



THE FAT BURNING FIRST STEP
"BECAUSE YOU ARE WORTH IT"

**Part 1 of your
Wellness Kit**

TABLE OF CONTENTS

TABLE OF CONTENTS

1- Welcome Letter

We will provide you with a general “Thank You” and welcome you into the world of Science Natural Supplements where each and every day we help people such as yourself to become the best versions of themselves possible!

2- 5 Areas of Focus

We will start you off by providing you with a template for narrowing your focus and determining your goals as well as the aspects of health and wellness that are important to you

3- Self-Clean Sheet

We all have heard the saying “health begins in the kitchen” Therefore, it would make sense to have a healthy kitchen for a healthy lifestyle. We are going to provide you with tips and tricks on how to clean out your kitchen and remove unhealthy temptations so that you may begin this journey with a clean slate!

4- Kitchen Essentials

After cleaning your kitchen, it would only make sense to provide you with the tools necessary to restock your kitchen. We aim to set you up for kitchen success by providing you the tools needed for healthy cooking and an overall healthy lifestyle

5- 7 Day meal plan

Get ready to kick off your first week with delicious recipes and instructions on how to make these. This will act as a delicious jumpstart to health and wellness!

6- SMART Goals

We have all heard of smart goals. Now it is time for you to get real with yourself and begin taking your areas of focus, and formulating these into goals that are specific, measurable, attainable, relevant and time-focused so that you can achieve the results that you have always hoped for!

7- Motivational quote of the week and conclusion

We cannot thank you enough for taking the first step toward a better you! We hope that you have been provided with a few helpful tools that will assist you in ongoing progress so that you may continue to make health a priority in your life.



Welcome

I would like to personally thank you for your interest in Science Natural Supplements. This is a great first step toward investing in your health and your overall well-being. As a thank you to you, we have designed a “Wellness Starter Kit”. We have designed four mini-programs to send to you each week in an effort to support you through your journey. This first program is designed to provide you with a jump-start into the life of health and wellness. Not only will you be provided with templates to target your areas of focus as well as with tips and tricks to formulate your goals, but you will also be provided with guides on how to rid your kitchen of unhealthy temptations, stock your kitchen with the right tools, and begin to cook 7 days of healthy foods that we are sure you will LOVE =) Along the way, we will share with you healthy recipes and workout tips to try!”



5 Areas of Focus

Today, schedules and lifestyles are busier than EVER. With so much on our plates, it can be difficult to truly make time for yourself. However, in order to provide the rest of the world with your best self, you must first find the time to make YOURSELF a priority. We all have different goals. Therefore, we have provided you with a template with which you can use to determine your 5 areas of focus! Remember, these do not all have to be associated with physical health and well-rather. These should encompass mental, emotional, physical, nutritional etc. goals that you create to keep yourself on track!

5 AREAS OF FOCUS Goals What is stopping you?

Planning

Accountability

Social Support

Meaningful Incentive

Big Deadline

Action Steps I will take:

Signature:

Date:

KITCHEN CLEAN OUT!

Do you have a hard time staying away from the cookies in the back of the cupboard? Why do you keep buying them? This Self-Guided Kitchen Clean out will keep you on track for success. If you do not have the unhealthy food in your house, you won't be tempted to eat it. Let's clean out the crap and bring in the healthy foods!

01 Refrigerator

- THROW OUT** : Beverages with high sugar and calories
REPLACE WITH : homemade flavored water. Fill a big jug of water and throw in slices of lemon, cucumber, and other fruits and herbs
- THROW OUT** : salad dressings and other high calorie, sugar, and sodium filled condiments
REPLACE WITH : homemade salad dressings with olive oil and balsamic vinegar. You can also use hummus as a creamy salad dressing!
- THROW OUT** : High fat dairy such as cream cheese, cheese, whole milk and flavored yogurt
REPLACE WITH : non-fat plain greek yogurt can be used in baking and makes a great snack. Fresh veggies and berries make a great snack instead of grabbing cheese and other dairy snacks
- THROW OUT** : high fat, highly processed meats. Avoid things like fried chicken, bologna, and non-lean processed meats
REPLACE WITH : lean meats such as skinless chicken, ground turkey, and fish. It is best to be picky with your meat!
-

02 Freeeeeeeerrrrrr

- THROW OUT** : Ice Cream
REPLACE WITH : Frozen fruits to make a quick smoothie when your sweet tooth attacks or eat frozen fruits straight from the freezer like grapes, strawberries, and blueberries
- THROW OUT** : Frozen pizzas, frozen TV Dinners, and frozen side-dishes
REPLACE WITH : Turkey Patties, home-made portioned meals. Soups and other meals make great meals when kept in the freezer for storage
- THROW OUT** : Frozen breakfast goodies such as French toast and waffles
REPLACE WITH : prepped protein pancakes or 100% whole grain bread to have every once in a while with healthy toppings for that quick grain fix in the morning
-

03 Pantry

- THROW OUT** : Cereal, instant oatmeal and granolas filled with sugars and preservatives
REPLACE WITH : whole rolled oats can be used as granola for that extra crunch in yogurt and homemade oatmeal. You can also use oats to blend into flour and use in baking.
- THROW OUT** : Refined white breads and pastas. These contain little nutrients for our body
REPLACE WITH : 100% whole grain bread, barley, lentils, and quinoa
- THROW OUT** : All packaged sweets such as your cookies, crackers, cakes, and candies.
REPLACE WITH : dried fruit – which does not contain added sugars!

Now that your kitchen has a healthy make-over, find recipes that you love in place of unhealthy options that you would normally run to. You can do a quick kitchen clean up every month just to keep you on track. Your family and partners will thank you in the long run! Happy Healthy Clean Out!! =)

KITCHEN ESSENTIALS

Now it's time to ensure that your kitchen is properly stocked and set up for success! Below are suggestions of items that should be found within the kitchen of any healthy family! =)



1- Pots and Pans

A cast iron skillet is an excellent, affordable option (especially for cooking meat). We also suggest stainless steel pans to complete the set



2- Blender

A high quality blender can be useful for making super shakes, which are an easy way to get your vegetables (e.g. kale) and healthy fats (e.g. nuts)



3- Knives

We suggest skipping the knife set and instead allocating your budget to a Chef's Knife and paring knife – the two most versatile kitchen tools



4- Storage and Containers

You'll need containers for saving leftovers and taking lunches to work. We suggest Pyrex, which are affordable, durable, and dishwasher safe



5- Accessories

Includes utensils, spatulas, tongs, cutting boards, measuring cups, kettle, salad bowl, etc



6- Zip-lock Bags

Sandwich and freezer bags are helpful if you plan to freeze your meals and/or certain ingredients



7- Slow-cooker

Slow cookers are essential to any healthy kitchen, as they can be used to cook healthy roasts and other meals in large quantities



8- Water-Bottle

Hydration is a key component of this Challenge. Carrying a water bottle will make it easier to get your suggested intake every day

7-DAY MEAL PLAN

We understand that starting a new lifestyle toward overall health and well-being can be scary. That is why we want to share with you a 7 day plan to get you started. By following this plan, your body will begin to experience whole and “real” nutrition. You will likely feel more energized throughout the day. Your body will begin to work with you instead of against you by keeping you healthy and strong. We understand that this is only 7 days. We hope that you take the lessons provided by this template and use them well into the future. We will be providing you with several templates, recipes and suggestions throughout the course of this Wellness Starter Kit. We hope that you use these, mix and match these, and allow them to guide you through your new journey! =)

The Clean Eating Meal Plan is designed to be family friendly meals for busy, budget-conscious families. There are certain staples that if you simply keep them on hand, will make eating well very easy and more affordable! I list these in Pantry Stock. Your first few shopping trips may be more expensive as you develop a stable stocked pantry. There may be many foods you simply do not have yet, but as you accrue them, you’ll find it makes weekly shopping way more affordable!

FRIDGE & PANTRY STOCK

*Some foods might be located in more than one category

Grains:	Veggies:	Fruit	Dairy & Nuts/- Seeds:	Seasonings:
Brown Rice Oatmeal Quinoa Soba Noodles GF or sprouted grain wraps GF Bread Lentils: Black Beans Pinto Beans Cannelloni Beans Chickpeas	Dark Leafy Greens Celery Cucumber Sweet peppers Zucchini Broccoli Cauliflower Garlic Onion Potatoes Squash Carrots	Apples Berries Pears Grapefruit Grapes Avocado Cherries Mango Plums Melons Pineapple	Almond Milk Coconut Milk Hemp Milk Coconut Yogurt Butter Seeds: Pumpkin, flax, sunflower, sesame, chia Nuts: Almonds, walnuts, Macada- mia nuts, cashews, pecans	Sea Salt Tamari Garlic Seasoning Dulse Cinnamon Turmeric Honey Maple Syrup
Proteins	Beverages	Grab N Go Bars	Baking Goods:	Fats
Chicken Turkey Eggs Wild Salmon Grass Feed Beef Wild Halibut Bison Wild Tilapia Skipjack Tuna (less mercury) Hemp Seeds Protein Powder	Herbal Tea Dandelion Root Tea Organic Coffee Unsweetened Cranberry Juice Perrier Water	Think Thin Bars Lara Bars Quest Bars Vega Bars	GF Flour Blend Coconut Flour Baking Soda Baking Powder Raw Honey Grapeseed Oil Nut Butter Coconut Oil Cocoa Olive Oil Vanilla Balsamic Vinegar	Butter Olive Oil Coconut Oil Hempseed Oil Flaxseed Oil Pumpkinseed Oil Grapeseed Oil Nuts/Seeds Avocado

7-DAY CLEAN EATING MEAL PLAN

20 SNACK IDEAS FOR THE FAMILY

Often, we reach for snacks for reasons other than physical hunger. I always recommend that you check in to this space before you grab for food. There is a fun check-in exercise I like to do with my clients called "the broccoli test". When you think you are hungry ask yourself if you would enjoy eating some raw broccoli with a small amount of dip or do you really want (insert comfort food).

You can tell if you are experiencing physical hunger by the absence of a food craving. Physical hunger is a good thing. It means your metabolism is firing. Feeling physically hungry is ok just don't let yourself become starving. When you go past feeling hungry and move into starving your blood sugar levels drop and the cravings become intense.

I recommend you have an afternoon snack between 3 to 5pm. If you have dinner later than 7 pm perhaps have two snacks - one at 3pm and one at 5pm. You don't want to eat dinner when you are starving because you are more likely to overeat.

1. Almonds, walnuts or cashews (a small palm full is usually a serving)
2. Sunflower seeds and raisins
3. Celery and almond butter (peanut butter or sun butter) 1-2 tbsp
4. Rice chips with hummus
5. Organic Tortilla Chips and salsa or guacamole (for those that just HAVE to have chips).
6. Veggie sticks (celery, carrots, cucumber) and hummus or guacamole
7. Kale chips (make your own) - for recipes visit: AllRecipes.com
8. Zucchini oven chips (make your own)
9. Sweet potato chips or fries (make your own)
10. Apple slices with nut butter or sun butter
11. Pumpkin seeds and dried cranberries
12. Goat yogurt with granola (IF you tolerate dairy. Tip: read labels - avoid high fructose corn syrup and artificial colors & sweeteners)
13. Green smoothie with flax or chia seeds
14. Fresh fruit or fruit salad
15. Make your own trail mix with raw nuts seeds and dried fruit
16. Baby carrots and/or celery, cucumber with hummus
17. Dinner leftovers
18. Salad with a variety of vegetables and olive oil-based dressing
19. For an easy on-the-go snack, check out Lara Bars (get the ones without added sugar).
20. Mixed berries (or mixed berry smoothie with flax seeds or chia seeds)



7-Day PLAN

7 Day Clean Eating Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B: Chocolate Peanut Butter Shake	B: Very Berry Flax Yogurt	B: Creamy Green Berry Shake	B: 2 Egg Muffins	B: Nutty Chocolate Yogurt	B: Coffee Banana Morning Shake	B: Whole Grain Bread, Lox & Cream Cheese
S: 1 apple + 3oz tuna	S: 1 salmon patty with 1 small peach	S: 1 whole hardboiled egg + 1 small pear	S: Yogurt with 10 walnuts	S: 1 cracker with 2 slices of oven roasted turkey meat with 1 tsp avocado	S: 1 salmon patty with 1/2 cup cubed cantaloupe	S: Yogurt with 10 walnuts
L: Tossed Chicken Salad	L: Turkey Spinach Sandwich	L: Green Salad with Salmon + 1 serving nuts/seeds	L: Turkey Chilli	L: Speedy Tuna Salad + 1/2 cup beans	L: Tasty Turkey Salad	L: Tuna Nicoise Salad
S: 1 cracker with 1 tbsp light cream cheese	S: 2 tbsp hummus with 1/2 raw red pepper + 2oz 4% cheese	S: 2 Ryvita crackers with 4 slices of oven roasted turkey meat with 2 tbsp avocado	S: 5 Brown Rice Crackers with 2 tsp light cream cheese + 4oz cheese	S: 1 whole hardboiled egg + 1/2 large pear	S: 5 Brown Rice Crackers with 2 tsp hummus & 1 oz low fat feta	S: 1 small apple + 2 tsp peanut butter
D: Grilled Salmon with dijon mustard sauce + 1 cup berries	D: Greek spinach salad with chicken	D: Mexican Turkey & Black Bean Salad	D: Salsa Snapper	D: Thai Beef with Stir-Fried Vegetables	D: Grilled Chicken & Green Beans	D: White Bean Salad

Legend: B: Breakfast S: Snack L: Lunch D: Dinner

Recipes

Breakfast

CHOCOLATE PEANUT BUTTER SHAKE

Ingredients

- 1 scoop protein powder
- 1 cup unsweetened chocolate almond milk
- 1 tbsp. natural creamy peanut butter
- 1 cup blueberries
- 1 tbsp. of chia seeds (whole or ground)

Instructions:

Combine in blender and blend until smooth.



VERY BERRY FLAX YOGURT

Ingredients

- 1 cup plain Greek yogurt
- ½ cup raspberries
- ½ cup blueberries
- 1 tbsp ground chia seeds

Instructions:

Mix all ingredients.



CREAMY BERRY GREEN SHAKE

Ingredients

- ½ cup frozen mixed berries
- ½ small frozen banana
- 2 handfuls of spinach
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 tbsps. ground chia seeds

Instructions:

Combine all ingredients and blend for 90 seconds



EGG MUFFINS

Makes 12 muffins

Ingredients

- 6 whole eggs
- ½ cup shredded cheddar cheese
- 1 cup broccoli, finely ground
- ½ cup onion, chopped
- 1 cup of egg whites
- ½ tbsp olive oil
- 1 cup mushroom, finely chopped

Instructions:

Preheat oven to 350 degrees

Grease muffin tin (use oil mister) and set aside

Using a cuisinart or blender, pulse the raw broccoli until it's finely ground, set aside Chop mushrooms and onions Heat frying pan to medium heat and add oil. Sautee mushrooms and onions until tender. Mix mushrooms and onion mixture in with broccoli. Stir to combine.

Using a tablespoon spoon vegetable mixture into the bottom of each muffin tin.

Combine whole eggs with liquid whites and cheese. Wisk until combined.

Pour egg mixture over vegetables until ¾way full.

Bake for 15 – 20 minutes or until firm. Reheat 2 muffins in the microwave for breakfast.



NUTTY CHOCOLATE YOGURT

Ingredients

- 1 tsp cocoa powder
- 1 cup plain Greek yogurt
- 1 tsp coconut sugar
- 8 raw almonds, crushed

Instructions:

Mix and enjoy.



COFFEE BANANA MORNING SHAKE

Ingredients

- 1 small frozen banana
- 1 cup unsweetened almond milk
- 1 cup coffee, cooled (decaf is ok too)
- 1 tsp cinnamon
- 1 scoop protein powder

Instructions:

Combine all ingredients in a blender and blend for about 90 seconds.



WHOLE GRAIN BREAD, LOX & CREAM CHEESE

Ingredients

- 1 slice Gluten-free bread
- 1 tbsp cream cheese
- 3 ounces smoked wild salmon
- Sliced red tomatoes & cucumbers

Instructions:

Spread cream cheese on bread. Add lox and veggies.



Recipes

Lunch

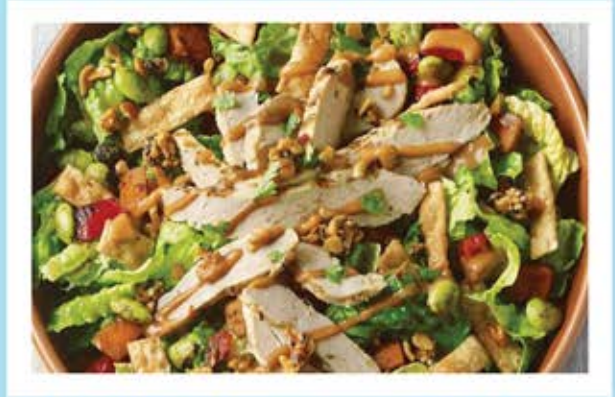
TOSSED CHICKEN SALAD

Ingredients

- 4 oz. grilled chicken breast, cubed
- 2 cups tossed lettuce with 4 slices tomato, ½ cup cucumber, ¼ cup peppers
- 1 tsp extra virgin olive oil with balsamic vinegar
- ½ cup lentils

Instructions:

Cut chicken breast into cubes. In a bowl, combine chicken cubes, lentils, salad, extra virgin olive oil and balsamic vinegar and toss thoroughly.



TURKEY SPINACH SANDWICH

Ingredients

- 4 oz. nitrate free oven roasted turkey breast (4-5 slices)
- 2 slices of Stonemill bread
- 1 cup raw spinach
- 3 slices of tomato
- 4 slices of cucumber
- handful of alfalfa sprouts
- 2 tbsp avocado
- 1 tb spoon fat honey mustard salad dressing

Instructions:

Using 2 slices of Stonemill bread spread avocado on both sides of the bread. Drizzle 1 tbsp of non fat honey mustard dressing on top of the avocado. Place the roast turkey on 1 slice of bread. Top with spinach, tomato, cucumber and sprouts. Close the sandwich and enjoy.



GREEN SALAD WITH SALMON

Ingredients

- 3 oz canned pink salmon
- 1 tbsp low fat mayonnaise
- 3 cups leaf lettuce
- 1 cup chopped mixed vegetables
- 1 tbsp non-fat Italian dressing
- 1 Ryvita Cracker

Instructions:

Drain salmon. Mix salmon and mayonnaise in a large bowl. Place mixed green lettuce on a plate. Scoop salmon on top of salad and top with salad dressing. Enjoy with cracker.



Recipes

Lunch

QUICK TURKEY CHILLI

Ingredients

- 1 tsp extra virgin olive oil
- 4 oz. lean ground turkey
- ¼ cup chopped onion
- ½ cup canned red kidney beans
- 1 tsp chilli powder
- ½ tsp garlic powder
- 1 tsp ground black pepper
- 1 cup canned stewed tomatoes

Instructions:

Heat oil in a large pan over medium heat. Add ground turkey and sauté until lightly browned. Stir often. Add onions, kidney beans, chilli powder, garlic powder, pepper and stewed tomatoes. Simmer for approximately 20 minutes. Place in a bowl and serve.



SPEEDY TUNA SALAD

Ingredients

- 5 oz canned albacore flaked light tuna in water
- 2 tbsp diced celery
- 1 tbsp light mayonnaise
- ½ sliced raw sweet red pepper
- 1 small pear
- ½ tbsp chopped onion
- 2 tbsp chopped carrots
- 3 cups romaine lettuce
- ½ cup peeled and sliced cucumber
- 1 tbsp balsamic vinegar

Instructions:

Combine lettuce and vegetables in a bowl and add dressing (olive oil and balsamic vinegar). In another bowl, add tuna, onions, celery, carrots and mayonnaise. Mix until it is completely combined. Arrange salad on plate and top with a scoop of tuna salad and serve. Enjoy with fruit for desert.



Recipes

Lunch

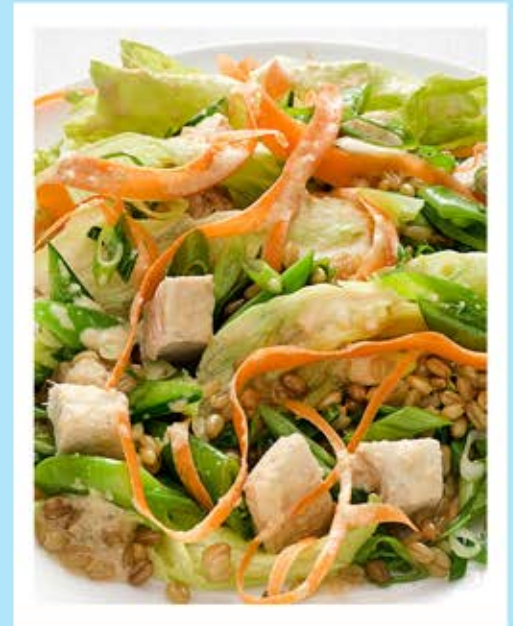
TASTY TURKEY SALAD

Ingredients

- 4 oz raw ground turkey
- 1/2 cup broccoli florets
- 1/2 tsp balsamic vinegar
- 2 floz filtered water
- 1/4 tsp dried basil
- 1 cup shredded cabbage
- 1 tbsp tomato paste
- 1/4 tsp dried parsley
- 1/4 tsp dried dill weed
- 1 tsp extra virgin olive oil
- 1/2 cup slice raw sweet and red pepper
- 2 tsp minced garlic
- 1/4 tsp ground oregano
- 1/2 tsp paprika
- 1/2 tsp Worcestershire sauce
- 1/4 tsp dried tarragon
- 1/8 tsp chilli powder

Instructions:

Combine oil, ground turkey, broccoli, cauliflower, peppers strings, balsamic vinegar, Worcestershire sauce, minced garlic, tomato paste, water and other spices in a non-stick pan. Cook until turkey is browned and vegetables are tender. Cover and simmer for 5 minutes until mixture is hot, stirring occasionally to blend flavours. Arrange shredded cabbage on a large plate. Spoon ground turkey and vegetables onto cabbage. Sprinkle with salt and pepper to taste.



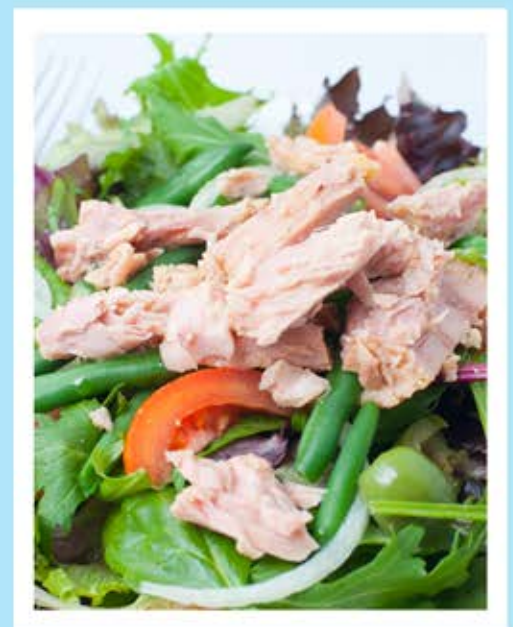
TUNA NICOISE SALAD

Ingredients

- 1 small boiled potato
- 1/4 cup peeled and sliced cucumber
- 1/2 tsp chopped parsley
- 1/8 tsp mustard
- 1/4 cup green beans
- 1/8 tsp minced garlic
- 1 1/2 tsp lemon juice
- 1/2 tsp chopped scallions or spring onions
- 4oz canned tuna in water
- 1 hard boiled egg
- 1 tsp olive oil
- 3 cups romaine lettuce
- 1/2 red tomato
- 2 tsp red wine vinegar

Instructions:

Cook potato, uncovered, in salted water until tender when pierced with a fork. Drain, peel and slice. Combine with chopped green onion and dash of salt and pepper; set aside. Snip the ends off the green beans. Cook green beans in salted water, covered, until crisp, yet tender, drain. Arrange lettuce, green beans, tuna, potato slices, cucumber slices, tomato wedges and egg slices on a plate. For dressing, mix garlic, parsley, onion, vinegar, lemon juice, mustard and oil in a small bowl. Drizzle dressing over salad. Serve chilled.



Recipes

Dinner

GRILLED SALMON WITH DIJON MUSTARD SAUCE

Ingredients

- 3 oz. raw salmon fillet
- 1 tbsp. lemon juice
- 1 tbsp. Dijon mustard
- 1 tsp extra virgin olive oil
- 1 tbsp. dried pine nuts
- 1 tsp dried dill weed

Instructions:

Preheat grill or over. Rinse fillet with cold water. Squeeze lemon juice over fillet and season to taste. To make the sauce, mix mustard, oil, lemon and pine nuts in a bowl. Grill the fish on high heat. Pour sauce over fish and serve with steamed broccoli, asparagus and sweet potato.



GREEK SPINACH SALAD WITH CHICKEN

Ingredients

- 3 cups raw spinach
- 5 oz grilled chicken breast
- ½ cup chopped or sliced red tomato
- ½ cup sliced raw onion
- ½ cup peeled and sliced cucumber
- 4 black pitted olives
- 1 tsp olive oil
- 1 tbsp balsamic vinegar
- ½ cup blueberries
- 1 lemon wedge

Instructions:

Mix spinach, tomatoes, sliced onions, cucumbers and olives in a large bowl. Top with grilled chicken and oil and vinegar salad dressing. Enjoy with fruit for dessert.



MEXICAN TURKEY AND BLACK BEAN SALAD

Ingredients

- 1 tsp olive oil
- 4 oz lean ground turkey
- 1/3 cup chopped raw green pepper
- 1/3 cup chopped raw sweet pepper
- ¼ cup chopped onion
- ½ tsp minced garlic
- ½ cup black beans
- ¼ cup mild or medium salsa
- 3 cups leaf lettuce

Instructions:

Heat oil over medium- high heat in a non stick skillet. Sauté all vegetables with garlic, a dash of cayenne pepper and ¼ tsp dried basil. Add turkey and cook until it browns. Drain thoroughly. Add salsa and black beans and warm through. Add salt, pepper and hot sauce, if desired. Serve over mixed green salad.



SALSA SNAPPER

Ingredients

- 4 oz raw snapper
- ¼ cup medium green chilli salsa
- 1 tsp extra virgin olive oil
- 1 oz reduced fat Monterey jack cheese, shredded
- 1 small baked sweet potato with skin

Instructions:

Heat over to 400F. Spread olive oil in a shallow baking pan. Place fish fillet in pan. Spoon salsa over fish. Bake fish for 10 to 12 minutes. Spread shredded cheese evenly on top. Bake for 2 to 3 minutes more, until cheese is bubbly. Serve with baked sweet potato.



THAI BEEF WITH STIR FRY VEGGIES

Ingredients

- 3 oz broiled top sirloin beef
- ½ cup raw snow peas
- ½ cup sliced raw sweet red pepper
- 1 tbsp teriyaki sauce
- ½ tsp reduced fat creamy peanut butter
- 1/8 tsp cornstarch
- 1 tsp sesame oil
- 1 cup frozen stir fry vegetable blend
- ½ cup pineapple chunks in its own juice

Instructions:

Preheat over to 400F. Cut up beef into strips. Place beef in the center of a piece of aluminium foil, ensuring that foil is large enough to fit all ingredients and to secure edges by folding. Place snow peas and peppers on top of beef. In a small bowl, mix together teriyaki sauce, peanut butter and cornstarch. Pour mixture over and vegetables. Fold up sides and ends of the foil to seal. Place package on a baking sheet in the oven and cook for 10 to 15 minutes, or until beef and vegetables are done. Serve with vegetables stir-fried in sesame oil. Enjoy with fruit for dessert.



GRILLED CHICKEN AND GREEN BEANS

Ingredients

- 4 oz raw boneless skinless chicken breast
- 1 tsp extra virgin olive oil
- 1 small baked sweet potato with skin
- ½ cup green beans

Instructions:

Preheat grill and grill chicken until fully cooked. Serve with green beans and sweet potato. Drizzle with olive oil.



WHITE BEAN SALAD

Ingredients

- ½ cup canned white beans
- 1/2 cup light extra firm tofu (substitute 4oz of animal protein – optional)
- ¼ cup chopped or sliced red tomato
- 2 tbsp chopped onion
- 2 tbsp parsley
- 1 oz low fat mozzarella cheese
- 1 tsp lemon juice
- 1 tsp olive oil
- 1 tsp balsamic vinegar
- ¼ tsp minced garlic
- 1/8 tsp dried thyme
- 1 dash ground black pepper

Instructions:

In a large bowl, combine beans cubed tofu, tomatoes, onions, parsley and cubed cheese. In another bowl, mix oil, vinegar, lemon juice, minced garlic, thyme and pepper. Add to bean mixture and toss.



S.M.A.R.T GOALS

It sounds a bit childish to be providing a template with which you can use to create your own goals. However, this template not only provides structure but allows you to set yourself up for success! – Give it a try, and see what S.M.A.R.T goals can do for you!

- S** SPECIFIC – Make sure your goals are simple and to the point. Many times, a complex goal will leave us feeling confused and overwhelmed
- M** MEASURABLE – How will you know if you are achieving your goal? If your goal is to lose weight, how many pounds are you attempting to lose? If your goal is to “be happier” how will you measure the success of this goal? Will you notice yourself laughing more with friends or taking part in activities that you once enjoyed? This is up to you! It is important to make your goals measurable so that you can assess the overall progress of your goals each week. This will keep you on track and provide you with continuous motivation!
- A** ATTAINABLE – Sure, we would all LOVE to wake up tomorrow with a tight and toned tummy and a million dollars. However, this is likely not attainable for the majority of the population. Might this be an attainable goal eventually (Sure!) However, we urge you to set small goals and objectives that you know you are capable of. With every small success your overall motivation is much more likely to grow, keeping you consistently on the right path!
- R** RELEVANT - Is your goal something that you are passionate about and something that you are ready to prioritize NOW? (Refer to your areas of focus at the top of this page). It is likely that you will achieve a goal more readily when you are passionate about this goal, and truly ready to take this step. Use your areas of focus to develop goals that are right for you!
- T** Bound - You have to create a timeline by which this goal will be completed. If there is no timeline, there is likely little motivation to complete your goal. Goals without timelines often become pushed to the side and forgotten about before they are ever met. Do not set yourself up for failure!

EXAMPLE: I will exercise two times each week for 30 minutes each time by January 1, 2016.

(I would track the amount of times that I exercised each week in an effort to continuously assess my goal. I would also document how this new routine is making me feel and how this is changing or altering my life for the better. As of January 1st, I would assess whether I was meeting my goal or not. I would also determine whether this goal is attainable or whether I need to adjust this for the future. If I found that this was too each, I would modify my goal to reflect the same routine with 3-4 days per week and set a new time-line. Goals keep us going and keep us moving forward!!!!

“The journey of a thousand miles begins with a single step.”

~Lao Tzu



MOTIVATIONAL QUOTE OF THE WEEK

CONCLUSION

We would like to “Thank You” once again for taking the time to invest in yourself! We appreciate your willingness to allow us into your journey. Our aim is to provide you with the tools and templates necessary to set you up for ongoing success! In this program, we hope that you learned how to prioritize your goals, create smart goals, clean out your kitchen and give your kitchen a new healthy makeover, and how to cook and prepare easy and healthy meals!

We wish you the best of luck and cannot wait to share with you our upcoming programs designed to keep you going and motivate you each week!

Best wishes,

Your Science Natural Supplements Team

“The journey of a thousand miles begins with a **single step.**”

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