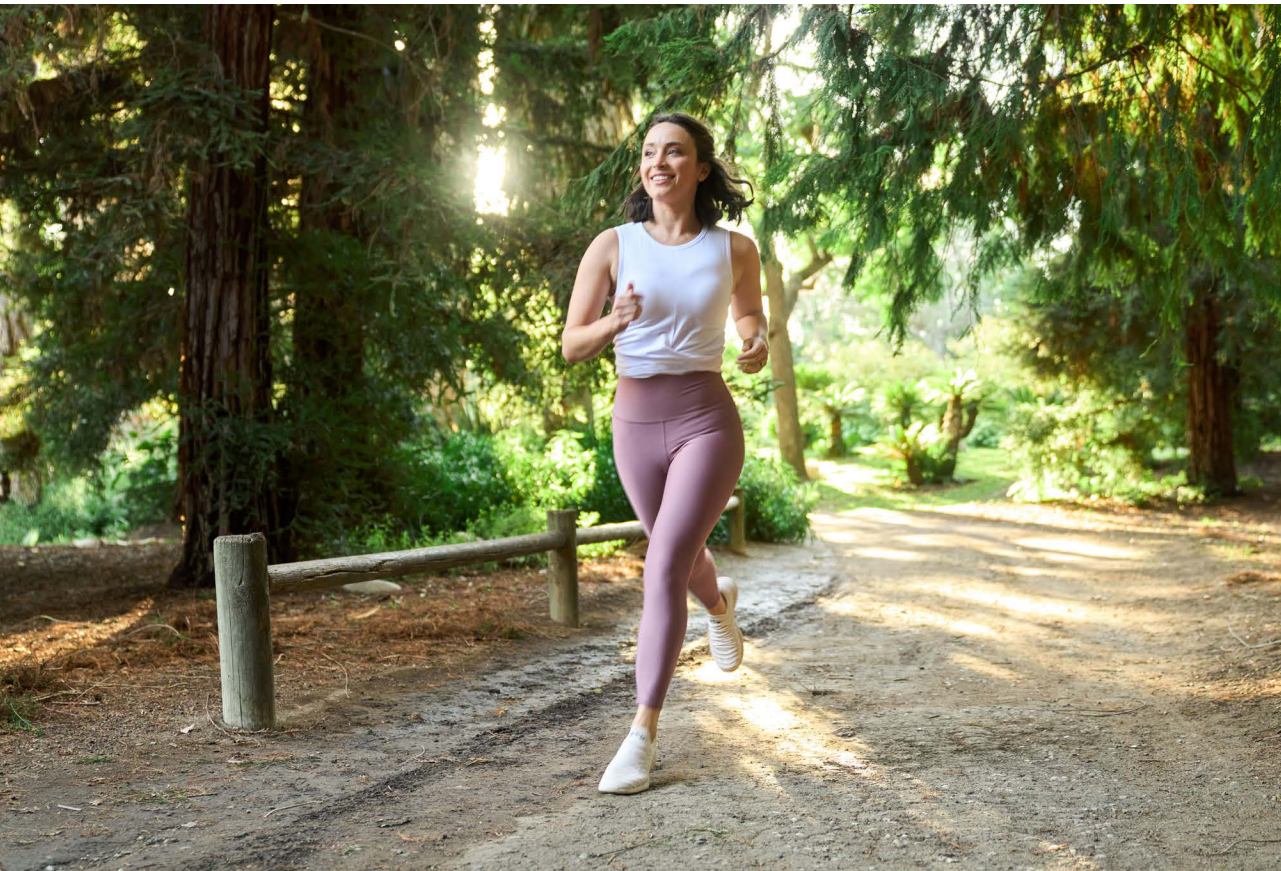
Days  
**15-30**

## Stage 3

Improvement phase

### Preference for healthy foods, fewer sugar cravings during the day, sustainable energy levels and regular bowel movements.

After adjusting to your new diet and your body's routine, you'll begin to enjoy the benefits of your hard work!





# Congratulations!

Now that you've spent the last 30 days building healthier habits, you're ready for the next win. Keep up the good work and build your progress with more from Amway™.

1

**Tackle the Nutrilite™ Begin 30 Holistic Wellness Program** again to continue to cement your new healthy lifestyle habits.



2

**Fill your nutrition gaps.** Continue supporting your overall wellness by addressing top nutrient deficiencies in the American diet with our [Everyday Nutrition Solution](#).



3

**Meet your specific needs.** Take the next step on your journey to wellness by exploring Amway's other wellness programs like the XST™ Fitness Challenge and more at Amway.com. Support specific goals with curated product selections like [Inner + Outer Core Beauty Solution](#) and [Jump Start Stack](#).



**Talk to your local Independent Business Owner to learn more about how you can maintain your wellness routine beyond the Nutrilite Begin 30 Holistic Wellness Program.**



# Tools & additional support

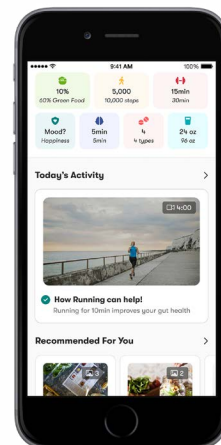




## Nutrition

Adopting healthier eating habits can be a challenge, but don't worry – we've outlined a handful of helpful tips, tricks and inspiration to keep you on track over the next 30 days (and who knows, maybe even longer!).

**Download the Amway™ Wellbeing+ App to support your Nutralite Begin 30 Holistic Wellness Program journey with daily logging, educational content and more.**



iOS



Android



# Nutrition

## STRATEGIES FOR SUCCESS

### Swaps and subs

INSTEAD OF	REACH FOR
<i>Fries</i>	 Roasted vegetables
<i>Lunch meat</i>	 Boiled eggs or nuts
<i>Fried chicken</i>	 Grilled chicken or salmon
<i>Regular pasta</i>	 Whole grain pastas
<i>Candy</i>	 Grapes, bananas or other fruit
<i>Butter</i>	 Olive oil or light mayonnaise
<i>White bread</i>	 Whole grain breads
<i>Sour cream</i>	 Plain Greek or regular yogurt



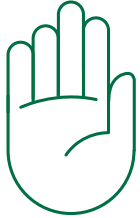


# Nutrition

## STRATEGIES FOR SUCCESS

### A handy hint

Use your hand to measure portion sizes!



Protein should be the size of your palm



Carbohydrates should be the size of your fist



Fats should be the size of your thumb

### When out and about

Check restaurant menus for salads with vinaigrette dressing, grilled proteins and steamed or roasted vegetables.

Snack on fresh fruits and berries, roasted beans, nuts and seeds and protein shakes.





# Nutrition

## STRATEGIES FOR SUCCESS

### At least 60% of daily calories from GUT-POSITIVE foods

- **Vegetables and greens** like spinach, lettuce, broccoli, cauliflower, onions, asparagus, kale, tomatoes and squash
- **Fruits and berries** like apples, oranges, strawberries, kiwis, blueberries, pears, peaches and bananas
- **Legumes, nuts and seeds** like lentils, chickpeas, beans, pumpkin seeds, peanuts and sunflower seeds
- **Whole grain** pasta, bread, cereal and tortillas
- **Lean protein** like chicken breast, turkey, tofu, lean ground beef, eggs, salmon, tuna, trout and shrimp
- **Cultured and fermented foods** like kimchi, sauerkraut, kefir and yogurt with live bacteria
- **Healthy fats** like olive oil and avocados
- **Herbs and spices** like basil, parsley, cilantro, curry, paprika, cinnamon, turmeric, garlic and cinnamon
- **Hydrating beverages** like water and herbal tea

### Up to 25% of daily calories from GUT-NEUTRAL foods

- **Caffeine:** limit yourself to no more than two cups of coffee per day
- **Red meats:** limit yourself to no more than two servings per week
- **Sweetened and whole dairy** like sour cream, cheese and butter
- **Foods with high natural sugar content** like honey, grapes and overripe bananas

### Up to 15% of daily calories from GUT-NEGATIVE foods

- **Fast foods** like fries, burgers, chips, convenience meals, palm oil
- **Processed and fatty meat** like bacon, ham, deli meats, salami, sausage, hot dogs, lamb, steak and pork
- **Refined carbs** like white bread, biscuits, white pasta, tortillas, white rice and corn products
- **Sugary and artificially sweetened beverages**
- **Products with added sugar** like candies, cookies, cakes, pastries and ice cream
- **Alcohol**







# Nutrition

## GETTING STARTED

### Sample grocery list

Success starts at the grocery store! Fill up your cart with fruits, vegetables, whole grains and healthy fats.

- Lentils
- Eggs
- Cucumber
- Unsalted almonds
- Spinach
- Blueberries
- Chicken breasts
- Steel cut oatmeal
- Chickpeas
- Greek yogurt



### Sample meal plan

Enjoy three meals and two snacks daily to provide your body with enough energy while distributing your caloric intake and preventing overeating later in the day.

#### 1. Pre-breakfast:

*Nutrilite Begin™ Daily GI Primer and water*

#### 2. Breakfast:

*Overnight oatmeal*

#### 3. Morning snack:

*Protein shake*

#### 4. Lunch:

*Hummus sandwich*

#### 5. Afternoon snack:

*Yogurt with nuts and berries*

#### 6. Dinner:

*Lentil tomato salad*

#### 7. After dinner:

*Probiotic*



Still hungry? Find more recipes at [amway.com](https://www.amway.com)



# Nutrition

## NOURISH WITH NUTRILITE

In addition to increasing your fruit and vegetable intake over the next 30 days, you'll be filling the gaps in your nutrition by supplementing with Nutrilite™ products.



### NUTRILITE BEGIN DAILY GI PRIMER

#### 6-in-1 comprehensive gut support†

Prime your gut for anything with a refreshing daily drink supplement. Fermented greens, prebiotics and fiber, digestive enzymes, alkaline spices and postbiotics help support your gut health.†



[Learn More](#)



### NUTRILITE ORGANICS PLANT PROTEIN POWDER

#### 21 g of plant-based protein

This smooth, creamy powder contains all 9 essential amino acids from brown rice, plus peas and chia from our own certified organic farms and partner farms.



[Learn More](#)



### NUTRILITE BALANCE WITHIN PROBIOTIC

#### Support healthy digestion and your immune system†

A unique blend of 6.3 billion CFUs of clinically tested probiotic strains supports your immune system and healthy digestion.† This on-the-go stick pack supplement features Arrive Alive & Stick to the Gut technologies plus 1 g of prebiotic fiber inulin from chicory root to ensure you get the most out of your probiotic.†



[Learn More](#)

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**Hint:** You can **combine all in a smoothie**, just remember to **gently stir your probiotics in** after you've finished blending your protein and gi primer. For the strongest results, however, it is recommended to take them as directed **throughout the day (See page 11)**.





# Hydration

During the Nutrilite™ Begin 30 Holistic Wellness Program, you'll drink up the benefits of hydration—literally. Getting enough water is key to a healthy, well-functioning body and mind.

## Turn it up

**Kick-start your morning** by mixing a scoop of Nutrilite Begin™ Daily GI Primer in a glass of cold water to help promote a balanced microbiome.†

**Increase your water intake** when you feel bloated. You may need to increase your water intake when exercising to account for hydration lost through sweat.

**Carry a reusable water bottle** to sip on throughout the day.

**Replace sugary drinks** like sodas and fruit juices with water to reduce your total caloric intake.

**Flavor your water with fruit infusions** and sugar-free enhancers.

**Eat foods naturally high in water** like fruits and vegetables packed with vitamins, minerals and antioxidants.



**The eSpring™ Water Treatment System** provides cleaner, healthier, better-tasting water by effectively reducing over 170 contaminants that may be present in drinking water, including over 145 potential health-effect contaminants.\*

\*The eSpring Water Treatment System is designed and intended for use only with potable drinking water deemed safe to drink by local public health authorities.

## Dial it back

**Limit caffeine** to no more than two caffeinated beverages per day (e.g., one espresso and one cup of tea). Avoid caffeine after 3 p.m. to improve your healthy sleep cycle.

**Avoid** sodas, fruit juices, lemonade, fruit punches and other sweetened beverages.

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# Exercise

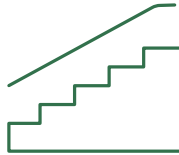
During the Begin 30 program aim for 7,000–10,000 steps per day and planned exercise for a total of 75 minutes or more a week.

## DAILY



### Everything counts

- Walking
- Gardening
- Light house chores
- Dancing



### Plan ahead and scale up

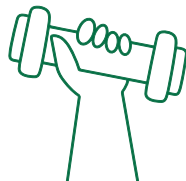
- Set aside at least 30 minutes each day
- Increase your daily activities by 10 minutes every few days by using every opportunity to be more active
- Use the stairs instead of the elevator, or park your car a little farther away

## WEEKLY



### Try cardio

- Jogging
- Swimming
- Cycling
- Aerobics



### Do strength activities

- Weight lifting
- Pilates

**Find your new favorite workout with Amway's XS™ Fitness Program!**

\*Before beginning any exercise program, consult with a healthcare professional, especially if you suffer from any chronic condition, are pregnant or nursing or are taking any medications. Participate at your own risk. Participating in any exercise or physical activity program carries risk of possible physical injury. You assume all responsibility for any injuries that may occur. Ensure that you perform exercises in a safe environment, wear appropriate attire and follow all safety instructions. Stop activity if you experience pain, dizziness or shortness of breath, or if you experience any new health issues or existing conditions worsen.







# Mindfulness

Supporting your mental health can positively impact digestion, eating behaviors, stress resilience and total gut health. Aim for at least 1–2 activities per day.



## Mindful eating

- Eliminate distractions
- Eat slowly
- Engage your senses
- Follow your hunger and fullness cues



## Meditation

- Write your thoughts in a journal
- Meditate to relax and reduce anxiety



## Diaphragmatic breathing

- Inhale to fill your belly with air, hold for three to five seconds, then exhale first from your lungs and second from your belly.
- Try putting one hand on your belly and one hand on your chest to feel each filling with air as you breathe.



## Sufficient sleep

- Create sleeping schedule
- Wind down before bed
- Reduce exposure to bright light



SELF-ASSESSMENT

# The journey ahead

This self-assessment will help you reflect on your current habits and better understand your wellness baseline.

- Reflect on how you feel about each of the different aspects of wellness.
- Rate each aspect from 1 to 10, with 1 meaning “I struggle with this” and 10 meaning “I feel great” or “I have no problem with this.”
- Assign a value by highlighting the corresponding segment from 1 to 10.

## Stress management

How much control do you feel over your stress responses?

1 2 3 4 5 6 7 8 9 10

## Immune system

Are you satisfied with the healthy support of your immune system?

1 2 3 4 5 6 7 8 9 10

## Overall appearance

Do you feel happy with the appearance of your skin and body?

1 2 3 4 5 6 7 8 9 10

## Physical activity

How consistently do you stick to your workout schedule?

1 2 3 4 5 6 7 8 9 10

## Digestion

Are your bowel movements regular and comfortable?

1 2 3 4 5 6 7 8 9 10

## Sleep quality

Do you regularly get 8 hours of deep sleep?

1 2 3 4 5 6 7 8 9 10

If you highlighted any number below 5, it might be time for some lifestyle changes!



WEEKLY HABIT

# Tracker

Use this tracker to keep up with your daily healthy habits throughout the 30-day program.

**DAY  
01**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
02**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
03**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
04**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
05**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
06**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
07**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

## Notes:

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WEEKLY HABIT

# Tracker

**DAY  
08**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
09**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
10**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
11**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
12**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
13**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
14**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**Notes:**

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WEEKLY HABIT

# Tracker

**DAY  
15**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
16**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
17**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
18**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
19**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
20**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
21**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

## Notes:

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WEEKLY HABIT

# Tracker

**DAY  
22**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
23**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
24**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
25**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
26**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
27**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

**DAY  
28**

- 2 liters of water
- Daily exercise

- Mindfulness practice
- Staying active

- Healthy diet
- 3 Nutrilite™ products

## Notes:

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SELF-ASSESSMENT

# Looking back at it

**You did it! Congratulations on completing the Nutrilite™ Begin 30 Holistic Wellness Program. It's time for the best part—seeing how far you've come. Retake your self-assessment to track your progress and celebrate the new you.**

- Reflect on how you feel about each of the different aspects of wellness.
- Rate each aspect from 1 to 10, with 1 meaning "I struggle with this" and 10 meaning "I feel great" or "I have no problem with this."
- Assign a value by highlighting the corresponding segment from 1 to 10.

## Stress management

How much control do you feel over your stress responses?

1 2 3 4 5 6 7 8 9 10

## Immune system

Are you satisfied with the healthy support of your immune system?

1 2 3 4 5 6 7 8 9 10

## Overall appearance

Do you feel happy with the appearance of your skin and body?

1 2 3 4 5 6 7 8 9 10

## Physical activity

How consistently do you stick to your workout schedule?

1 2 3 4 5 6 7 8 9 10

## Digestion

Are your bowel movements regular and comfortable?

1 2 3 4 5 6 7 8 9 10

## Sleep quality

Do you regularly get 8 hours of deep sleep?

1 2 3 4 5 6 7 8 9 10



# Recipes

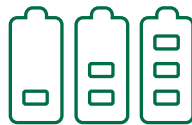
# Gut-healthy smoothies

Blend **three veggies** and **two fruits** into a deliciously satisfying **gut-healthy smoothie** to enjoy as a **healthy snack or meal**. Not sure what produce to pick? **Try some of these!**



## If you have a stressful day ahead:

- Beets
- Apricots
- Sweet potato
- Kiwi
- Acorn squash
- Watermelon
- Spinach
- Banana



## If you have fluctuating energy levels:

- Broccoli
- Blueberries
- Zucchini
- Cherries
- Cauliflower
- Green apple
- Pumpkin
- Orange



## If you're craving red meat:

- Avocado
- Papaya
- Purple cabbage
- Pineapple
- Kale
- Jackfruit
- Tomato
- Strawberries



## BREAKFAST RECIPES

# Overnight oatmeal



### Ingredients:

- 1 tbsp chopped nuts
- ½ cup Greek yogurt
- ½ cup milk
- ½ cup old-fashioned oats
- Cinnamon to taste
- Fresh berries to taste

---

**15 minutes**

**1 serving**

**6 ingredients**

---

### Instructions:

1. Place all ingredients into a large glass container and mix until combined.
2. Cover the container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
3. Uncover and enjoy the next day. Thin with a little more milk or water, if desired.



## BREAKFAST RECIPES

# Easy oatmeal



### Ingredients:

- 1 cup instant oatmeal
- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  banana, sliced
- 1 tsp unsweetened nut butter
- 2 tsp honey
- Fresh or frozen berries to taste

---

**5 minutes**

**1 serving**

**6 ingredients**

---

### Instructions:

1. Add oatmeal and milk to a bowl and microwave for 2.5 minutes, or until at desired consistency.
2. Stir and top with bananas, nut butter, honey and berries to serve.



SNACK AND SIDE RECIPES

# Edamame



## Ingredients:

- $\frac{3}{4}$  cup frozen edamame in the pod

---

**5 minutes**

**1 serving**

**1 ingredient**

---

## Instructions:

1. Place edamame in a microwave-safe container and heat for 3 minutes.
2. Season to taste.
3. Let cool before serving.

SNACK AND SIDE RECIPES

# Greek yogurt with berries



## Ingredients:

- 1 cup Greek yogurt
- 1 cup mixed berries
- 1 tbsp chopped walnuts
- 1 tbsp chopped mint leaves
- 1 tsp honey

---

**5 minutes**

**1 serving**

**5 ingredients**

---

## Instructions:

1. Combine and serve.



SNACK AND SIDE RECIPES

# Seeded nut butter peaches



## Ingredients:

- 1 peach, sliced
- 2 tbsp nut butter
- 1 tbsp sesame seeds

---

**5 minutes**

**1 serving**

**3 ingredients**

---

## Instructions:

1. Coat each slice of peach with nut butter.
2. Sprinkle with sesame seeds and serve.



SNACK AND SIDE RECIPES

# Prebiotic fermented carrots



## Ingredients:

- 1½ lb carrots, peeled and sliced
- 1½ tsp sea salt
- 2 large cloves of garlic, peeled and crushed
- 2 cups water
- 2 bay leaves
- Dill and ginger to taste

---

**30 minutes + 3-7 days   4 servings   6 ingredients**

---

## Instructions:

1. Heat water and salt in a small saucepan, stirring occasionally until salt dissolves.
2. Divide carrots between two mason jars. Pack tightly so they can't easily move around.
3. Place bay leaf, garlic and any other seasonings into the jars.
4. Pour salt water into each jar to cover the tops of the carrots, but leave at least ½ inch of space between the water surface and top of jar. Discard any additional salt water.
5. Place the lids on the jars and store in a warm area of the kitchen for 3 to 7 days, burping (opening lid to allow gas to escape) daily.



# Home-fermented sauerkraut



## Ingredients:

- 1 small head cabbage, thinly sliced
- 2 tsp kosher or pickling salt
- 1 tsp caraway seeds

---

**15 minutes + 5 days**

**2 servings**

**3 ingredients**

---

## Instructions:

1. Place cabbage into a large bowl with salt and caraway seeds and massage mixture for five minutes.
2. Tightly pack cabbage into mason jars and weighted cover, pressing the mixture down every hour for 24 hours, keeping cabbage submerged in released juices.
3. Keep on counter out of direct sunlight for 5 days.
4. Remove weighted cover and serve.



## LUNCH AND DINNER RECIPES

# Hummus sandwich



### Ingredients:

- 1 cup hummus
- 10 leaves baby spinach
- ½ heirloom tomato
- 1 carrot
- 1 avocado
- ½ green apple
- ½ red onion, sliced
- 4 slices whole grain bread

---

**30 minutes**

**2 servings**

**8 ingredients**

---

### Instructions:

1. Thinly slice the tomato, carrot, avocado, apple and onion.
2. Spread hummus on one slice of bread, then layer with other ingredients and top with the second slice of bread.
3. Repeat for second sandwich.



## LUNCH AND DINNER RECIPES

# Mediterranean bean burger



**55 minutes**

**6 servings**

**13 ingredients**

### Instructions:

1. In a food processor, combine the kidney beans, garlic, tomato paste, vinegar, and mustard. Pulse until pureed. Add the green onions, parsley, oregano, salt, and pepper to taste, and process to break up and blend. Add the oats and pulse to begin to incorporate.
2. Transfer the mixture to a large bowl and stir in the olives and red pepper.
3. Refrigerate the mixture for 30 to 45 minutes, then shape into patties with your hands.
4. Cook the patties for 6 to 8 minutes per side until golden brown or bake at 15-20 minutes at 400 degrees, flipping once through cooking. Serve hot.

### Ingredients:

- ¼ cup diced red bell pepper
- 1½ tbsp red wine vinegar
- ¼ cups rolled oats
- 1 tsp dijon mustard
- ½ tsp sea salt
- 2 tbsp fresh oregano, chopped
- 2 cans kidney beans, strained and rinsed
- ½ cup kalamata olives, roughly chopped
- 1 clove garlic, roughly chopped
- ¾ cup green onions, sliced
- 2½ tbsp tomato paste
- ¼ cup fresh parsley, roughly chopped
- Black pepper to taste



LUNCH AND DINNER RECIPES

# Lentil tomato salad



## Ingredients:

- 1½ cups cooked lentils
- 1½ cups cherry tomatoes, halved
- ¼ cup white wine vinegar
- ⅓ cup chives
- Salt to taste
- Fresh basil to taste
- Fresh parsley to taste
- Olive oil to taste

---

**5 minutes**

**4 servings**

**8 ingredients**

---

## Instructions:

1. Add all ingredients to a small bowl and toss to combine.
2. Serve immediately or refrigerate in a covered container to allow flavors to develop.



## LUNCH AND DINNER RECIPES

# Pesto chicken salad



### Ingredients:

- 10 oz chicken breast, sliced
- 6 oz cherry tomatoes, sliced
- 2 tbsp pine nuts
- 6 oz arugula
- 2 tbsp olive oil
- 1 tsp lemon juice
- Salt to taste
- Black pepper to taste

---

**20 minutes**

**3 servings**

**8 ingredients**

---

### Instructions:

1. Season sliced chicken with salt and pepper, then cook over medium-high heat in an oiled skillet for 3 minutes on each side or until cooked through.
2. Place arugula and tomatoes on a plate. Season with oil, salt and lemon juice.
3. Top with cooked chicken breasts and pine nuts to serve.



LUNCH AND DINNER RECIPES

# Mexican salad bowl



## Ingredients:

- 2 tomatoes, diced
- 1 avocado, diced
- 1 cup lettuce, chopped
- 6 oz cooked chicken breast, sliced
- ½ cup green bell pepper, diced
- ½ cup cauliflower, diced
- 1 hard-boiled egg, quartered
- 2 tbsp olive oil
- Salt to taste
- Black pepper to taste

---

**15 minutes**

**2 servings**

**10 ingredients**

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## Instructions:

1. Combine all ingredients in a bowl and season with olive oil, salt and pepper to serve.



LUNCH AND DINNER RECIPES

# Whole grain chicken Caesar sandwich



---

**60 minutes**

**5 servings**

**13 ingredients**

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## Ingredients:

- 4 oz pancetta, thinly sliced
- 10 slices whole grain bread
- 4 garlic cloves, chopped
- 4 oz baby arugula
- 1 chicken breast
- 1 lemon
- ¼ cup plain Greek yogurt
- 1 tbsp anchovy paste
- ¼ cup olive oil mayonnaise
- 2 tbsp parsley
- ¼ red onion, sliced
- 2 tbsp parmesan, shaved
- 1 tsp dijon mustard

## Instructions:

1. Roast the chicken on a sheet tray at 350 degrees for 35 to 45 minutes. Allow to cool, then remove the skin and thinly slice the breast meat.
2. Roast the pancetta at 350 degrees for 10 to 15 minutes or until crisp. Pat dry with a paper towel.
3. Prepare the dressing by pulsing the parsley, anchovy paste, mustard, lemon juice, mayo, yogurt and a few cracks of freshly ground black pepper until smooth and well combined.
4. To assemble the sandwiches, first toast the slices of bread. Spread about ½ tablespoon of dressing on each slice of bread. Top with a few slices of chicken, one slice of pancetta, a sprinkling of red onion, arugula, Parmesan and finally the second slice of bread.



## LUNCH AND DINNER RECIPES

# Arugula Salad with French Lentils, Smoked Chicken, and Roasted Peppers



### Ingredients:

- ½ pound French green lentils
- 14 oz low-sodium chicken broth
- 1 cup water
- 4 sprigs thyme, plus ½ tablespoon fresh thyme leaves
- 2 red bell peppers
- 2½ tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon balsamic vinegar
- ½ teaspoon coarse salt
- 6 oz baby arugula
- 6 oz smoked skinless, boneless chicken breast

---

**45 minutes**

**6 servings**

**11 ingredients**

---

### Instructions:

1. In a medium saucepan, combine lentils, broth, water and thyme sprigs. Bring to a boil, reduce heat to medium-low and simmer uncovered until lentils are tender. Drain and set aside in a bowl to cool.
2. While lentils are cooking, roast red peppers over a gas flame or under the broiler, turning occasionally until blackened. Place in a heat-proof bowl, cover with plastic wrap and let stand until cool. Peel, seed and cut peppers into ½-inch strips then place in a small saucepan with ½ tablespoon oil. Cover and cook gently over low heat for about 10 minutes.
3. In a large bowl, whisk together vinegars, salt, thyme leaves and remaining 2 tablespoons oil. Add half of the dressing to the lentils and toss to coat. Add arugula, chicken and cooled pepper strips to the remaining dressing and toss.
4. Season both salads with salt and pepper to serve.



LUNCH AND DINNER RECIPES

# Cherry and goat cheese spring salad



## Ingredients:

- 6 cups mixed greens
- 1 cup sweet cherries, pitted and halved
- 2 oz goat cheese
- ¼ cup toasted pumpkin seeds
- ¼ cup French vinaigrette

---

**5 minutes**

**4 servings**

**5 ingredients**

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## Instructions:

1. Combine all ingredients to serve.



# Red lentil curry soup



---

**35 minutes**

**4 servings**

**16 ingredients**

---

## Ingredients:

- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup red lentils
- 3 cups vegetable broth
- 1 lb crushed tomatoes
- 1 can coconut milk
- ½ lime
- ¼ cup fresh chopped cilantro
- 1 chili
- 1 tbsp red curry paste
- ½ tbsp chili garlic sauce
- 1 tbsp curry powder
- 1 tsp garam masala
- 1 tsp salt
- 1 tsp olive oil

## Instructions:

1. Heat oil in a large saucepan over medium-high heat. Sauté onion and bell pepper for 5 minutes.
2. Add garlic, ginger, curry paste, chili garlic sauce, garam masala, curry powder and salt. Cook for 2 minutes, stirring frequently.
3. Add lentils, broth and tomatoes. Bring to a boil, then reduce heat to low and simmer gently, stirring occasionally until lentils are cooked through.
4. Add lime juice and coconut milk, then garnish with cilantro and chili to serve.



LUNCH AND DINNER RECIPES

# Salmon quinoa bowl



---

**5 minutes**

**2 servings**

**13 ingredients**

---

## Ingredients:

- 6 oz smoked salmon
- 1 cup quinoa, cooked and cooled
- ½ cup chopped celery
- ½ cup canned chickpeas
- ½ cup diced tomatoes
- 1 lemon, wedged
- 2 tbsp chopped parsley
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp thyme
- 1 tbsp olive oil
- Salt to taste
- Black pepper to taste

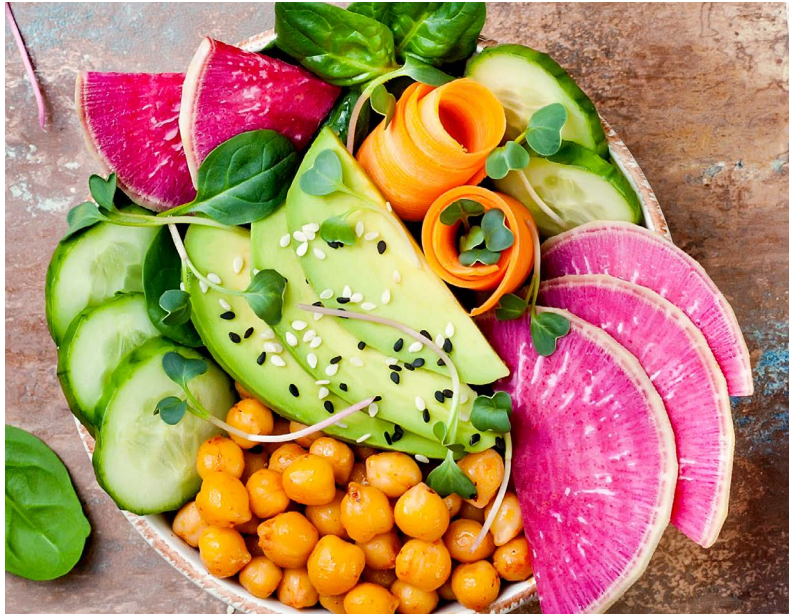
## Instructions:

1. Divide quinoa between two serving bowls, then flake 3 oz salmon onto each bowl.
2. Divide the remaining ingredients between the bowls and garnish with lemon wedges to serve.



## LUNCH AND DINNER RECIPES

# Buddha bowl



**40 minutes**

**2 servings**

**21 ingredients**

### Instructions:

1. Preheat the oven to 400 degrees and prepare a baking sheet with parchment paper.
2. Toss chickpeas with paprika, turmeric, ginger powder, garlic powder and nutritional yeast, then spread evenly on the tray. Roast for 30 minutes.
3. Prepare cashew aioli by blending cashews, miso paste, lemon juice, water and fresh garlic until smooth.
4. Assemble the bowl with the rice, vegetables, chickpeas and aioli. Garnish with sesame seeds and sunflower seeds.

### Ingredients:

- 1 head of lettuce, chopped
- 1 carrot, spiralized
- 2 small cucumbers, sliced
- 2 beets, spiralized
- 10 cherry tomatoes, halved
- 5 radishes, sliced
- 1 avocado, cubed
- ½ cup wild rice, cooked
- 1 can chickpeas, drained and rinsed
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp ginger powder
- 1 tsp garlic powder
- 1 tbsp nutritional yeast
- ½ cup soaked cashews
- 1 tsp white miso paste
- 2 tbsp lemon juice
- ⅛ cup water
- 1 clove fresh garlic
- Sesame seeds to taste
- Sunflower seeds to taste



# Kale and tomato spaghetti



## Ingredients:

- 1 bunch chopped kale
- ¼ cup grated pecorino
- 1 medium red onion, thinly sliced
- 2 pints grape tomatoes, halved
- 2 cloves garlic, chopped
- 2 tbsp olive oil
- ⅓ cup chopped roasted almonds
- 6 oz whole grain spaghetti, cooked
- Salt to taste
- Black pepper to taste

---

**30 minutes**

**4 servings**

**10 ingredients**

---

## Instructions:

1. Cook spaghetti.
2. Sauté onion and garlic in olive oil until translucent, then add kale and cook until softened.
3. Add grape tomatoes and cook for 5 minutes, stirring occasionally.
4. Add spaghetti and combine with the sauce. Taste and adjust seasoning to taste.
5. Garnish with pecorino and roasted almonds to serve.



LUNCH AND DINNER RECIPES

# Quinoa burrito bowl



## Ingredients:

- 4 cups lettuce, chopped
- 2 avocados, diced
- 1 cup quinoa, cooked
- 1 cup grape tomatoes, halved
- 1 yellow onion, diced
- 1 can black beans, rinsed and drained
- 1 lime
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp cumin
- Cilantro to taste

---

**35 minutes**

**4 servings**

**12 ingredients**

---

## Instructions:

1. Mix olive oil, garlic, chili powder, cumin and lime juice, then pour over cooked quinoa.
2. Assemble each bowl with quinoa, avocado, tomatoes, onion and black beans. Garnish with fresh cilantro.



# Roasted rainbow veggies



---

**45 minutes**

**6 servings**

**13 ingredients**

---

## Instructions:

1. Preheat oven to 390.
2. Spread chopped vegetables on a sheet pan and toss with seasonings and oil until well coated.
3. Roast for 40 minutes or until fork-tender and serve.

## Ingredients:

- 2 large carrots, peeled and sliced
- 2 zucchini, chopped
- 1 cup brussels sprouts, peeled and quartered
- 1 red onion, peeled and quartered
- 2 beets, peeled and cubed
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 tbsp rosemary
- ½ tbsp thyme
- ¼ tsp salt
- ¼ tsp black pepper



## LUNCH AND DINNER RECIPES

# Tempeh Buddha bowl



### Ingredients:

- 1 cup quinoa
- 2 cups chopped broccoli florets
- 2 cups packed chopped kale
- ½ cup edamame
- Pre-sliced seasoned tempeh, ½ package (about 8 slices)
- ½ cup sliced red cabbage
- ½ tbsp olive oil
- ¼ cup tahini
- Juice of ½ lemon
- 2 tbsp water
- Salt to taste
- Black pepper to taste
- 1 avocado, sliced

---

**30 minutes**

**3 servings**

**13 ingredients**

---

### Instructions:

1. Cook the quinoa in pot of water according to the instructions on the package.
2. In a stacked steamer, add the broccoli to the bottom stack and the edamame on the top stack. Steam for 3 to 4 minutes. Remove and set aside.
3. In the meantime, heat the olive oil in a large skillet on medium heat.
4. Cook the sliced tempeh for 1 to 2 minutes on each side or until golden brown. Set aside.
5. Using the same skillet, toss in the kale with a splash of water and sauté for 2 to 3 minutes or until bright green and glossy.
6. To make the dressing, whisk together the tahini, lemon juice and water. Add a pinch of salt and pepper.
7. Set aside.
8. Assemble the bowl by adding 1 cup of quinoa into each bowl.
9. Arrange the broccoli, edamame and avocado around the bowl.
10. Top with sliced tempeh, drizzle with lots of dressing.



# Shrimp poke bowl



---

**15 minutes**

**3 servings**

**16 ingredients**

---

## Instructions:

1. Sauté shrimp with onion and garlic with oil in a pan for 2 minutes per side. Season with salt and paprika.
2. Scoop cooked quinoa into a bowl, then top with shrimp and the rest of the ingredients.
3. Drizzle with the sauce from the shrimp and sprinkle sesame seeds to garnish.

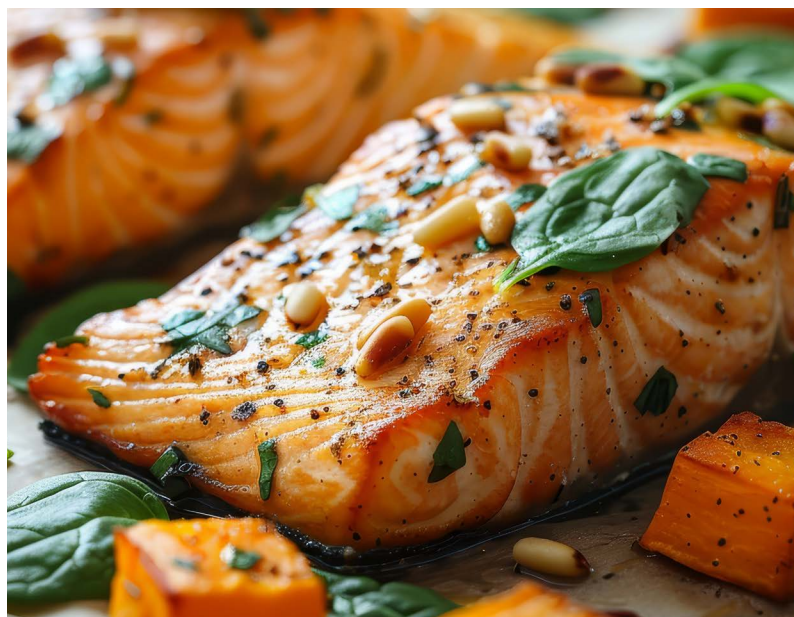
## Ingredients:

- 1 cup quinoa, cooked
- 450 g shrimp
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 1 tsp paprika powder
- 1 tbsp oil
- 1/3 tsp sea salt
- 1 medium carrot, shaved or chopped
- 1 small avocado, thinly sliced
- 4 tbsp red cabbage sauerkraut
- 1/4 cup sprouts
- 1/2 bell pepper
- 2 tbsp sesame seeds
- 2 tbsp balsamic vinegar
- 2 tbsp honey
- 2 tbsp white chia seed oil or olive oil



## LUNCH AND DINNER RECIPES

# Roasted salmon and sweet potato bowl



### Ingredients:

- 1 medium salmon filet
- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 1 tbsp white chia seed oil
- 1 lime
- 1 avocado, thinly sliced
- 1 cup spinach
- 1/3 cup pine nuts
- Salt to taste
- Black pepper to taste

---

**45 minutes**

**3 servings**

**9 ingredients**

---

### Instructions:

1. Preheat oven to 375 degrees. Line 2 baking trays with parchment paper and set aside.
2. Mix 1 tablespoon of oil and a pinch of sea salt in a large mixing bowl. Add the sweet potatoes and toss until each piece is coated with oil. Pour the seasoned potatoes onto one baking tray, making sure they are evenly spread.
3. Place salmon, skin side down, on your second baking tray. Rub the remaining oil over your salmon filet. Slice one lime and put it on top of your salmon. Sprinkle black pepper to taste.
4. Place both baking trays in the oven. Cook until potatoes are tender and the salmon reaches an internal temperature of 145 degrees.
5. Place a handful of spinach at the bottom of the serving bowl, top with a handful of sweet potatoes, salmon, avocado slices, pine nuts and a lime wedge.



## LUNCH AND DINNER RECIPES

# Beef bowl



---

**25 minutes**

**4 servings**

**13 ingredients**

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### Ingredients:

- 1 tsp ground cumin
- 1 lime, cut into wedges
- 2 garlic cloves, minced
- 2 cups spinach
- 2 tbsp cilantro
- ¼ cup scallions, chopped
- 2 sweet potatoes, peeled and cut into 1-inch cubes
- 2 tbsp extra virgin olive oil
- 1 avocado, cubed
- 16 oz flank steak
- 1 jalapeño, seeded and minced
- Flaky sea salt to taste
- Black pepper to taste

### Instructions:

1. Toss cubed sweet potatoes with the oil and cumin, then spread onto a large baking sheet, making sure they are in a single layer and have space around them. Roast at 425 degrees until fork tender, then remove and set aside.
2. Season the flank steak with salt and pepper and sear in a skillet on each side for at least 3 minutes. Rest for 3 to 5 minutes, then cut into strips or cubes, being mindful to cut against the grain.
3. Divide all ingredients into two large bowls and top with fresh lime juice, jalapeño, garlic and flaky sea salt.

LUNCH AND DINNER RECIPES

# Beef taco bowl



## Ingredients:

- 2 tsp coconut oil
- 1 yellow onion, minced
- 1 lb ground beef
- 2 tsp ground cumin
- 2 cloves garlic, minced
- 1 tsp sea salt
- 3 cups cooked brown rice
- Tomatoes, diced to taste
- Avocado, diced to taste
- Cilantro to taste
- Sour cream to taste

---

**15 minutes**

**4 servings**

**11 ingredients**

---

## Instructions:

1. Heat coconut oil over medium heat in a large sauté pan, add onion and sauté for 5 minutes
2. Add ground beef and cook for 10 minutes, breaking up the beef with a wooden spoon until no large chunks remain.
3. Make a well in the center of the pan and add the cumin, garlic and salt. Stir spices in the middle of the pan until fragrant, then stir into the meat mixture.
4. Serve with rice and toppings of your choice.