



BURN AND BREAK YOUR PLATEAU

Part 3 of your
Wellness Kit

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WELCOME LETTER

We will provide an overview of the fun and exciting materials that you will receive in this portion of the Wellness Starter Pack. We believe that with these tools you will be able to break through any fitness plateau that you may be experiencing in a way that is fun (and tasty!)

02

DAILY AFFIRMATIONS

You can easily become part of a fitness rut if you do not take the proper time to remind yourself of just how wonderful you are. Sure, goals are great; but it is important to be happy with yourself while making improvements to your overall health and well-being

03

DETOX GUIDE

Have you ever felt stuck eating the same foods every day? Are the foods that you are eating weighing you down and making you feel sluggish? Maybe it is time to re-set your health and re-assess your nutrition. We will provide you with a detox cheat sheet that you can use any time you

04

GREEN COFFEE SMOOTHIE!

This smoothie is a fun AND HEALTHY way to switch up your snack or breakfast routine. Packed with nutrients, this smoothie will keep your body happy and healthy!

05

SNACK ATTACK!

Often times, when people become bored with a health and fitness routine, it is because they truly believe that health and nutrition have to be boring! This could not be further from the truth! We have provided you with a snack building template so that you can choose smart and healthy snacks each and every time a craving hits!

06

FEATURED RECIPE FOR FAT LOSS

There is nothing boring about our Spice Asian Shrimp Recipe! Take a look for yourself. We are confident that you will love this unique blend of flavors and spices packed into a recipe that will provide you with nutrients and energy to take on your day!

07

SIMPLE YOGA

At times, we believe that the most important aspect of health and well-being is weight loss and fitness. However, we must take care of our mind as well! - We have provided you with some simple yoga poses to practice when you feel like you need a mental "re-set" to keep your body (and your mind) Happy and healthy!

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Welcome

Welcome to your third SNS Wellness Starter Kit Newsletter! In this newsletter, we will provide you with some tips and tricks for getting over a wellness plateau. What is a wellness plateau? – This occurs once an individual begins to either settle into their new wellness routine and/ the individual begins to stop seeing the initial results. We all have our good days and our bad days. The importance lies in perseverance and the ability to push through and prove to yourself that YOU ARE WORTH IT! Included in this newsletter are templates for daily affirmations (to remind yourself as to why you took this journey). Additionally, we have provided you with some new and exciting recipes including HEALTHY SNACKS! – That’s right. It IS possible to maintain proper health and wellness and still indulge in the occasional snack. We simply want to help you make proper and healthy choices when you choose to do so!



Daily Affirmation

Use this sheet when you are feeling down and/or when you need a little reminder as to the many reasons why you deserve to be happy and health now and forever!

CREATE YOUR DAILY AFFRIMATION What Is The Date 30 Days From Now?

----- What Is Your 30 Day Goal?

----- What Does Achieving This Goal Mean To You?

(Describe What Your Life Will Be Like When You Achieve This Goal)

----- Briefly De-

scribe What You Did To Achieve Your

Goal.-----

----- Write A

Statement Of Gratitude For How You Will Feel When You Achieve This Goal.

----- Now

Let's Put It All Together Into One Clear And Concise Affirmation... Here's a full example: "It's No-

vember 1st, and I'm 6 pounds lighter. My skinny jeans once again fit and I feel healthier than I

have since I was 19! The good food choices I've made and the daily habits I've been working on

over the last 30 days have led me to this huge success, and I'm so grateful for where I am in my

life. I'm excited for what I know I can achieve! Thank you!"

DETOX CHEAT SHEET

We have provide you with a simple cheat sheet toward detoxing and re-setting your body's natural nutritional balance in a way that is healthy and realistic. This is a great way to push through any nutrition and fitness plateau. Avoid these foods and you will begin to notice your body looking and feelings its best!

SUGAR	GLUTEN	ALCOHOL
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PRODUCTS	PRODUCTS	PRODUCTS
SODA	BREAD	BEER
CANDY	CRACKERS	WINE
SPORTS DRINKS	CEREAL	SAKE
FRUIT DRINKS	PASTA	VODKA
ENERGY DRINKS	QUINOA	GIN
DRIED FRUIT	RICE	WHISKEY
PROTEIN BARS	OATS	RUM
INGREDIENTS	INGREDIENTS	TEQUILA
SUGAR	WHEAT	MEZCAL
CORN SYRUP	BARLEY	BRANDY
HONEY	RYE	PORT
AGAVE NECTAR	BULGAR	CHAMPAGNE
GLUCOSE	MALT	LIQUEUR
FRUCTOSE	BREWER'S YEAST	BITTERS
DEXTROSE	DURUM	PISCO
ASPARTAME		SCHNAPPS

GREEN COFFEE

This week's feature recipe comes from Shelley Crutz.

Don't judge this delicious drink by its green color. It is not only healthy, but this drink is delicious as well!

Every Friday we will feature a new recipe created by one of your fellow colleagues. We hope that these recipes will inspire you and challenge you to try to create a new recipe of your own. Send in your own recipe to be featured as one of our next "Foodie Friday" recipes. Include the ingredients, instructions and how many people this recipe feeds. Also attach a photo! Good luck and we hope you love these recipes as much as we do!



ITALIAN STUFFED BELL PEPPERS

Ingredients

- 1 cup unsweetened vanilla almond milk
- 1 cup of spinach
- 12-18 raw almonds
- 1 packet Starbucks via instant coffee
- 1 scoop vanilla protein powder ½ banana (optional for sweetness)

Instructions:

Add ice & ingredients to blender and blend until smooth.

HEALTHY SNACK

BUILDING TEMPLATE

Do you ever find yourself reaching into your pantry for a sugary cereal bar? Do you ever have a craving for a snack during the middle of the day only to find yourself reaching for a donut in the breakroom? We are all human, and we all have cravings. We are here to provide you with a template so that when those cravings strike, you stay on track!

Why Snacks? It's simple really. Snacks provide your body with sustained energy, metabolism support, and more opportunities for nutrients.

General Guidelines:

- Pair a protein and a complex carb together for a fulfilling and nutrient dense snack.
 - Snacks should be around 200 calories
 - Processed snacks that provide you with a “quick Fix” should be avoided
 - Water should always be consumed along with snacks to help you stay full, longer!
-

A few Healthy Proteins to Choose from

- Plain Greek Yogurt – nonfat
 - Almonds – unsalted
 - Eggs – hardboiled
 - Salmon
 - Hummus
 - Cottage cheese – low-fat
 - Beef jerky
 - Tuna – in water
 - Almond butter – just almond
 - Chicken slices
-

Some Healthy Carbohydrates to Choose from

- Berries
 - Bananas
 - Slices, raw veggie sticks
 - Beans
 - Apples
 - Tomatoes
 - Blended fruit and veggie juice
 - Quinoa
-

A Few Examples of “To Go” Snacks – You can keep these in your bag or in your car to avoid unhealthy temptations while on the road or in the workplace!

- Nuts and dried fruit
 - Banana and almonds
 - Healthy muffins and/or protein cookies to go
 - Beef Jerky
 - Whole wheat bread and almond butter
-

A Few of Our Favorite Combinations

- 100% whole wheat slices bread + Cottage Cheese + 1/4 cup Cherry Tomatoes
- Apple + 2 Tbsp. Almond Butter
- Veggie Sticks + 1/4 cup of Hummus
- Tuna + 1 Tbsp. yogurt + 1/4 cup cherry tomatoes + avocado + a slice whole wheat bread
- Whole wheat wrap + 1 Tbsp. hummus + Spinach + Veggies
- 1 hardboiled egg + 15 grapes
- 1/2 cup nonfat plain Greek yogurt + mixed berries + drizzled honey
- 1/2 banana (frozen) + fresh greens + 2 Tbsp. yogurt + flax seed – blended into a smoothie

FEATURED RECIPE OF THE WEEK!



SPICY ASIAN SHRIMP SALAD

Ingredients

- 🍷 - 1 Bag of Trader Joe's Shredded White Cabbage
- 🍷 - 1 Bag of Trader Joe's Broccoli Slaw
- 🍷 - Trader Joe's sesame soy vinaigrette
- 🍷 - Bunch of cilantro
- 🍷 - Bunch of scallions
- 🍷 - 1 lb. of shrimp (raw or cooked)
- 🍷 - 2 tbsp. olive oil
- 🍷 - 4 cloves garlic
- 🍷 - 2 tbsp. garlic sriracha
- 🍷 - Crispy noodles to sprinkle on top (optional)

Instructions:

For the salad: Mix in the bags of broccoli slaw and cabbage together (add in as much or as little as you like). Chop and add cilantro (add as much or little for your taste). Chop and add scallions (about 1/3 of the bunch) Drizzle dressing on top, start with 2 tablespoons and add as needed. Shrimp: Rinse shrimp and add olive oil and sriracha. Mince the garlic, add and let the whole mixture sit to marinate. Suggested...30 minutes. (Make the shrimp first and let it marinate while you're preparing the salad). Heat pan, add shrimp and cook until pink. Top salad with shrimp and enjoy.

SIMPLE YOGA POSES

Want to switch things up a bit? Simple yoga poses are a great addition to any workout routine. The moves presented below promote stability and strength while allowing you to focus on the way in which your body moves. Have fun with these poses and see what you can do!



1 - Chaturanga



2 - Cobra



3 - Downward
Facing Dog



4 - Cat



5 - Locust



6 - Boat



7 - Chair

WHEN YOU
FEEL LIKE
QUITTING
THINK ABOUT
WHY YOU
STARTED

MOTIVATIONAL QUOTE OF THE WEEK

CONCLUSION

We thank you so much for choosing to make your health a priority. We understand that plateaus can happen. We are only human! It is our goal to act as your cheerleaders. We aim to push you to be the best version of yourself that you can possibly be. You deserve this! We hope to have provided you with the tools necessary to push through any plateau and keep moving forward. Remember why you started and where you are headed. We believe in you!

Sincerely,

The Science Natural Supplements Team