

 TOTAL LIFE CHANGES®
HOME OF

THE 15 DAY CHALLENGE™



**15 DAY
CHALLENGE
PROGRAM**



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TRACKING YOUR JOURNEY!

Use this worksheet to track your progress and update your goals at each of the checkpoints. Try to measure the same place each time. Start with the widest part of your flexed bicep, then the largest part of your chest, narrowest part of your waist (usually near the bellybutton), widest part of hips, and widest part of your right thigh.

DAY 0 PRE-JOURNEY STATS

Weight: _____

Right Bicep: _____ Chest: _____ Waist: _____ Hips: _____ Right Thigh: _____

Notes/Goals: _____

DAY 8 HALF-WAY CHECKPOINT: DAY 8

Weight: _____

Right Bicep: _____ Chest: _____ Waist: _____ Hips: _____ Right Thigh: _____

Notes/Goals: _____

DAY 15 MY 15-DAY JOURNEY RESULTS

Weight: _____

Right Bicep: _____ Chest: _____ Waist: _____ Hips: _____ Right Thigh: _____

Notes/Goals: _____

SAMPLE MEAL PLAN

	PRE-BREAKFAST 20 MINUTES OF WAKING UP	BREAKFAST	LUNCH	OPTIONAL SNACK	DINNER
DAY 1	Isaso® Tea	Nutraburst® Mimosa and NRG Breakfast Burrito	Pesto Tuna Wrap	Vanilla Raspberry Smoothie	Eggplant Parmesan, Small Side Salad
DAY 2	Isaso® Tea	Nutraburst® Mimosa and NRG Overnight Oats	Vegan Chickpea Wrap	Peanut Butter & Jelly Anytime Smoothie	Chicken Enchiladas (Save leftover chicken for tomorrow morning)
DAY 3	Isaso® Tea	Nutraburst® Mimosa and NRG Sweet Potato Chicken Hash	Vegetable Sandwich	Key Lime Not-So Pie Smoothie	Easy Clean-Up Pork & Potatoes Dinner
DAY 4	Isaso® Tea	Nutraburst® Mimosa and NRG Huevos Rancheros	Lemony Herb Rice Salad	Lemon Ginger Smoothie	No Noodle Pumpkin Zucchini Lasagna
DAY 5	Isaso® Tea	Nutraburst® Mimosa and NRG Egg & Tomato Sandwich	Lentil Bowl	Oatmeal Shake	One-Pan Tilapia with Veggies
DAY 6		Shot of Nutraburst® and NRG Detox Tea Smoothie + 1 Breakfast Frittata Cup	Vegetarian Burrito	Breakfast Frittata Cup with Salsa, Green Juice or Apple	Shrimp with Sweet Potatoes & Kale
DAY 7		Shot of Nutraburst® and NRG Tasty Chai Tea Smoothie + 1 Breakfast Frittata Cup	Quinoa Bowl	French Toast Delight Smoothie or Small Piece of Fruit + 10-12 Nuts	Pizza Burger
DAY 8	Isaso® Tea Shot of Nutraburst® and NRG	Overnight Oats	Pesto Tuna Wrap	Peach + 12 Pecans	No Noodle Pumpkin Zucchini Lasagna
DAY 9	Isaso® Tea Shot of Nutraburst® and NRG	Protein Muffin + Smoothie of your Choice	Vegan Chickpea Wrap	Grapefruit, Raspberries or another Protein muffin	Easy Clean-Up Pork & Potatoes Dinner
DAY 10	Isaso® Tea Shot of Nutraburst® and NRG	Nutraburst® Mimosa and NRG Breakfast Burrito	Quinoa Bowl	Green Juice or another Protein Muffin	Shrimp with Sweet Potatoes & Kale
DAY 11	Isaso® Tea Shot of Nutraburst® and NRG	Chocolate Mocha Eye-Opener Smoothie	Vegetarian Burrito	Apple with Peanut or Almond butter	Chicken Enchiladas
DAY 12	Isaso® Tea Shot of Nutraburst® and NRG	Very Vanilla Shake + Your Choice of 1: Breakfast Frittata Cup, Protein Pancake, or Protein Muffin	Lentil Bowl	12 Tortilla or Bean Chips with Guacamole	One-Pan Tilapia with Veggies
DAY 13	Isaso® Tea Shot of Nutraburst® and NRG	Snickerdoodle Shake + Breakfast Frittata Cup (or, whatever you made)	Vegetable Sandwich	Blueberries + Walnuts	Stir-Fry
DAY 14	Isaso® Tea Shot of Nutraburst® and NRG	Tasty Chai Tea Smoothie + Breakfast Frittata Cup	Lemony Herb Rice Salad	Raspberries + Pecans	Eggplant Parmesan
DAY 15	Isaso® Tea Shot of Nutraburst® and NRG	Tropical Bliss Smoothie + Breakfast Frittata Cup	Vegan Chickpea Wrap	Hummus + Carrots	Pizza Burger

GROCERY LIST



This list covers every single ingredient included in all of the meal plans. If you're really busy, we recommend repeating meals whenever possible so you don't have to cook three new recipes every day. Once you've finalized your meal plan, you can circle everything you actually need to buy. You're also welcome to also use this as an "allowable food list."

VEGGIES

- Spinach
- Romaine
- Collard Greens
- Red Onion
- Red Peppers
- Green Peppers
- Roma Tomatoes
- Grape Tomatoes
- Sun-Dried Tomatoes
- Butternut Pumpkin
- Yukon Gold Potatoes
- Sweet Potatoes
- Brussels Sprouts
- Radishes
- Sugar Snap Peas
- Jalapeño
- Chiles
- Mushrooms
- Celery
- Carrots
- Cucumber
- Kale
- Zucchini
- Asparagus
- Scallions
- Tomato Sauce

PROTEINS

- Chicken Breast
- Tilapia Fillets
- Tuna
- Ground Beef
- Lean Ground Turkey
- Pepperoni
- Pork Loin Chops
- Tofu
- Shelled Edamame
- Eggs & Egg Whites
- Red Lentils
- Brown Lentils
- Black Beans
- Chickpeas
- Protein Powder or MatriX Protein

NUTS & SEEDS

- Chopped Roasted Peanuts
- Pecans
- Sliced Almonds
- Walnuts
- Chia Seeds

FRUITS

- Apples
- Raspberries
- Bananas
- Peaches
- Blueberries
- Oranges
- Lemons
- Lemon Juice
- Lime Juice
- Honeycrisp
or Gala Apples
- Frozen Strawberries
or Blueberries
- Frozen Mixed Berries

GRAINS

- Old-Fashioned Oats
- Whole Grain Rice
- Brown Rice
- Lentils
- Quinoa
- Tortillas
- Almond Flour
- Whole-Grain or
Gluten-Free Rolls/Buns

CONDIMENTS & DRESSINGS

- Almond Milk or Coconut Milk
- Olive Oil
- Hot Sauce
- Salsa
- Hummus
- Garlic Cloves
- Ginger Root
- Light Brown Sugar, Cane Sugar or Stevia
- Honey or Agave Nectar or Maple Syrup
- Vanilla Extract
- Dark Chocolate Chips
- Baking Powder
- Mayonnaise
- Honey Mustard
- Pesto
- Rice Wine Vinegar
- Pizza Sauce
- Chicken Stock
- Tomato Paste
- Panko Crumbs
- Soy Sauce
- Peanut Sauce
- Organic Smooth Peanut Butter
- Dark Cocoa Powder
- Chai Tea
- Delgada or Instant Coffee
- Ginger Root
- Orange Juice
- Sparkling Water
- Marinara sauce

SPICES

- Mint
- Basil
- Chili Flakes
- Cilantro
- Cumin
- Paprika
- Ground Ginger
- Paprika
- Tarragon
- Oregano
- Allspice
- Cinnamon
- Ground Ginger
- BBQ or Southwest Seasoning
- Chili Powder
- Nutmeg
- Garlic Powder
- Fennel Seeds

DAIRY

- Shredded Pepper Jack Cheese
- Shredded Mexican- Blend Cheese
- Mozzarella cheese
- Low-Fat Ricotta Cheese
- Parmesan Cheese
- Cottage Cheese
- Feta Cheese
- Nonfat Milk
- Greek Yogurt and Vanilla Greek Yogurt
- Fontina cheese
- Butter
- Non-Fat Sour Cream

TOTAL LIFE CHANGES®
HOME OF

THE 15 DAY CHALLENGE™

A woman with dark curly hair, wearing a red sports bra, is smiling and looking down. The background is a blurred indoor setting with a purple and blue color cast.

15 DAY PROGRAM OVERVIEW



TAKE PRODUCTS



HYDRATE



EXERCISE



Mind.

AFFIRMATION

Today I will nourish my mind the way I nourish my body. I am only focused on only consuming content that will improve me in some way.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Nutraburst® Mimosa and NRG.

Breakfast:

Breakfast Burrito

Lunch:

Pesto Tuna Wrap

Optional Snack:

Vanilla Raspberry Smoothie

Dinner:

Eggplant Parmesan and Small Side Salad

HEALTHY TIPS



Plan a colorful meal for dinner!

PRE-BREAKFAST

Iaso® Tea, Nutraburst® Mimosa & NRG.

Nutraburst® Mimosa

1 serving - 35 calories.

**Ingredients**

- 1 tbsp Nutraburst®
- 1/4 cup Organic Orange Juice
- Splash of sparkling water/LaCroix



BREAKFAST

Breakfast Burrito

Serving size: 1 burrito | Makes 2 servings
460 calories per serving.

**Ingredients**

- 1 teaspoon cooking oil
- 1/4 small red onion, diced
- 1/2 red bell pepper, seeded and diced
- 1/2 cup drained, rinsed canned black beans
- Pinch teaspoon chili flakes
- 1/4 cup shredded pepper Jack cheese (optional)
- Salt and pepper
- 2 eggs and 2 egg whites
- Nonstick cooking spray
- 2 10-inch tortillas
- 1 small tomato, seeded and diced
- Hot sauce and salsa to taste

Breakfast Burrito



Preparation

Heat oil in one large skillet over medium-high heat.

Cook onions and peppers until peppers are slightly charred. Add black beans and red pepper flakes. Heat until warmed.

Whisk the eggs and egg whites together, then add the cheese (optional).

Spray another skillet with cooking spray, and heat. Add eggs, stirring until cooked.

Spoon salsa onto the tortilla, then layer with 1/2 of the black beans, 1/2 of the scrambled eggs, and some diced tomato.

Season with hot sauce.

Roll up burrito-style and serve.

LUNCH



Pesto Tuna Wrap

Serving size: 1 wrap | Makes 1 serving | 292 calories per serving.



Ingredients

- 1 pouch tuna
- 1 whole wheat tortilla
- 2 lettuce leaves
- 1/2 cup tomato, chopped
- 2 tablespoons onion, chopped
- 1 tablespoon pesto
- 1 tablespoon light mayonnaise



Preparation

Transfer tuna to a bowl.

Add tomatoes, onion, mayonnaise, and pesto. Mix well.

Place lettuce leaves over tortilla.

Spoon on tuna mixture.

Roll the tortilla.

OPTIONAL SNACK

Vanilla Raspberry Smoothie

Makes 2 servings.

**Ingredients**

- 1/4 cup sugar
- 1/4 cup water
- 1/2 cup plain Greek yogurt
- 1/2 cup frozen raspberries
- 1/4 cup apple juice or cider
- 1/2 teaspoon vanilla extract
- 1 cup ice
- 1/2 scoop Matrix shake mix

**Directions**

In a small saucepan, bring sugar and water to a boil over medium-high heat. Simmer, stirring occasionally, until the sugar has dissolved. Cool for 20 minutes. Pour the cooled syrup into a blender. Add the yogurt, raspberries, apple juice, vanilla, shake mix and ice, and blend.

DINNER

**Ingredients****For the eggplant:**

- 2 large eggs, beaten lightly
- 1 tablespoon water
- 2 cups whole-wheat panko
- 1/4 cup fresh Parmesan cheese, grated
- 2 large eggplants, peeled and cut crosswise into 1/2-inch-thick slices
- Cooking spray

**Eggplant Parmesan**

Serving size: 1 slice
 Makes 10 serving
 318 calories per serving.

Eggplant Parmesan



Ingredients

For the filling:

- 1/2 cup fresh basil, torn
- 1/4 cup fresh Parmigiano-Reggiano cheese, grated
- 1/2 teaspoon crushed red pepper
- 1 1/2 teaspoons garlic, minced
- 1/4 teaspoon salt
- 1 16 oz container low-fat ricotta cheese
- 1 large egg, beaten lightly

Remaining ingredients:

- 1 24 oz jar pasta sauce
- 1/4 teaspoon salt
- 8 oz mozzarella cheese, thinly sliced
- 3/4 cup fontina cheese, finely grated



Preparation

Preheat the oven to 375 degrees.

For eggplant:

Combine 2 eggs and 1 tablespoon water in a shallow dish.

Combine panko and 1/4 cup Parmesan in a second shallow dish.

Dip eggplant in egg mixture, then into panko mixture, pressing gently and then shaking off excess.

Place eggplant 1 inch apart on baking sheets coated with cooking spray. Bake at 375 degrees for 30 minutes or until golden, turning once and rotating baking sheets after 15 minutes.

For filling:

Combine basil, Parmesan cheese, pepper, garlic, salt, ricotta cheese, and egg in a bowl.

Spoon 1/2 cup pasta sauce in bottom of a 13-inch by 9-inch glass baking dish coated with cooking spray. Layer half of eggplant slices over pasta sauce. Sprinkle eggplant with salt.

Top with 3/4 cup pasta sauce.

Spread half of ricotta mixture over sauce, and top with a third of mozzarella and 1/4 cup fontina.

Repeat layers once, ending with about 1 cup pasta sauce. Cover tightly with aluminum foil coated with cooking spray. Bake at 375 degrees for 35 minutes.

Remove foil and top with remaining third of mozzarella and 1/4 cup fontina. Bake at 375 for 10 minutes or until sauce is bubbly and cheese melts.



DAY 1

GROCERY LIST

Nutraburst
Organic Orange Juice
Sparkling Water
Olive Oil
Nonstick Cooking Spray
Hot Sauce
Salsa
Chili Flakes
Salt and pepper
Pesto
Light Mayonnaise
Sugar
Apple Juice or Cider
Vanilla Extract
Fresh Basil
Crushed Red Pepper
Garlic, minced
24 oz jar Pasta Sauce
Small Red Onion

Red Bell Pepper
1 Small Tomato
Lettuce
Large eggplants
Black Beans
Eggs
Egg Whites
Shredded Pepper Jack Cheese
Tuna
Plain Greek yogurt
Matrix shake mix
Parmigiano-Reggiano cheese
16 oz container low-fat ricotta cheese
8 oz mozzarella cheese
Fontina cheese
10-inch tortillas
Frozen Raspberries
Panko Bread Crumbs



TAKE PRODUCTS



HYDRATE



EXERCISE



Body.

AFFIRMATION

I will commit to moving more today. I will park farther away from the door. I will take the stairs.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Nutraburst® Mimosa and NRG.

Breakfast:

Overnight Oats

Lunch:

Vegan Chickpea Wrap

Optional Snack:

Peanut Butter & Jelly Anytime Smoothie

Dinner:

Chicken Enchiladas (Save leftover chicken for tomorrow morning)

HEALTHY TIPS



Even a little bit of meal prep is better than not being prepared at all!

PRE-BREAKFAST _____

Iaso® Tea, Nutraburst® Mimosa & NRG.

BREAKFAST _____**Overnight Oats**

Serving size: 1 jar | Makes 1 servings
350 calories per serving.

**Ingredients**

- 3/4 cup nonfat milk
- 1/2 cup old-fashioned rolled oats
- 1/3 cup blueberries or choice of fruit
- 1 teaspoon packed light brown sugar
- 1/4 teaspoon finely grated lemon zest
- 1/8 teaspoon pure vanilla extract
- Pinch Kosher salt
- 1 tablespoon toasted sliced almonds
- 2 teaspoons honey or agave nectar

**Preparation**

In a glass pint jar or other container with lid, combine milk, oats, fruit, brown sugar, lemon zest, vanilla, and salt. Secure the lid and shake.

Refrigerate at least 6 hours, up to overnight. In the morning, top with the almonds and honey.

Remove lid and microwave to warm up, if desired.



Vegan Chickpea Wrap

Serving size: 2 wraps | Makes 2 serving
347 calories per serving.



Ingredients

- 1 15 oz can low sodium chickpeas
- 1 celery stalk
- 2 tablespoons red onion
- 1 teaspoon garlic salt
- 3 tablespoons honey mustard
- 4 leaves butter or romaine Lettuce



Preparation

Drain and rinse the chickpeas and place them in a large bowl.

Thinly slice the celery and onions.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.

OPTIONAL SNACK

Peanut Butter & Jelly Anytime Smoothie

Makes 2 servings.

**Ingredients**

- 10 oz unsweetened almond milk
- 1/2 cup frozen strawberries or blueberries
- 1 heaping tablespoon smooth peanut butter
- 1 scoop Matrix shake mix

**Directions**

Place ingredients into a blender and blend until smooth.

DINNER

Chicken Enchiladas

Serving size: 2 enchiladas
Makes 6 servings
374 calories per serving.



DINNER



Chicken Enchiladas

Ingredients

- 1 cup onion, chopped
- 1 cup unsalted chicken stock
- 1 tablespoon all-purpose flour
- 1 1/2 tablespoons chili powder
- 2 teaspoons ground cumin
- 3/4 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1 15 oz can unsalted tomato sauce
- 3 cups shredded skinless, boneless rotisserie chicken breast
- 1 15 oz can unsalted black beans, rinsed and drained
- 12 6-inch whole wheat tortillas
- Cooking spray
- 3/4 cup shredded 4-cheese Mexican blend cheese
- 1 cup chopped tomato
- 1/4 cup fresh cilantro, chopped
- 6 tablespoons sour cream



Preparation

Preheat broiler to high.

In a sauce pan, combine onion, chicken stock, flour, chili powder, cumin, garlic powder, salt, and tomato sauce. Bring to a boil and allow to thicken. Reserve 1 1/2 cups of sauce.

Add beans and chicken to pan and heat.

Heat tortillas. Spoon some the chicken mixture into the center of each tortilla and roll.

Place rolls, seam down, into a baking dish treated with cooking spray. Top with remaining sauce and cheese.

Cook under broiler until cheese is melted.



DAY 2

GROCERY LIST

1 cup onion, chopped
1 cup unsalted chicken stock
1 tablespoon all-purpose flour
1 1/2 tablespoons chili powder
2 teaspoons ground cumin
3/4 teaspoon garlic powder
1/2 teaspoon crushed red pepper
1/4 teaspoon salt
1 15 oz can unsalted tomato sauce
3 cups shredded skinless, boneless rotisserie chicken breast
1 15 oz can unsalted black beans, rinsed and drained
12 6-inch whole wheat tortillas
Cooking spray
3/4 cup shredded 4-cheese Mexican blend cheese
1 cup chopped tomato
1/4 cup fresh cilantro, chopped
6 tablespoons sour cream

10 oz unsweetened almond milk
1/2 cup frozen strawberries or blueberries
1 heaping tablespoon smooth peanut butter
1 scoop Matrix shake mix
1 15 oz can low sodium chickpeas
1 celery stalk
2 tablespoons red onion
1 teaspoon garlic salt
3 tablespoons honey mustard
4 leaves butter or romaine Lettuce
3/4 cup nonfat milk
1/2 cup old-fashioned rolled oats
1/3 cup blueberries or choice of fruit
1 teaspoon packed light brown sugar
1/4 teaspoon finely grated lemon zest
1/8 teaspoon pure vanilla extract
Pinch Kosher salt
1 tablespoon toasted sliced almonds
2 teaspoons honey or agave nectar



TAKE PRODUCTS



HYDRATE



EXERCISE



Spirit.

AFFIRMATION

I am working toward my perfect life, but grateful for the life I have now. I am aware that not everyone is as lucky as me.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Nutraburst® Mimosa and NRG.

Breakfast:

Sweet Potato Chicken Hash

Lunch:

Vegetable Sandwich

Optional Snack:

Key Lime Not-So Pie Smoothie

Dinner:

Easy Clean-Up Pork & Potatoes Dinner

HEALTHY TIPS



The USDA recommends that most adults eat about 2-2.5 cups of vegetables each day.

PRE-BREAKFAST

Iaso® Tea, Nutraburst® Mimosa & NRG.

Nutraburst® Mimosa

1 serving - 35 calories.

**Ingredients**

- 1 tbsp Nutraburst®
- 1/4 cup Organic Orange Juice
- Splash of sparkling water/LaCroix

**BREAKFAST**

**Sweet Potato Chicken Hash**

Serving size: 1 bowl | Makes 1 serving
261 calories per serving.

Sweet Potato Chicken Hash



Ingredients

- 1/4 cup diced sweet potatoes
- 1/2 cup left-over cooked chicken, chopped
- 1/4 teaspoon paprika
- Salt and pepper to taste
- 1 large egg



Preparation

In a bowl, microwave sweet potatoes with 1 tbsp water 2 - 5 mins.

Add chicken, paprika, salt + pepper to taste. Microwave 1 min. Crack egg on top.

Add a few drops of water to egg and microwave about 45 secs.

LUNCH

Vegetable Sandwich

Serving size: 1 sandwich | Makes 1 serving
300 calories per serving.



Ingredients

- 2 slices whole-grain bread
- 2 slices tomato
- 1/2 small cucumber, sliced
- 1 tablespoon hummus
- 1 slice low-fat cheese
- Salt and pepper to taste



Preparation

Place veggies on 1 bread slice. Cover with cheese. Spread hummus on other slice. Season to taste.

OPTIONAL SNACK

Key Lime Not-So Pie Smoothie

Makes 2 servings.

**Ingredients**

- 1/2 cup cottage cheese
- 1 tablespoon lime juice
- 1 cup ice cubes
- 1/2 cup unsweetened almond milk
- 1 tablespoon non-sugar sweetener
- 1/2 cup spinach
- 1 scoop Matrix shake mix

**Directions**

Place ingredients into a blender and blend until smooth.

DINNER

**Easy Clean-Up Pork & Potatoes Dinner**

Serving size: 1 pork chop, 1/4 of potatoes & asparagus

Makes 4 servings | 486 calories per serving.

DINNER

Easy Clean-Up Pork & Potatoes Dinner



Ingredients

- 1/4 cup olive oil
- 3 cups new potatoes, diced
- 3 cups fresh asparagus, cut into 1-inch pieces
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large gala or Honeycrisp apple, peeled and cut into 1-inch wedges
- 2 teaspoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 4 boneless pork loin chops (1-inch thick and about 6 ounces each)
- Salt and pepper
- 2 teaspoons of your favorite BBQ or Southwest seasoning



Preparation

Preheat oven to 425 degrees.

Line a 15 x 10 baking pan with foil.

Brush with 2 tsps oil.

In a large bowl, toss potatoes with 1 tbsp oil. Place in 1 corner of pan. In same bowl, toss asparagus with 1 tbsp oil. Place in other corner of pan.

In same bowl, toss apple with 1 tsp oil.

In a small bowl, mix sugar, cinnamon + ginger. Add apples; mix. Add to free area of pan.

Brush chops with 1 tbsp oil. Season both sides. Move chops to free area of pan.

Bake 20-25 mins or until thermometer reads 145 degrees + potatoes/ apples are tender.



DAY 3

GROCERY LIST

1/4 cup olive oil
3 cups new potatoes, diced
3 cups fresh asparagus,
cut into 1-inch
pieces
1 large gala or
Honeycrisp apple, peeled
and cut into 1-inch wedges
2 teaspoons brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
4 boneless pork loin chops
(1-inch thick and about 6 ounces each)
Salt and pepper
2 teaspoons of your favorite BBQ or
Southwest seasoning
1/2 cup cottage cheese

1 tablespoon lime juice
1/2 cup unsweetened almond milk
1 tablespoon non-sugar sweetener
1/2 cup spinach
1 scoop Matrix shake mix
2 slices whole-grain bread
2 slices tomato
1/2 small cucumber, sliced
1 tablespoon hummus
1 slice low-fat cheese
1/4 cup diced sweet potatoes
1/2 cup left-over cooked
chicken, chopped
1/4 teaspoon paprika
1 large egg



TAKE PRODUCTS



HYDRATE



EXERCISE



Mind.

AFFIRMATION

I will learn something new today. I will appreciate someone else's point of view. I will end my day wiser than when I started it.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Nutraburst® Mimosa and NRG.

Breakfast:

Huevos Rancheros

Lunch:

Lemony Herb Rice Salad

Optional Snack:

Lemon Ginger Smoothie

Dinner:

No Noodle Pumpkin Zucchini Lasagna

HEALTHY TIPS



Aim to drink one ounce of filtered or pure water for every pound of your body weight.

PRE-BREAKFAST _____

Iaso® Tea, Nutraburst® Mimosa & NRG.

BREAKFAST _____**Huevos Rancheros**

Serving size: 1 tortilla | Makes 2 servings
360 calories per serving.

**Ingredients**

- Salsa
- 2 tablespoons extra-virgin olive oil
- 1/2 15.5-ounce can black beans, drained and rinsed
- 2 large eggs
- 2 6-inch corn tortillas, warmed
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped fresh cilantro

**Preparation**

Heat a medium skillet over low heat. Add 1 tbsp oil. Fry salsa in oil; let it thicken. Add to bowl; set aside. ** or purchase salsa if preferred*

Add beans to same pan with 1/4 cup of warm water. Cook over low heat until warm.

Heat tbsp of oil in new skillet. Fry the eggs sunny-side up, add pepper to taste.

Add ingredients to tortilla and serve!



Lemony Herb Rice Salad

Serving size: 1 salad | Makes 6 servings
378 calories per serving.



Ingredients

- 2 lemons
- Salt and pepper to taste
- 1/2 medium red onion, sliced
- 1 medium carrot, shredded
- 1/4 cup vegetable oil
- 2 cups whole-grain rice
- 2 tablespoons rice wine vinegar
- 2 teaspoons packed light brown sugar
- 1 cucumber, seeded and diced
- 1/2 cup salted roasted peanuts, chopped
- 1/2 cup fresh cilantro, chopped
- 1/2 cup fresh mint, chopped
- 1/2 cup fresh basil, chopped
- 1 bunch watercress, stems removed, leaves torn



Preparation

Peel 2 strips of zest from 1 lemon. Add 1 strip to oil in small saucepan over medium heat. Cook until edges turn golden. Set aside lemon oil to cool.

Cook rice as the package directs, add remaining lemon strip to water.

Place rice in large bowl, discard zest, fluff with a fork. Set aside to cool to room temp.

In a medium bowl, juice both lemons. Add vinegar, brown sugar, 1 1/4 tsp salt and 1/2 tsp pepper, whisk until sugar dissolves. Discard zest from lemon oil, whisk oil into dressing. Add onion; marinate 15 mins.

Mix carrot, cucumber, peanuts, cilantro, mint, basil + watercress with rice.

Top with the dressing mixture and toss.

OPTIONAL SNACK

Lemon Ginger Smoothie

Makes 2 servings.

**Ingredients**

- 1 1/2 oz collard greens
- 4 oz grape tomatoes
- 5 oz cucumbers, chopped
- 1 lemon, juiced
- 1/2 inch ginger root, peeled and chopped
- 1 tablespoon chia seeds
- 1 cup water
- 1 cup ice
- 1/2 scoop Matrix shake mix

**Directions**

Place ingredients into a blender and blend until smooth.

DINNER

**No Noodle Pumpkin
Zucchini Lasagna**

DINNER

No Noodle Pumpkin Zucchini Lasagna

Serving size: 1 slice | Makes 6 servings
405 calories per serving.



Ingredients

- 2 cups butternut pumpkin, peeled and thinly sliced
- Cooking spray
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/3 cup sundried tomatoes, chopped
- 28 oz can crushed tomatoes
- 1 cup dried red lentils, rinsed, drained
- 2 large zucchinis, peeled, sliced into ribbons
- 2 tablespoons fresh oregano, chopped
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 1 1/2 cups ground beef
- 15 oz low-fat ricotta
- 1 egg, lightly beaten
- 1/2 cup parmesan cheese, grated



Preparation

Preheat oven to 400 degrees. Line 2 large baking trays with parchment paper.

Put pumpkin on trays. Spray with oil. Roast for 10 mins; move to a plate.

Put zucchini on trays. Spray with oil. Roast 5 mins.

Heat oil in a large saucepan over medium-high heat. Add onion. Cook until translucent. Add garlic. Cook until fragrant. Add beef; Cook until browned. Add cinnamon, allspice, all tomatoes, lentils, + 2 1/2 cups water. Bring to boil. Reduce heat to medium-low. Simmer partially covered for 10 mins. Uncover. Cook additional 10 mins. Remove from heat; add oregano.

Add ricotta, egg + 1/2 the parmesan cheese in a bowl. Season with salt + pepper.

Spray 8 x 10 baking dish with cooking spray. Spread 2 cups of meat mix over pan. Spread 1/2 the ricotta mix over meat. Layer 1/2 the pumpkin and 1/2 the zucchini. Top with remaining meat mix, ricotta mix, pumpkin + zucchini. Add last of parmesan.

Cover with parchment paper, then foil. Bake for 20 mins. Remove foil and parchment paper. Bake for another 10-15 mins or until golden. Let stand for 10 mins before slicing.



DAY 4

GROCERY LIST

1 tbsp Nutraburst
1/4 cup organic orange juice
Splash of sparkling water
1 small tomato
1 small onion
1 small jalapeno pepper, chopped
1 clove garlic, chopped
Hot sauce to taste
1/2 teaspoon ground cumin
Salt and pepper to taste
2 tablespoons extra-virgin olive oil
1/2 15.5-ounce can black beans, drained and rinsed
2 large eggs
2 6-inch corn tortillas, warmed
1/4 cup crumbled feta cheese
1/4 cup chopped fresh cilantro
1 1/2 oz collard greens
4 oz grape tomatoes
5 oz cucumbers, chopped
1 lemon, juiced
1/2 inch ginger root, peeled and chopped
1 tablespoon chia seeds
1 cup water
1 cup ice
1/2 scoop Matrix shake mix
2 lemons
Salt and pepper to taste

1/2 medium red onion, sliced
1 medium carrot, shredded
1/4 cup vegetable oil
2 cups whole-grain rice
2 tablespoons rice wine vinegar
2 teaspoons packed light brown sugar
1 cucumber, seeded and diced
1/2 cup salted roasted peanuts, chopped
1/2 cup fresh cilantro, chopped
1/2 cup fresh mint, chopped
1/2 cup fresh basil, chopped
1 bunch watercress, stems removed, leaves torn
2 cups butternut pumpkin, peeled and thinly sliced
Cooking spray
2 large zucchinis, peeled, sliced
1 tablespoon extra-virgin olive oil
1 onion, finely chopped
3 garlic cloves, crushed
1 1/2 cups ground beef
1/2 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/3 cup sundried tomatoes, chopped
28 oz can crushed tomatoes
1 cup dried red lentils, rinsed, drained
2 tablespoons fresh oregano, chopped
15 oz low-fat ricotta
1 egg, lightly beaten
1/2 cup parmesan cheese, grated



TAKE PRODUCTS



HYDRATE



EXERCISE



Body.

AFFIRMATION

Today I will be mindful of what I eat. Before each meal or snack, I will think about if the food is healthy for me. If it isn't, I will choose a different food.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Nutraburst® Mimosa and NRG.

Breakfast:

Egg & Tomato Sandwich

Lunch:

Lentil Bowl

Optional Snack:

Oatmeal Shake

Dinner:

One-Pan Tilapia with Veggies

HEALTHY TIPS



Keep a variety of healthy snack or meal replacement options in your car, gym bag, or backpack.

PRE-BREAKFAST _____

Iaso® Tea, Nutraburst® Mimosa & NRG.

BREAKFAST _____**Egg & Tomato Sandwich**

Serving size: 1 sandwich | Makes 1 serving

203 calories per serving.

**Ingredients**

- 1 whole grain roll
- 1 tbsp chopped scallions
- 1 large hard-boiled egg, sliced
- 1 tbsp light mayonnaise
- 1 thick slice ripe tomato
- Salt and pepper to taste

**Preparation**

- Add egg on roll, then tomato.
- Add scallions.
- Add salt/pepper to taste; add mayo.

LUNCH



Lentil Bowl

Serving size: 3/4 of a cup | Makes 2 servings | 294 calories per serving.



Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1/2 cup tomatoes, chopped
- 1 tablespoon cilantro, minced
- 2 garlic cloves, minced
- 1 cup dried brown lentils, rinsed
- 1 teaspoon salt
- 1/2 cup chickpeas, washed and drained
- 1/4 teaspoon ground ginger
- 1/4 teaspoon paprika
- Pinch pepper
- 1 1/2 cups water
- 1/4 cup lemon juice
- 2 tablespoons tomato paste
- 1/2 cup fat-free plain Greek yogurt



Preparation

In a large saucepan, heat oil over medium-high heat. Cook onions until translucent. Add garlic; cook for 1 min. Add lentils, seasonings + water. Bring to a boil. Reduce heat.

Simmer, covered, 25-30 minutes.

Add lemon juice + tomato paste; heat through.

Move to bowl. Top with yogurt, tomatoes, and cilantro.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.

OPTIONAL SNACK

Oatmeal Shake**Ingredients**

- 1/4 cup dry oats
- 1/2 teaspoon ground cinnamon
- 1 teaspoon pure maple syrup
- 1 1/2 cups water or almond milk
- handful of ice cubes
- 1 scoop Matrix shake mix

**Directions**

Place ingredients into a blender and blend until smooth.



DINNER

**One-Pan Tilapia with Veggies**

DINNER

One-Pan Tilapia with Veggies

Serving size: 1 piece of fish and 1/2 the vegetables

Makes 2 servings | 555 calories per serving.



Ingredients

- 2 medium Yukon Gold potatoes, cut into chunks
- 3 large fresh Brussels sprouts, sliced
- 3 large radishes, sliced
- 1 cup fresh sugar snap peas, cut into 1/2-inch pieces
- 1 small carrot, thinly sliced
- 2 tablespoons butter, melted
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 2 tilapia fillets (about 6 ounces each)
- 2 teaspoons minced fresh tarragon or 1/2 teaspoon dried tarragon
- 1/8 teaspoon salt
- 1 tablespoon butter, softened
- Lemon (optional)
- Cooking spray



Preparation

Preheat the oven to 450 degrees. Line a 15x10 sheet pan with foil; spray foil with cooking spray.

In a bowl combine veggies. Add butter, garlic salt, pepper; toss to coat.

Place veggies in a single layer on a pan and bake for 20 mins.

Remove from oven; preheat broiler. Put veggies on 1 side of the pan. Add fish to the other & season; top with butter. Broil 4-5 inches from heat for 5 mins.

Add a squeeze of lemon, to taste.



DAY 5

GROCERY LIST

1 tablespoon olive oil
1 medium onion, chopped
1/2 cup tomatoes, chopped
1 tablespoon cilantro, minced
2 garlic cloves, minced
1 cup dried brown lentils, rinsed
1 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon paprika
Pinch pepper
1 1/2 cups water
1/4 cup lemon juice
2 tablespoons tomato paste
1/2 cup fat-free plain Greek yogurt
1 whole grain roll or gluten-free bread
1 tbsp chopped scallions
1 large hard-boiled egg, sliced
1 tbsp light mayonnaise
1 thick slice ripe tomato
Salt and pepper to taste
2 medium Yukon Gold potatoes, cut into chunks

3 large fresh Brussels sprouts, sliced
3 large radishes, sliced
1 cup fresh sugar snap peas, cut into 1/2-inch pieces
1 small carrot, thinly sliced
2 tablespoons butter, melted
1/2 teaspoon garlic salt
1/2 teaspoon pepper
2 tilapia fillets (about 6 ounces each)
2 teaspoons minced fresh tarragon or 1/2 teaspoon dried tarragon
1/8 teaspoon salt
1 tablespoon butter, softened
Lemon (optional)
Cooking spray
1/4 cup dry oats
1/2 teaspoon ground cinnamon
1 teaspoon pure maple syrup
1 1/2 cups water or almond milk
handful of ice cubes
1 scoop Matrix shake mix



TAKE PRODUCTS



HYDRATE



EXERCISE



Spirit.

AFFIRMATION

Today, I am grateful for all the blessings I already have.
I will be mindful not to miss the wonderful things in my life today.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Shot of Nutraburst® and NRG

Detox Tea Smoothie

Breakfast:

1 Breakfast Frittata Cup

Lunch:

Vegetarian Burrito

Optional Snack:

Breakfast Frittata Cup with Salsa, Green Juice or Apple

Dinner:

Shrimp with Sweet Potatoes & Kale

HEALTHY TIPS



Practice eating mindfully by trying to chew each bite 10-20 times.

PRE-BREAKFAST

**Shot of Nutraburst® & NRG
Detox Tea Smoothie**

**Detox Tea Smoothie**

**Ingredients**

- 1 1/2 oz spinach
- 1 apple, chopped
- 1 cucumber, chopped
- 1/2 lemon, juiced
- 1/2 inch ginger root, peeled and chopped
- 1/2 sachet Iaso Instant Tea
- 3 tablespoons walnuts
- 1 cup water
- 1 cup ice

**Directions**

Place ingredients into a blender and blend until smooth.

BREAKFAST



Breakfast Frittata Cup

Serving size: 1 Breakfast Frittata
Makes 12 servings
82 calories per serving.



Ingredients

- 12 large eggs
- 2 tablespoons finely chopped onion, (red, white or yellow/brown)
- Salt and pepper, to taste
- 1/4 cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 cup shredded mozzarella cheese
- Cooking spray



Preparation

Preheat the oven to 350°F. Spray 12-cup muffin tin with spray.

In a large bowl, whisk eggs/onion.

Season to taste.

Add egg mix halfway in each tin.

Divide 3 topping combos into 4 muffin cups each.

Bake for 15-20 mins, until set.

Cool slightly, then serve OR store in an airtight container in the fridge for up to 4 days; reheat when ready to serve.

LUNCH

**Vegetarian Burrito**

Serving size: 1 burrito | Makes 2 servings
387 calories per serving.

**Ingredients**

- 2 10-inch whole wheat tortillas
- 1/4 cup onion, chopped
- 2 tsp vegetable oil
- 1/3 tsp ground cumin
- 1/3 tsp chili powder
- 1/2 cup red bell pepper, chopped
- 1/3 cup frozen corn kernels, thawed
- 1 medium carrot, coarsely grated
- 1 cup canned black beans, rinsed, drained
- 1/3 cup drained canned Mexican-style stewed tomatoes
- 1 tsp jalapeño chile, seeded and chopped
- 4 tbsp Monterey Jack cheese, grated
- 2 tbsp nonfat sour cream
- 2 tbsp fresh cilantro, chopped

**Preparation**

Combine onion/oil in a large nonstick skillet. Stir over medium-high heat until the onion is translucent. Add cumin, chili powder. Add bell pepper, corn, and carrot. Cook until softened. Add beans, tomatoes, jalapeño. Simmer; season. Remove from heat.

Warm tortillas according to packaging.

Add filling to tortilla; wrap burrito-style.

OPTIONAL SNACK

Breakfast Frittata Cup with Salsa, Green Juice or Apple.



Shrimp with Sweet Potatoes & Kale

Serving size: 1/4 of skillet | Makes 4 servings

265 calories per serving.



Ingredients

- 2 tbsp extra virgin olive oil
- 1/2 cup onions, diced
- Crushed red pepper to taste
- 2 cloves garlic, minced
- 2 cups sweet potatoes, diced
- 2 cups shrimp, peeled, deveined, and thawed if frozen
- 3 cups kale leaves, trimmed and coarsely chopped
- Salt and pepper to taste



Preparation

In a skillet, heat oil over medium heat.

Add onions + crushed red pepper. Cook until onions are translucent.

Add garlic, cook for 30 secs.

Add sweet potatoes, cook until soft.

Add shrimp, cook until pink.

Set heat to low. Add kale. Stir until wilted.

Season to taste.



DAY 6

GROCERY LIST

2 tablespoons extra virgin olive oil
1/2 cup onions, diced
Crushed red pepper to taste
2 cloves garlic, minced
2 cups sweet potatoes, diced
2 cups shrimp, peeled, deveined,
and thawed if frozen
3 cups kale leaves, trimmed and
coarsely chopped
2 10-inch whole wheat tortillas
1/4 cup onion, chopped
2 teaspoons vegetable oil
1/3 teaspoon ground cumin
1/3 teaspoon chili powder
1/2 cup red bell pepper, chopped
1/3 cup frozen corn kernels, thawed
1 medium carrot, coarsely grated
1 cup canned black beans, rinsed,
drained
1/3 cup drained canned
Mexican-style stewed tomatoes

12 large eggs
2 tablespoons finely chopped onion,
(red, white or yellow/brown)
Salt and pepper, to taste
1/4 cup fresh spinach, roughly chopped
8 grape or cherry tomatoes, halved
1/4 cup shredded mozzarella cheese
1 1/2 oz spinach
1 apple, chopped
1 cucumber, chopped
1/2 lemon, juiced
1/2 inch ginger root, peeled
and chopped
1/2 sachet Iaso Instant Tea
3 tablespoons walnuts
1 teaspoon jalapeño chile, seeded and
chopped
4 tablespoons Monterey Jack
cheese, grated
2 tablespoons nonfat sour cream
2 tablespoons fresh cilantro, chopped



TAKE PRODUCTS



HYDRATE



EXERCISE



Mind.

AFFIRMATION

Today I am calm and centered. I am focused on positive thoughts.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Nutraburst® Mimoso & NRG
Tasty Chai Tea Smoothie

Breakfast:

1 Breakfast Frittata Cup

Lunch:

Quinoa Bowl

Optional Snack:

French Toast Delight Smoothie
or Small Piece of Fruit + 10-12 Nuts

Dinner:

Pizza Burger

HEALTHY TIPS



Incorporate more complex carbohydrates like potatoes, brown rice and lentils!

PRE-BREAKFAST

Iaso® Tea, Nutraburst® Mimosa & NRG

Detox Tea Smoothie**Ingredients**

- 1/2 cup unsweetened almond milk
- 1/2 cup chai tea, chilled
- 1 frozen banana
- 1/4 teaspoon ground cinnamon
- 1 scoop Matrix shake mix



BREAKFAST

**Breakfast Frittata Cup**

Serving size: 1 Breakfast Frittata | Makes 12 servings
82 calories per serving.



Quinoa Bowl

Serving size: 1 bowl | Makes 1 serving
337 calories per serving.



Ingredients

- 1 cup quinoa, cooked according to the package
- 1/3 cup canned low-sodium black beans, drained and rinsed
- 1 small tomato, chopped
- 1 scallion, sliced
- 1 tsp olive oil
- 1 tsp fresh lemon juice
- Salt and pepper to taste



Preparation

Place all ingredients into a bowl and lightly toss.

OPTIONAL SNACK



French Toast Delight Smoothie (or small piece of fruit + 12 nuts)



Ingredients

- 1/2 cup unsweetened almond milk
- 1/2 cup cottage cheese
- 1 tsp maple extract
- 1/2 tsp cinnamon
- 1 cup ice
- 1 scoop Matrix shake mix



Directions

Place ingredients into a blender and blend until smooth.



Pizza Burger

Serving size: 1 pizza burger | Makes 4 servings
451 calories per serving.



Ingredients

- 1 to 1 1/4 pounds lean ground turkey
- 1/4 cup onion, finely chopped
- 1/4 cup red bell pepper, finely chopped
- 1 tsp dried oregano
- 1/2 tsp fennel seeds, crushed
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp crushed red pepper flakes
- 1 tbsp olive oil
- 4 slices pepperoni (optional)
- 4 slices mozzarella cheese (optional)
- 4 whole-grain buns, toasted
- 1/2 cup lightly packed fresh basil leaves
- 1/3–1/2 cup pizza sauce, warmed



Preparation

In a bowl, add turkey, onion, red pepper, oregano, fennel seeds, garlic powder, salt, red pepper flakes. Make 4-inch-thick patties. Brush tops/bottom with oil. Cook until no long pink in the middle, 14-18 mins over medium heat. Top each patty with pepperoni + cheese slice for the last 1-2 mins of grilling, if desired. Add patties to bun; top with basil, pizza sauce, and bun tops.



DAY 7

GROCERY LIST

1 to 1 1/4 pounds lean ground turkey
1/4 cup onion, finely chopped
1/4 cup red bell pepper, finely chopped
1 teaspoon dried oregano
1/2 teaspoon fennel seeds, crushed
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
1 tablespoon olive oil
4 slices pepperoni (optional)
4 slices mozzarella cheese (optional)
4 whole-grain buns, toasted
1/2 cup lightly packed fresh basil leaves
1/3–1/2 cup pizza sauce, warmed
1/4 cup fresh spinach, roughly chopped
8 grape or cherry tomatoes, halved
1/4 cup shredded mozzarella cheese

1/2 cup unsweetened almond milk
1/2 cup cottage cheese
1 teaspoon maple extract
1/2 teaspoon cinnamon
1 cup ice
1 scoop Matrix shake mix
1 cup quinoa, cooked according to the package
1/3 cup canned low-sodium black beans, drained and rinsed
1 small tomato, chopped
1 scallion, sliced
1 teaspoon olive oil
1 teaspoon fresh lemon juice
12 large eggs
2 tablespoons finely chopped onion, (red, white or yellow/brown)



TAKE PRODUCTS



HYDRATE



EXERCISE



Body.

AFFIRMATION

Today, I will eat slowly, enjoying each bite for how it fuels my body in a healthy way, grateful for the energy it provides me.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Shot of Nutraburst® and NRG



Breakfast: Overnight Oats

Serving size: 1 jar | Makes 1 servings
350 calories per serving.



Lunch: Pesto Tuna Wrap

Serving size: 1 wrap | Makes 1 serving
292 calories per serving.



Optional Snack: Peach and 12 Pecans



Dinner: No Noodle Pumpkin Zucchini Lasagna

Serving size: 1 slice | Makes 6 servings
405 calories per serving.

HEALTHY TIPS



Incorporate a variety of different protein sources into your meals.

PRE-BREAKFAST _____

Iaso® Tea, Shot of Nutraburst® & NRG.

BREAKFAST _____**Overnight Oats**

Serving size: 1 jar | Makes 1 serving
350 calories per serving.

**Ingredients**

- 3/4 cup nonfat milk
- 1/2 cup old-fashioned rolled oats
- 1/3 cup blueberries or choice of fruit
- 1 teaspoon packed light brown sugar
- 1/4 teaspoon finely grated lemon zest
- 1/8 teaspoon pure vanilla extract
- Pinch Kosher salt
- 1 tablespoon toasted sliced almonds
- 2 teaspoons honey or agave nectar

**Preparation**

In a glass pint jar or other container with lid, combine milk, oats, fruit, brown sugar, lemon zest, vanilla, and salt. Secure the lid and shake.

Refrigerate at least 6 hours, up to overnight. In the morning, top with the almonds and honey.

Remove lid and microwave to warm up, if desired.

LUNCH



Pesto Tuna Wrap

Serving size: 1 wrap | Makes 1 serving | 292 calories per serving.



Ingredients

- 1 pouch tuna
- 1 whole wheat tortilla
- 2 lettuce leaves
- 1/2 cup tomato, chopped
- 2 tablespoons onion, chopped
- 1 tablespoon pesto
- 1 tablespoon light mayonnaise



Preparation

- Transfer tuna to a bowl.
- Add tomatoes, onion, mayonnaise, and pesto. Mix well.
- Place lettuce leaves over tortilla.
- Spoon on tuna mixture.
- Roll the tortilla.

OPTIONAL SNACK

Peach and 12 Pecans

DINNER

No Noodle Pumpkin Zucchini Lasagna

Serving size: 1 slice | Makes 6 servings
405 calories per serving.

No Noodle Pumpkin Zucchini Lasagna

Serving size: 1 slice | Makes 6 servings
405 calories per serving.



Ingredients

- 2 cups butternut pumpkin, peeled and thinly sliced
- Cooking spray
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/3 cup sundried tomatoes, chopped
- 28 oz can crushed tomatoes
- 1 cup dried red lentils, rinsed, drained
- 2 large zucchinis, peeled, sliced into ribbons
- 2 tablespoons fresh oregano, chopped
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 1 1/2 cups ground beef
- 15 oz low-fat ricotta
- 1 egg, lightly beaten
- 1/2 cup parmesan cheese, grated



Preparation

Preheat oven to 400 degrees. Line 2 large baking trays with parchment paper.

Put pumpkin on trays. Spray with oil. Roast for 10 mins; move to a plate.

Put zucchini on trays. Spray with oil. Roast 5 mins.

Heat oil in a large saucepan over medium-high heat. Add onion. Cook until translucent. Add garlic. Cook until fragrant. Add beef; Cook until browned.

Add cinnamon, allspice, all tomatoes, lentils, and 2 1/2 cups water. Bring to boil.

Reduce heat to medium-low. Simmer partially covered for 10 mins. Uncover. Cook additional 10 mins. Remove from heat; add oregano.

Add ricotta, egg, and 1/2 the parmesan cheese in a bowl. Season with salt and pepper.

Spray 8 x 10 baking dish with cooking spray. Spread 2 cups of meat mix over pan. Spread 1/2 the ricotta mix over meat. Layer 1/2 the pumpkin and 1/2 the zucchini. Top with remaining meat mix, ricotta mix, pumpkin and zucchini. Add last of parmesan.

Cover with parchment paper, then foil. Bake for 20 mins. Remove foil and parchment paper. Bake for another 10-15 mins or until golden. Let stand for 10 mins before slicing.



DAY 8

GROCERY LIST

2 cups butternut pumpkin, peeled and thinly sliced

Cooking spray

2 large zucchinis, peeled, sliced into ribbons

1 tablespoon extra-virgin olive oil

1 onion, finely chopped

3 garlic cloves, crushed

1 1/2 cups ground beef

1/2 teaspoon ground cinnamon

1/2 teaspoon ground allspice

1/3 cup sundried tomatoes, chopped

28 oz can crushed tomatoes

1 cup dried red lentils, rinsed, drained

2 tablespoons fresh oregano, chopped

15 oz low-fat ricotta

1 egg, lightly beaten

1/2 cup parmesan cheese, grated

1 pouch tuna

3/4 cup nonfat milk

1/2 cup old-fashioned rolled oats

1/3 cup blueberries or choice of fruit

1 teaspoon packed light brown sugar

1/4 teaspoon finely grated lemon zest

1/8 teaspoon pure vanilla extract

Pinch Kosher salt

1 tablespoon toasted sliced almonds

2 teaspoons honey or agave nectar

Peach

Pecans or other nuts

1 whole wheat tortilla

2 lettuce leaves

1/2 cup tomato, chopped

2 tablespoons onion, chopped

1 tablespoon pesto

1 tablespoon light mayonnaise



AFFIRMATION

I will be my true self today.

Spirit.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Shot of Nutraburst® and NRG

Breakfast:

Protein Muffin

Smoothie of your Choice

Lunch:

Vegan Chickpea Wrap

Optional Snack:

Grapefruit, Raspberries or another Protein muffin

Dinner:

Easy Clean-Up Pork & Potatoes Dinner

HEALTHY TIPS



Incorporate a face care ritual to help show off your radiant glow.

PRE-BREAKFAST

Iaso® Tea, Shot of Nutraburst® & NRG

BREAKFAST

Protein Muffin + Smoothie of your Choice

Protein Muffin

Serving size: 1 muffin | Makes 1 servings
226 calories per serving.



Ingredients

- 2 large eggs
- 1 tsp stevia
- 1 tsp pure vanilla extract
- Avocado oil spray for muffin liners
- 1/2 cup plain whole milk Greek yogurt
- 1/2 cup blanched finely ground almond flour
- 2 scoops protein powder (46 grams)
- 1 tsp baking powder (gluten free if needed)
- 1/3 cup dark chocolate chips divided
- 1/4 cup butter, melted and slightly cooled



Preparation

Preheat the oven to 350 degrees. Line 6-cup muffin tin with foil liners + spray with oil.

In a large bowl, whisk eggs, yogurt, melted butter, stevia, vanilla.

Mix in almond flour, then protein powder, then baking powder. Whisk until smooth.

Add chocolate chips, saving 24 to put on top of muffins.

Add batter in cups, almost filling. Top each with 4 chocolate chips.

Bake for 17-19 mins or until a toothpick inserted comes out clean. They will not brown even when ready.

LUNCH



Vegan Chickpea Wrap

Serving size: 2 wraps | Makes 2 servings
347 calories per serving.



Ingredients

- 1 15 oz can low sodium chickpeas
- 1 celery stalk
- 2 tablespoons red onion
- 1 teaspoon garlic salt
- 3 tablespoons honey mustard
- 4 leaves butter or romaine Lettuce



Preparation

Drain and rinse the chickpeas and place them in a large bowl.

Thinly slice the celery and onions.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.

OPTIONAL SNACK

Another Protein Muffin, Grapefruit or Raspberry



Easy Clean-Up Pork & Potatoes Dinner

Serving size: 1 pork chop, 1/4 of potatoes & asparagus

Makes 4 servings | 486 calories per serving.



Ingredients

- 1/4 cup olive oil
- 3 cups new potatoes, diced
- 3 cups fresh asparagus, cut into 1-inch pieces
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large gala or Honeycrisp apple, peeled and cut into 1-inch wedges
- 2 teaspoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 4 boneless pork loin chops (1-inch thick and about 6 ounces each)
- Salt and pepper
- 2 teaspoons of your favorite BBQ or Southwest seasoning



Preparation

Preheat oven to 425 degrees.

Line a 15 x 10 baking pan with foil.

Brush with 2 tsps oil.

In a large bowl, toss potatoes with 1 tbsp oil. Place in 1 corner of pan. In same bowl, toss asparagus with 1 tbsp oil. Place in other corner of pan.

In same bowl, toss apple with 1 tsp oil.

In a small bowl, mix sugar, cinnamon + ginger. Add apples; mix. Add to free area of pan.

Brush chops with 1 tbsp oil. Season both sides. Move chops to free area of pan.

Bake 20-25 mins or until thermometer reads 145 degrees + potatoes/ apples are tender.



DAY 9

GROCERY LIST

1/4 cup olive oil
3 cups new potatoes, diced
3 cups fresh asparagus, cut into 1-inch pieces
1/4 teaspoon salt
1/4 teaspoon pepper
1 large gala or Honeycrisp apple, peeled and cut into 1-inch wedges
2 teaspoons brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
4 boneless pork loin chops (1-inch thick and about 6 ounces each)
Salt and pepper
2 teaspoons of your favorite BBQ or Southwest seasoning
1 15 oz can low sodium chickpeas

1 celery stalk
2 tablespoons red onion
1 teaspoon garlic salt
3 tablespoons honey mustard
4 leaves butter or romaine Lettuce
Raspberries or Grapefruit
Avocado oil spray for muffin liners
2 large eggs
1/2 cup plain whole milk Greek yogurt
1/4 cup butter, melted and slightly cooled
1 teaspoon stevia
1 teaspoon pure vanilla extract
1/2 cup blanched finely ground almond flour
2 scoops protein powder (46 grams)
1 teaspoon baking powder (gluten free if needed)
1/3 cup dark chocolate chips divided



TAKE PRODUCTS



HYDRATE



EXERCISE



Mind.

AFFIRMATION

I am where I should be right now, and I remain open to the possibilities of this moment.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Nutraburst® Mimosa and NRG.



Breakfast: Breakfast Burrito

Serving size: 1 burrito | Makes 2 servings

460 calories per serving.



Lunch: Quinoa Bowl

Serving size: 1 bowl | Makes 1 serving

337 calories per serving.



Optional Snack: Green Juice or another Protein Muffin



Dinner: Shrimp with Sweet Potatoes & Kale

Serving size: 1/4 of skillet | Makes 4 servings

265 calories per serving.

HEALTHY TIPS



Ritualize your favorite new healthy habits by creating a morning and/or evening routine that you look forward to!

PRE-BREAKFAST

Iaso® Tea, Nutraburst® Mimosa & NRG.

Nutraburst® Mimosa

1 serving - 35 calories.



Ingredients

- 1 tbsp Nutraburst®
- 1/4 cup Organic Orange Juice
- Splash of sparkling water/LaCroix



BREAKFAST

Breakfast Burrito

Serving size: 1 burrito | Makes 2 servings
460 calories per serving.



Ingredients

- 1 teaspoon cooking oil
- 1/4 small red onion, diced
- 1/2 red bell pepper, seeded and diced
- 1/2 cup drained, rinsed canned black beans
- Pinch teaspoon chili flakes
- 1/4 cup shredded pepper Jack cheese (optional)
- Salt and pepper
- 2 eggs and 2 egg whites
- Nonstick cooking spray
- 2 10-inch tortillas
- 1 small tomato, seeded and diced
- Hot sauce and salsa to taste



Quinoa Bowl

Serving size: 1 bowl | Makes 1 serving
337 calories per serving.



Ingredients

- 1 cup quinoa, cooked according to the package
- 1/3 cup canned low-sodium black beans, drained and rinsed
- 1 small tomato, chopped
- 1 scallion, sliced
- 1 tsp olive oil
- 1 tsp fresh lemon juice
- Salt and pepper to taste



Preparation

Place all ingredients into a bowl and lightly toss.

OPTIONAL SNACK

Green Juice or another Protein Muffin



Shrimp with Sweet Potatoes & Kale

Serving size: 1/4 of skillet | Makes 4 servings
265 calories per serving.



Ingredients

- 2 tbsp extra virgin olive oil
- 1/2 cup onions, diced
- Crushed red pepper to taste
- 2 cloves garlic, minced
- 2 cups sweet potatoes, diced
- 2 cups shrimp, peeled, deveined, and thawed if frozen
- 3 cups kale leaves, trimmed and coarsely chopped
- Salt and pepper to taste



Preparation

In a skillet, heat oil over medium heat.

Add onions + crushed red pepper. Cook until onions are translucent.

Add garlic, cook for 30 secs.

Add sweet potatoes, cook until soft.

Add shrimp, cook until pink.

Set heat to low. Add kale. Stir until wilted.

Season to taste.

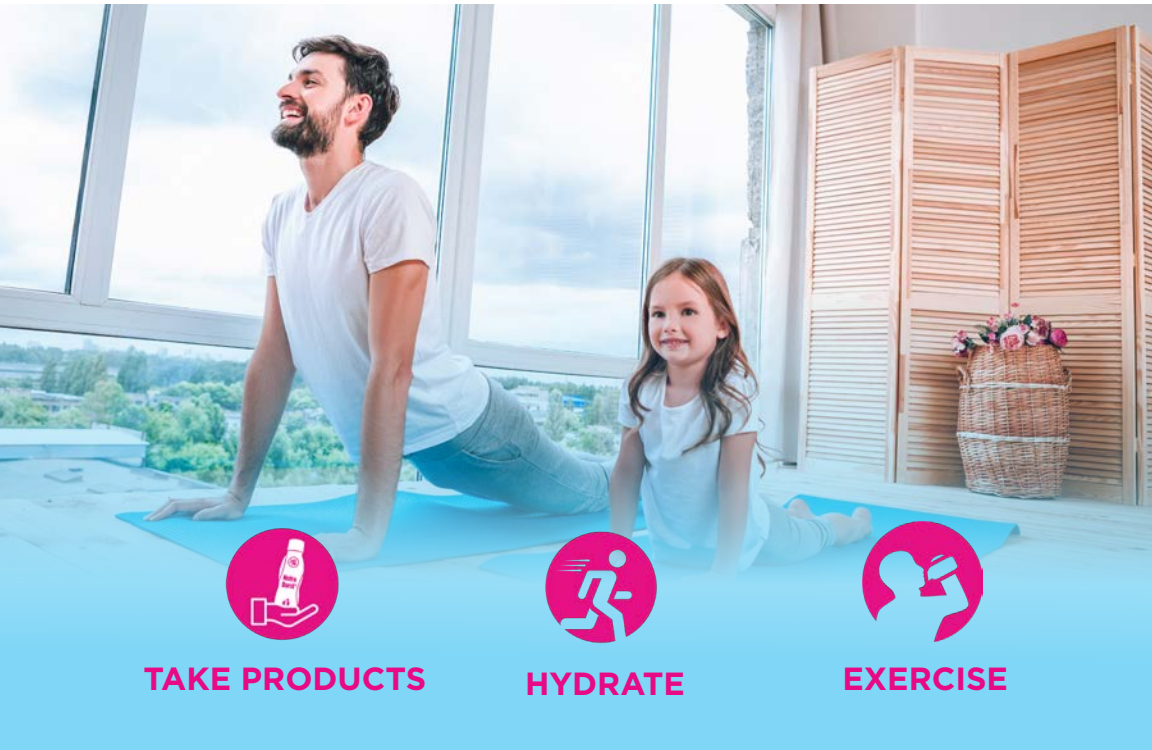


DAY 10

GROCERY LIST

1 teaspoon cooking oil
1/4 small red onion, diced
1/2 red bell pepper, seeded and diced
1/2 cup drained, rinsed canned black beans
Pinch teaspoon chili flakes
Salt and pepper
2 eggs and 2 egg whites
1/4 cup shredded pepper Jack cheese
Nonstick cooking spray
2 10-inch tortillas
1 small tomato, seeded and diced
Hot sauce and salsa to taste
1 cup quinoa, cooked according to the package
1/3 cup canned low-sodium black beans,

drained and rinsed
1 small tomato, chopped
1 scallion, sliced
1 teaspoon olive oil
1 teaspoon fresh lemon juice
Salt and pepper to taste



TAKE PRODUCTS

HYDRATE

EXERCISE



AFFIRMATION

Today I will use my body in a way that pushes me, even if just a little bit.

Body.

HEALTHY TIPS



Get outside for at least 15 minutes a day to get your Vitamin D levels up!



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Shot of Nutraburst® and NRG

Breakfast: Chocolate Mocha Eye-Opener Smoothie

Chocolate Mocha Eye-Opener Smoothie

Ingredients



- 8 oz unsweetened almond milk
- 1/4 cup Delgada coffee, brewed and chilled
- 1 frozen banana
- 1/2 tbsp dark cocoa powder
- 1 scoop Matrix shake mix

Directions



Place ingredients into a blender and blend until smooth.



Lunch: Vegetarian Burrito

Serving size: 1 burrito | Makes 2 servings | 387 calories per serving.

Optional Snack: Apple with Peanut or Almond butter

Dinner: Chicken Enchiladas

Serving size: 2 enchiladas | Makes 6 servings | 374 calories per serving.

PRE-BREAKFAST

Iaso® Tea, Shot of Nutraburst® & NRG.

BREAKFAST



Chocolate Mocha Eye-Opener Smoothie



Ingredients

- 8 oz unsweetened almond milk
- 1/4 cup Delgada coffee, brewed and chilled
- 1 frozen banana
- 1/2 tbsp dark cocoa powder
- 1 scoop Matrix shake mix



Directions

Place ingredients into a blender and blend until smooth.

LUNCH



Vegetarian Burrito

Serving size: 1 burrito | Makes 2 servings
387 calories per serving.



Ingredients

- 2 10-inch whole wheat tortillas
- 1/4 cup onion, chopped
- 2 tsp vegetable oil
- 1/3 tsp ground cumin
- 1/3 tsp chili powder
- 1/2 cup red bell pepper, chopped
- 1/3 cup frozen corn kernels, thawed
- 1 medium carrot, coarsely grated
- 1 cup canned black beans, rinsed, drained
- 1/3 cup drained canned Mexican-style stewed tomatoes
- 1 tsp jalapeño chile, seeded and chopped
- 4 tbsp Monterey Jack cheese, grated
- 2 tbsp nonfat sour cream
- 2 tbsp fresh cilantro, chopped



Preparation

Combine onion/oil in a large nonstick skillet. Stir over medium-high heat until the onion is translucent. Add cumin, chili powder. Add bell pepper, corn, and carrot. Cook until softened. Add beans, tomatoes, jalapeño. Simmer; season. Remove from heat.

Warm tortillas according to packaging.

Add filling to tortilla; wrap burrito-style.

OPTIONAL SNACK

Apple with Peanut or Almond butter

Chicken Enchiladas

Serving size: 2 enchiladas | Makes 6 servings

374 calories per serving.



Ingredients

- 1 cup onion, chopped
- 1 cup unsalted chicken stock
- 1 tablespoon all-purpose flour
- 1 1/2 tablespoons chili powder
- 2 teaspoons ground cumin
- 3/4 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1 15 oz can unsalted tomato sauce
- 3 cups shredded skinless, boneless rotisserie chicken breast
- 1 15 oz can unsalted black beans, rinsed and drained
- 12 6-inch whole wheat tortillas
- Cooking spray
- 3/4 cup shredded 4-cheese Mexican blend cheese
- 1 cup chopped tomato
- 1/4 cup fresh cilantro, chopped
- 6 tablespoons sour cream



Preparation

Preheat broiler to high.

In a sauce pan, combine onion, chicken stock, flour, chili powder, cumin, garlic powder, salt, and tomato sauce. Bring to a boil and allow to thicken. Reserve 1 1/2 cups of sauce.

Add beans and chicken to pan and heat.

Heat tortillas. Spoon some the chicken mixture into the center of each tortilla and roll.

Place rolls, seam down, into a baking dish treated with cooking spray. Top with remaining sauce and cheese.

Cook under broiler until cheese is melted.

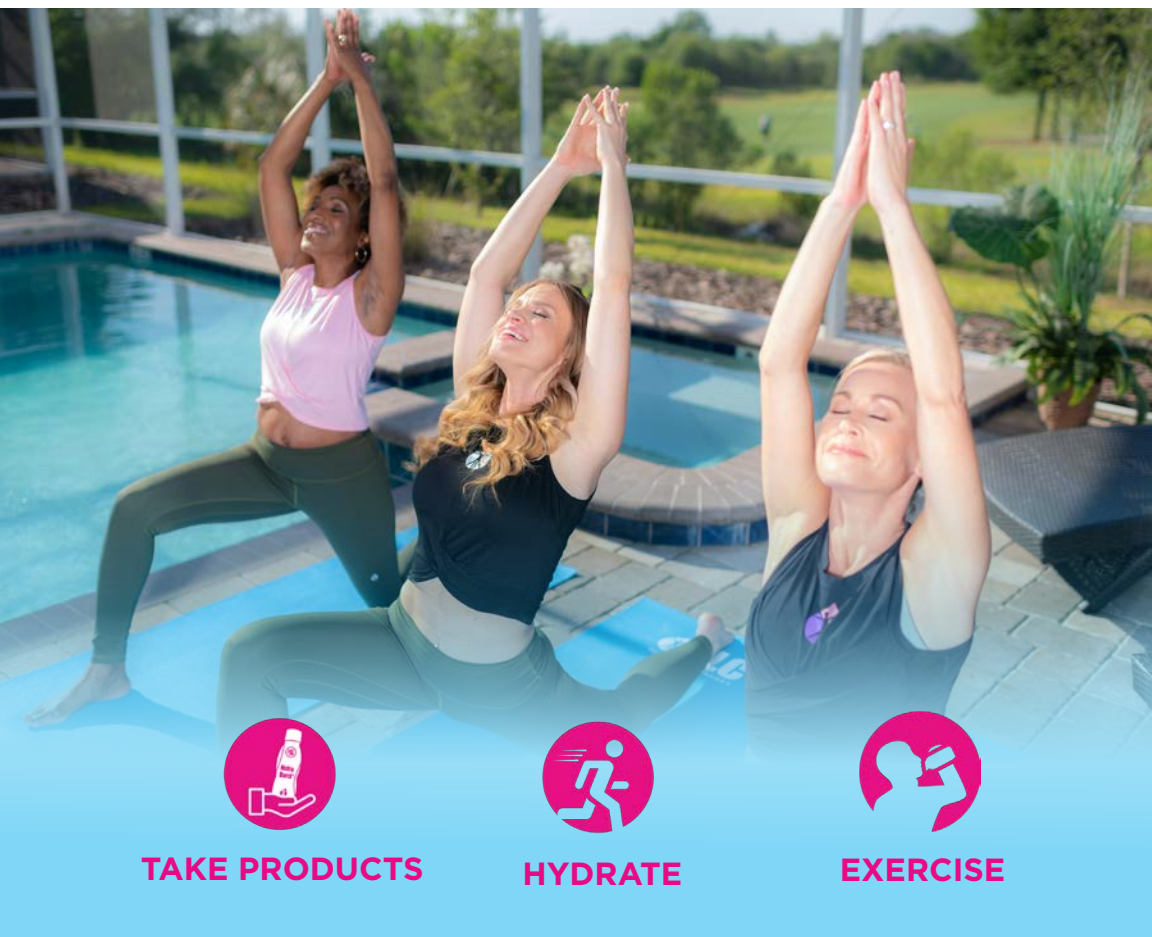


DAY 11

GROCERY LIST

8 oz unsweetened almond milk
1/4 cup Delgada coffee, brewed and chilled
1 frozen banana
1/2 tablespoon dark cocoa powder
1 scoop Matrix shake mix
2 10-inch whole wheat tortillas
1/4 cup onion, chopped
2 teaspoons vegetable oil
1/3 teaspoon ground cumin
1/3 teaspoon chili powder
1/2 cup red bell pepper, chopped
1/3 cup frozen corn kernels, thawed
1 medium carrot, coarsely grated
1 cup canned black beans, rinsed, drained
1/3 cup drained canned Mexican-style stewed tomatoes
1 teaspoon jalapeño chile, seeded and chopped
4 tablespoons Monterey Jack cheese, grated
2 tablespoons nonfat sour cream
2 tablespoons fresh cilantro, chopped

Apple
Peanut Butter
1 cup onion, chopped
1 cup unsalted chicken stock
1 tablespoon all-purpose flour
1 1/2 tablespoons chili powder
2 teaspoons ground cumin
3/4 teaspoon garlic powder
1/2 teaspoon crushed red pepper
1/4 teaspoon salt
1 15 oz can unsalted tomato sauce
3 cups shredded skinless, boneless rotisserie chicken breast
1 15 oz can unsalted black beans, rinsed and drained
12 6-inch whole wheat tortillas
Cooking spray
3/4 cup shredded 4-cheese Mexican blend cheese
1 cup chopped tomato
1/4 cup fresh cilantro, chopped
6 tablespoons sour cream



TAKE PRODUCTS



HYDRATE



EXERCISE



Spirit.

AFFIRMATION

Today, I will take one tangible step that helps me move forward toward my perfect life.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Shot of Nutraburst® and NRG

Breakfast:

Very Vanilla Shake

Your Choice of 1: Breakfast Frittata Cup, Protein Pancake, or Protein Muffin

Lunch: Lentil Bowl

Serving size: 3/4 of a cup | Makes 2 servings | 294 calories per serving.

Optional Snack: 12 Tortilla or Bean Chips with Guacamole

Dinner: One-Pan Tilapia with Veggies

Serving size: 1 piece of fish and 1/2 the vegetables | Makes 2 servings |

555 calories per serving.



HEALTHY TIPS

“You are what you eat.” Pay attention to how your nutrition and fitness affect your mood!

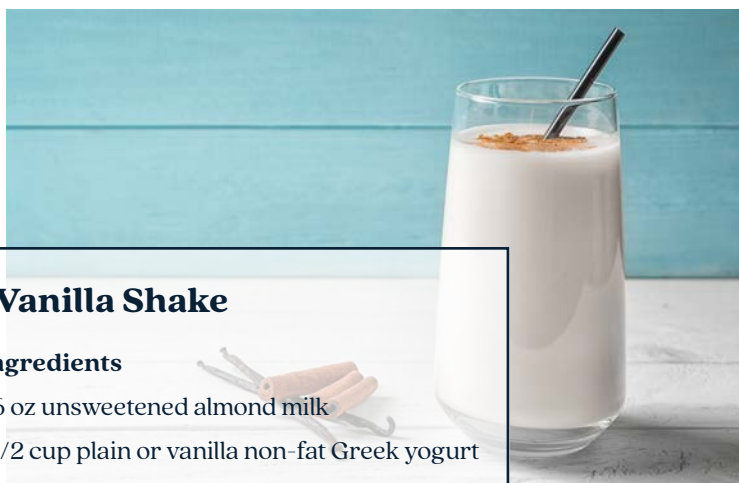
PRE-BREAKFAST _____

Iaso® Tea, Shot of Nutraburst® & NRG.

BREAKFAST _____**Breakfast:**

Very Vanilla Shake

Your Choice of 1: Breakfast Frittata Cup, Protein Pancake, or Protein Muffin

**Very Vanilla Shake****Ingredients**

- 6 oz unsweetened almond milk
- 1/2 cup plain or vanilla non-fat Greek yogurt
- 1 tsp vanilla extract
- 1 1/2 cups ice cubes
- 1 tsp low calorie sweetener
- 1 scoop Matrix shake mix

Directions

Place ingredients into a blender and blend until smooth.

OPTIONAL SNACK _____

12 Tortilla or Bean Chips with Guacamole



Lentil Bowl

Serving size: 3/4 of a cup | Makes 2 servings | 294 calories per serving.



Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1/2 cup tomatoes, chopped
- 1 tablespoon cilantro, minced
- 2 garlic cloves, minced
- 1 cup dried brown lentils, rinsed
- 1 teaspoon salt
- 1/2 cup chickpeas, washed and drained
- 1/4 teaspoon ground ginger
- 1/4 teaspoon paprika
- Pinch pepper
- 1 1/2 cups water
- 1/4 cup lemon juice
- 2 tablespoons tomato paste
- 1/2 cup fat-free plain Greek yogurt



Preparation

In a large saucepan, heat oil over medium-high heat. Cook onions until translucent. Add garlic; cook for 1 min. Add lentils, seasonings + water. Bring to a boil. Reduce heat.

Simmer, covered, 25-30 minutes.

Add lemon juice + tomato paste; heat through.

Move to bowl. Top with yogurt, tomatoes, and cilantro.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.



One-Pan Tilapia with Veggies

Serving size: 1 piece of fish and 1/2 the vegetables

Makes 2 servings | 555 calories per serving.



Ingredients

- 2 medium Yukon Gold potatoes, cut into chunks
- 3 large fresh Brussels sprouts, sliced
- 3 large radishes, sliced
- 1 cup fresh sugar snap peas, cut into 1/2-inch pieces
- 1 small carrot, thinly sliced
- 2 tablespoons butter, melted
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 2 tilapia fillets (about 6 ounces each)
- 2 teaspoons minced fresh tarragon or 1/2 teaspoon dried tarragon
- 1/8 teaspoon salt
- 1 tablespoon butter, softened
- Lemon (optional)
- Cooking spray



Preparation

Preheat the oven to 450 degrees. Line a 15x10 sheet pan with foil; spray foil with cooking spray.

In a bowl combine veggies. Add butter, garlic salt, pepper; toss to coat. Place veggies in a single layer on a pan and bake for 20 mins.

Remove from oven; preheat broiler. Put veggies on 1 side of the pan. Add fish to the other & season; top with butter. Broil 4-5 inches from heat for 5 mins.

Add a squeeze of lemon, to taste.



DAY 12

GROCERY LIST

6 oz unsweetened almond milk
1/2 cup plain or vanilla non-fat Greek yogurt
1 teaspoon vanilla extract
1 teaspoon low calorie sweetener
1 scoop Matrix shake mix
1 tablespoon olive oil
1 medium onion, chopped
1/2 cup tomatoes, chopped
1 tablespoon cilantro, minced
2 garlic cloves, minced
1 cup dried brown lentils, rinsed
1/4 teaspoon ground ginger
1/4 teaspoon paprika
1/4 cup lemon juice
1/2 cup fat-free plain Greek yogurt

2 medium Yukon Gold potatoes
3 large fresh Brussels sprouts
3 large radishes, sliced
1 cup fresh sugar snap peas
1 small carrot, thinly sliced
2 tablespoons butter, melted
1/2 teaspoon garlic salt
2 tilapia fillets (about 6 ounces each)
2 teaspoons minced fresh tarragon or 1/2 teaspoon dried tarragon
1/8 teaspoon salt
1 tablespoon butter, softened
Lemon (optional)
Cooking spray
2 tablespoons tomato paste



TAKE PRODUCTS



HYDRATE



EXERCISE



Mind.

AFFIRMATION

Today I am empowered to begin a fresh new day with a new mindset.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Shot of Nutraburst® and NRG

Breakfast:

Snickerdoodle Shake

Breakfast Frittata Cup (or, whatever you made)

Lunch:

Vegetable Sandwich

Optional Snack:

Blueberries and Walnuts

Dinner:

Stir-Fry

HEALTHY TIPS



Try to cook with less oil and instead eat more healthy fats like nuts and seeds!

PRE-BREAKFAST

Iaso® Tea, Shot of Nutraburst® and NRG

**Ingredients**

- 10 oz almond milk
- 1 tsp peanut butter
- 1/2 banana
- 1 tbsp honey
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 1 cup ice
- 1 scoop Matrix shake mix



Snickerdoodle Shake

**Directions**

Place ingredients into a blender and blend until smooth.

BREAKFAST**Breakfast Frittata Cup (or, whatever you made)**

Serving size: 1 Breakfast Frittata

Makes 12 servings

82 calories per serving.

LUNCH



Vegetable Sandwich

Serving size: 1 sandwich | Makes 1 serving
300 calories per serving.



Ingredients

- 2 slices whole-grain bread
- 2 slices tomato
- 1/2 small cucumber, sliced
- 1 tablespoon hummus
- 1 slice low-fat cheese
- Salt and pepper to taste



Preparation

Place veggies on 1 bread slice. Cover with cheese. Spread hummus on other slice. Season to taste.

OPTIONAL SNACK

Blueberries + Walnuts



Stir-Fry

Serving size: 1/4 Portion | Makes 4 servings | 390-450 calories per serving.



Ingredients

- 4 Cups Vegetables of your choice: Bamboo Shoots, Peppers, Carrots, Zucchini, Squash, Watercress, Shelled Edamame
- 4 servings (about 14 oz) protein of your choice: Chicken, Lean Steak, Tofu, Tempeh
- 2 Cups Brown Rice or Quinoa
- 4 tbsp Soy Sauce
- 4 tbsp Peanut Sauce
- 2 tbsp olive oil



Preparation

Heat oil in a large pan or wok.

Cook Quinoa according to package

Coat Protein with marinade of 1 tbsp soy sauce, 1 tbsp Peanut Sauce

Cook Protein over medium heat for 5 mins; add veggies

Coat veggie + protein combo with remaining sauce. Add spices you like such as ginger and garlic freely!

Serve over top 1/4 cup quinoa!



DAY 13

GROCERY LIST

10 oz almond milk

1 teaspoon peanut butter

1/2 banana

1 tablespoon honey

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

1 cup ice

1 scoop Matrix shake mix

2 Cups Brown Rice or Quinoa

4 tbsp Soy Sauce

4 tbsp Peanut Sauce

2 tbsp olive oil

2 slices whole-grain bread

2 slices tomato

1/2 small cucumber, sliced

1 tablespoon hummus

1 slice low-fat cheese

Salt and pepper to taste

4 Cups Vegetables of your choice: Bamboo Shoots, Peppers, Carrots, Zucchini, Squash, Watercress, Shelled Edamame

4 servings (about 14 oz) protein of your choice: Chicken, Lean Steak, Tofu, Tempeh



TAKE PRODUCTS



HYDRATE



EXERCISE



Body.

AFFIRMATION

Today I will eat until I am no longer hungry, not necessarily until I am all the way full.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Shot of Nutraburst® and NRG



Breakfast:

Tasty Chai Tea Smoothie
and Breakfast Frittata Cup



Lunch: Lemony Herb Rice Salad

Serving size: 1 salad | Makes 6 servings
378 calories per serving.



Optional Snack: Raspberries and Pecans



Dinner: Eggplant Parmesan

Serving size: 1 slice | Makes 10 serving
318 calories per serving.

HEALTHY TIPS



Limit your screen time after dinner, and take advantage of the night modes available on your computer and phone.

PRE-BREAKFAST _____

Iaso® Tea, Shot of Nutraburst® & NRG

BREAKFAST _____

Tasty Chai Tea Smoothie and Breakfast Frittata Cup

**Detox Tea Smoothie****Ingredients**

- 1/2 cup unsweetened almond milk
- 1/2 cup chai tea, chilled
- 1 frozen banana
- 1/4 teaspoon ground cinnamon
- 1 scoop Matrix shake mix

OPTIONAL SNACK _____

Raspberries and Pecans



Lemony Herb Rice Salad

Serving size: 1 salad | Makes 6 servings
378 calories per serving.

Ingredients

- 2 lemons
- Salt and pepper to taste
- 1/2 medium red onion, sliced
- 1 medium carrot, shredded
- 1/4 cup vegetable oil
- 2 cups whole-grain rice
- 2 tablespoons rice wine vinegar
- 2 teaspoons packed light brown sugar
- 1 cucumber, seeded and diced
- 1/2 cup salted roasted peanuts, chopped
- 1/2 cup fresh cilantro, chopped
- 1/2 cup fresh mint, chopped
- 1/2 cup fresh basil, chopped
- 1 bunch watercress, stems removed, leaves torn



Preparation

Peel 2 strips of zest from 1 lemon. Add 1 strip to oil in small saucepan over medium heat. Cook until edges turn golden. Set aside lemon oil to cool.

Cook rice as the package directs, add remaining lemon strip to water.

Place rice in large bowl, discard zest, fluff with a fork. Set aside to cool to room temp.

In a medium bowl, juice both lemons. Add vinegar, brown sugar, 1 1/4 tsp salt and 1/2 tsp pepper, whisk until sugar dissolves. Discard zest from lemon oil, whisk oil into dressing. Add onion; marinate 15 mins.

Mix carrot, cucumber, peanuts, cilantro, mint, basil + watercress with rice.

Top with the dressing mixture and toss.



Eggplant Parmesan

Serving size: 1 slice | Makes 10 serving | 318 calories per serving.



Ingredients

For the eggplant:

2 large eggs, beaten lightly

1 tablespoon water

2 cups whole-wheat panko

1/4 cup fresh Parmesan cheese, grated

2 large eggplants, peeled and cut crosswise into 1/2-inch-thick slices

Cooking spray

Eggplant Parmesan



Ingredients

For the filling:

- 1/2 cup fresh basil, torn
- 1/4 cup fresh Parmigiano-Reggiano cheese, grated
- 1/2 teaspoon crushed red pepper
- 1 1/2 teaspoons garlic, minced
- 1/4 teaspoon salt
- 1 16 oz container low-fat ricotta cheese
- 1 large egg, beaten lightly

Remaining ingredients:

- 1 24 oz jar pasta sauce
- 1/4 teaspoon salt
- 8 oz mozzarella cheese, thinly sliced
- 3/4 cup fontina cheese, finely grated



Preparation

Preheat the oven to 375 degrees.

For eggplant:

Combine 2 eggs and 1 tablespoon water in a shallow dish.

Combine panko and 1/4 cup Parmesan in a second shallow dish.

Dip eggplant in egg mixture, then into panko mixture, pressing gently and then shaking off excess.

Place eggplant 1 inch apart on baking sheets coated with cooking spray. Bake at 375 degrees for 30 minutes or until golden, turning once and rotating baking sheets after 15 minutes.

For filling:

Combine basil, Parmesan cheese, pepper, garlic, salt, ricotta cheese, and egg in a bowl.

Spoon 1/2 cup pasta sauce in bottom of a 13-inch by 9-inch glass baking dish coated with cooking spray. Layer half of eggplant slices over pasta sauce. Sprinkle eggplant with salt.

Top with 3/4 cup pasta sauce.

Spread half of ricotta mixture over sauce, and top with a third of mozzarella and 1/4 cup fontina.

Repeat layers once, ending with about 1 cup pasta sauce. Cover tightly with aluminum foil coated with cooking spray. Bake at 375 degrees for 35 minutes.

Remove foil and top with remaining third of mozzarella and 1/4 cup fontina. Bake at 375 for 10 minutes or until sauce is bubbly and cheese melts.



DAY 14

GROCERY LIST

Raspberries

Pecans

2 large eggs, beaten lightly

2 cups whole-wheat panko

1/4 cup fresh Parmigiano-Reggiano
cheese, grated

2 large eggplants, peeled and cut
crosswise into 1/2-inch-thick slices

1/2 cup fresh basil, torn

1/4 cup fresh Parmigiano-Reggiano
cheese, grated

1/2 teaspoon crushed red pepper

1 1/2 teaspoons garlic, minced

1/4 teaspoon salt

1 16 oz container low-fat ricotta cheese

1 large egg, beaten lightly

1 24 oz jar pasta sauce

8 oz mozzarella cheese, thinly sliced

3/4 cup fontina cheese, finely grated

2 lemons

Salt and pepper to taste

1/2 medium red onion, sliced

1 medium carrot, shredded

1/4 cup vegetable oil

2 cups whole-grain rice

2 tablespoons rice wine vinegar

2 teaspoons packed light brown sugar

1 cucumber, seeded and diced

1/2 cup salted roasted peanuts,
chopped

1/2 cup fresh cilantro, chopped

1/2 cup fresh mint, chopped

1/2 cup fresh basil, chopped

1 bunch watercress, stems removed,
leaves torn

1/2 cup unsweetened almond milk

1/2 cup chai tea, chilled

1 frozen banana

1/4 teaspoon ground cinnamon

1 scoop Matrix shake mix



TAKE PRODUCTS



HYDRATE



EXERCISE



Spirit.

AFFIRMATION

Today I will trust that my ideas are valuable, my feelings are valid, and that my life is important. My spirit will lift with the understanding that I am loved and cared for as I am.



SAMPLE MEAL PLAN

Pre-Breakfast Within 20 Minutes of Waking Up:

Iaso® Tea, Shot of Nutraburst® and NRG

Breakfast:

Tropical Bliss Smoothie and Breakfast Frittata Cup

Lunch: Vegan Chickpea Wrap

Serving size: 2 wraps | Makes 2 serving | 347 calories per serving.

Optional Snack: Hummus and Carrots

Dinner: Pizza Burger

Serving size: 1 pizza burger | Makes 4 servings | 451 calories per serving.

HEALTHY TIPS



Create a Vision Board!

PRE-BREAKFAST _____

Iaso® Tea, Shot of Nutraburst® & NRG.

BREAKFAST _____**Tropical Bliss Smoothie and Breakfast Frittata Cup****Tropical Bliss Smoothie****Ingredients**

- 1 cup frozen mixed berries
- 1 frozen banana
- 1 orange, peeled and divided
- 16 oz vanilla Greek yogurt
- 1 scoop Matrix shake mix

**Directions**

Place ingredients into a blender and blend until smooth.

LUNCH



Vegan Chickpea Wrap

Serving size: 2 wraps | Makes 2 servings
347 calories per serving.



Ingredients

- 1 15 oz can low sodium chickpeas
- 1 celery stalk
- 2 tablespoons red onion
- 1 teaspoon garlic salt
- 3 tablespoons honey mustard
- 4 leaves butter or romaine Lettuce



Preparation

Drain and rinse the chickpeas and place them in a large bowl.

Thinly slice the celery and onions.

Mash the chickpeas with a fork.

Add the celery, onions, garlic salt, and mustard to the bowl and mix well.

Scoop equal portions of the mixture into each lettuce leaf and wrap.

OPTIONAL SNACK

Hummus and Carrots



Pizza Burger

Serving size: 1 pizza burger | Makes 4 servings
451 calories per serving.



Ingredients

- 1 to 1 1/4 pounds lean ground turkey
- 1/4 cup onion, finely chopped
- 1/4 cup red bell pepper, finely chopped
- 1 tsp dried oregano
- 1/2 tsp fennel seeds, crushed
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp crushed red pepper flakes
- 1 tbsp olive oil
- 4 slices pepperoni (optional)
- 4 slices mozzarella cheese (optional)
- 4 whole-grain buns, toasted
- 1/2 cup lightly packed fresh basil leaves
- 1/3–1/2 cup pizza sauce, warmed



Preparation

In a bowl, add turkey, onion, red pepper, oregano, fennel seeds, garlic powder, salt, red pepper flakes. Make 4-inch-thick patties. Brush tops/bottom with oil. Cook until no longer pink in the middle, 14–18 mins over medium heat. Top each patty with pepperoni + cheese slice for the last 1–2 mins of grilling, if desired. Add patties to bun; top with basil, pizza sauce, and bun tops.



DAY 15

GROCERY LIST

1 15 oz can low sodium chickpeas
1 celery stalk
2 tablespoons red onion
1 teaspoon garlic salt
3 tablespoons honey mustard
4 leaves butter or romaine Lettuce
1 cup frozen mixed berries
1 frozen banana
1 orange, peeled and divided
16 oz vanilla Greek yogurt
1 scoop Matrix shake mix
1/2 cup lightly packed fresh basil leaves
1/3–1/2 cup pizza sauce, warmed

1 to 1 1/4 pounds lean ground turkey
1/4 cup onion, finely chopped
1/4 cup red bell pepper, finely chopped
1 teaspoon dried oregano
1/2 teaspoon fennel seeds, crushed
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
1 tablespoon olive oil
4 slices pepperoni (optional)
4 slices mozzarella cheese (optional)
4 whole-grain buns, toasted