

NOT JUST A DIET; A NEW YOU

Part 4 of your Wellness Kit



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WELCOME LETTER

We will provide you with a general overview of what you can expect to see in your 4th and final part of the Wellness starter pack! – We hope that we have provided you with the tools and templates to continue on in your journey toward health and wellness. As always, our Science Natural Supplements Team is here to support you in any questions or concerns that you may have. We are excited and anxious to hear your story!

02

30 DAY GOALS

To keep you moving forward, we have provided you with a template so that you may create goals for the next 30 days. We encourage you to take all that you have learned through the Wellness Starter Pack to design goals tailored to keep you motivated, healthy, and happy!

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HEALTHY MEAL PLAN

We have provided you with a comprehensive PDF filled with recipes and ingredients to keep you moving forward in a direction of health and wellness.

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LIFE HACKS FOR FITTING FITNESS INTO EVERY DAY

Exercise does not have to be boring or even routine! – We have provided you with several tips and tricks for ensuring that you are doing something positive for yourself and for your health each and every day!

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FEATURED RECIPE OF THE WEEK

See how simple and delicious our stuffed flank steak is! We are confident that this will be a family favorite =)

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6- CONCLUSION AND MOTIVATIONAL QUOTE OF THE WEEK



Welcome



Welcome to the 4th and final newsletter of the SNS wellness starter kit! In this newsletter, you will find a 30 day goal template so that you can continue setting your own goals and documenting your progress! We have also added an additional healthy meal plan with fun and easy recipes. Additionally, we have provided you with tips and tricks into making your health and well-being a daily priority. We applaud you for taking this step toward a better you, and believe that you will make this a lifelong commitment! Don't forget, you can always contact our customer service team for additional support at any time by emailing sns.cbhelp@gmail.com! =)



30 Day Goal Template

What Is Your Root Goal, The Goal That You Want To Eventually Achieve?

Using This Root Goal In Mind, Set Your 30 Day Goal Below...
What Is Your Specific Goal For The Next 30 Days?

How Are You Going To Measure Your Progress Towards That Goal?

Can You Realistically Attain This Goal In The Next 30 Days? How?

Why Do You Think You Need To Achieve This Goal? (Make It Big)

Write Down A Brief Description Of What You Will Do For
Your Diet Over The Next 30 Days.

Write Down A Brief Description Of What You Will Do For Your
Exercise Routine Over The Next 30 Days.



Healthy MEAL PLAN

With the links provided below, your eyes will be opened to new and exciting recipes that are easy to make and good for your body! – We are excited to share these with you, as we believe that options truly make a difference when taking the step toward health and wellness. We encourage you to get creative and to build upon these recipes to make your own fun and healthy recipes that your family is sure to love!



This Vegetarian Meal Plan is designed for people that eat a plant based diet. Eating a plant based diet shouldn't be boring, we are dedicated that you get all nutrients in and love the food you are eating without putting off reaching your goals.

This Healthy Meal Plan Gives You:

- Tips for a healthy lifestyle
- A Sample of what a healthy week looks like
- Snack ideas
- Recipes



Tips for a healthy lifestyle:

1. Get clear on what you are looking for. Are you wanting 6-pack abs or to be able to walk up-stairs without getting winded? Having a clear picture of what you want with tangible results to be achieved will help you focus on your goals.
2. Clean up the food in your house. If you don't buy junk you won't be able to eat it at home.
3. Drink more water.
4. Eat breakfast within 30 minutes of waking up.
5. Don't forget your snacks between meals.
6. The less processed the better! Go for apples not canned applesauce. Eat for nutrients.



Snacks

Snacks give your body sustained energy, keeps metabolism running, and more opportunities for nutrients. Pair a protein and carb together for a snack that will keep you more full for longer. Snacks should be about 200 calories, less processed the better and don't you forget to drink a glass of water with your snacks

Protein	Carbs	To Go Snacks
<ul style="list-style-type: none"> ○ Almonds-unsalted ○ Almond Butter-just almond ○ Plain greek yogurt ○ Cottage Cheese ○ Eggs ○ Hummus ○ Beans ○ Lentils ○ Quinoa ○ Tofu ○ Tuna 	<ul style="list-style-type: none"> ○ Berries ○ Apple ○ Banana ○ Tomatoes ○ Sliced raw veggie sticks ○ Blended fruit and veggie juice ○ Whole wheat wraps and bread 	<ul style="list-style-type: none"> ○ Nuts and dried fruit ○ Banana and almonds ○ Whole Wheat Bread and almond butter ○ Healthy muffins/protein cookies to go

My Fav Combos:

100% Whole Wheat sliced bread + ¼ c Cottage Cheese + 2 Tbsp Cherry Tomatoes

Apple + 2 Tbsp Almond Butter

Veggie Sticks + ¼ c Hummus

Tuna + 1 Tbsp yogurt + ¼ cup Cherry Tomatoes + Avocado + sliced bread

Whole Wheat Wrap + 1 Tbsp Hummus + Spinach + Veggies

1 Hardboiled egg + about 15 grapes

½ cup nonfat plain greek yogurt + mixed berries + drizzle honey

½ banana + fresh greens + 2 Tbsp yogurt + flax seed + berry Smoothie



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Omelet Muffins

Makes: 8 muffins

Makes 2 servings: 1 Serving Calories 251 Carbs: 7g Protein: 21g Fat: 14g

Ingredients

- ▶ 5 eggs, whisked with salt and pepper
- ▶ ¼ onion, chopped
- ▶ ½ cup mushrooms, sliced
- ▶ ¼ bell pepper, chopped
- ▶ 2 handfuls fresh spinach
- ▶ Feta, crumbled
- ▶ Tomato, chopped

Directions

1. Preheat oven to 350, grease muffin tins
2. Beat eggs together and add salt and pepper
3. Saute onion, bell pepper, and mushrooms until tender
4. Add spinach until wilted, about 3 minutes
5. Fill muffin tins 1/3 with egg, 1/3 with veggie mixture and sprinkle with feta and tomato
6. Bake for about 40 minutes or until top begins to brown



Green Machine

Makes 1 serving

Calories: 260 Carbs 21g Protein: 35g Fat: 3.5g

Ingredients

- ▶ 1 scoop Protein Powder (Whey-26 Advanced Protein Powder)
- ▶ 2 cups fresh spinach
- ▶ ½ cup nonfat plain greek yogurt
- ▶ 1 cup almond milk
- ▶ ½ cup mixed frozen berries

Directions

1. Mix all ingredients in a blender until smooth.



Breakfast Burrito

Makes 10 burritos

1 serving size: Calories: 240 Carbs: 17g Protein: 11g Fat: 12g

Ingredients

- ▶ ½ cup tomato, chopped
- ▶ 1 ½ cups spinach, frozen, chopped
- ▶ 4 Turkey sausage
- ▶ 10 6-inch Whole Wheat tortillas
- ▶ ½ cup onion, chopped
- ▶ ½ cup feta cheese
- ▶ 6 eggs

Directions

1. Remove casing from sausage, cut into pieces and brown in a pan.
2. Spray another large pan with grease. Add eggs, spinach, and onion to make a scramble.
3. When eggs are about done add in feta and sausage. Cool slightly
4. Measure about ½ cup into each tortilla and wrap into a burrito
5. Wrap burritos in plastic wrap and place in freezer until ready to use.



Almond Cinnamon Cottage Cheese

Makes 1 serving

Calories 270 Carbs: 10g Protein: 32g Fat: 11g

Ingredients

- 1 ¼ Tbsp Almonds, slivered
- 1 tsp cinnamon
- ¼ packet stevia
- 1 cup lowfat cottage cheese

Directions

1. Toast almonds if desired and mix all ingredients together



Eggs with avocado, arugula and tomato

Makes 4 servings

1 serving: Calories: 270 Carbs: 7g Protein: 20g Fat: 18g

Ingredients

- 1 Tbsp green onion, chopped
- 2 cups arugula
- 1 tomato, chopped
- 10 eggs
- Sprinkle of cilantro
- ½ large avocado

Directions

1. Over medium heat, heat skillet and grease with coconut oil.
2. Whisk eggs together and season with salt and pepper
3. Add green onion, arugula and tomato. To the skillet stir for 1 minute and add eggs.
4. Stir until eggs begin to cook, set aside.
5. Complete the cooking under broiler for 2-4 minutes. Top with avocado and serve.
6. This can be frozen (without the avocado).



Tuna Salad

Makes 1 serving

Calories: 330 Carbs: 9g Protein: 43g Fat: 15g

Ingredients

- 2 cups spinach
- 1 Tbsp Balsamic Vinegar
- ½ avocado, chopped
- ½ tomato, chopped
- 6 oz tuna (can and a half)

Directions

1. Cut avocado and tomato into dices.
2. Place spinach in a bowl and top with all ingredients and mix well.



Chicken Lettuce Wraps

Makes: 15

1 serving: Calories: 80 Carbs: 4g Protein: 7g Fat: 4g



Ingredients

- 16 Leaves Butterhead Lettuce
- 1 Tbsp water
- 2 ½ Tbsp Hoisin sauce
- 8 green onion, chopped
- 2 tsp sesame oil
- 1 Tbsp ginger- grated
- 2 cups bell pepper, chopped
- 1 lb ground chicken

Directions

1. In a large pan, brown the ground chicken over medium-high heat, breaking up the pieces. Pour into a colander, in the sink and drain fat. Return chicken to pan. When cool enough to handle, break up into pieces.
2. Add the scallions, red pepper, hoisin sauce, ginger, water and sesame oil. Cook for a few minutes until scallions and red pepper are soft. Keep warm.
3. To assemble each chicken wrap: Spoon about ¼ cup of chicken filling onto one lettuce leaf and roll it up as desired.

Beef Stuffed Bell Peppers

Makes 4 servings

1 serving: Calories 280 Carbs: 10 Protein: 31g Fat: 11g

Ingredients

- ¼ cup carrots, chopped
- 1 tsp Cajun seasoning
- 2 garlic cloves, minced
- 1 lb bell peppers
- ½ onion, chopped
- 1 cup crushed tomato, canned
- 11.4 lb beef, extra lean ground

Directions

1. Preheat oven to 400 degrees.
2. Cut bell peppers in half lengthwise and remove seeds.
3. Mix chopped vegetables and spices into meat and pack the peppers with the mixture.
4. Bake for 40 minutes.



Green Vitality Chicken Bowl

Serves 2

1 serving: Calories: 80 Carbs: 4g Protein: 7g Fat: 4g



Ingredients

- 1 scallion, minced
- 1 small avocado
- 1 ½ Tbsp lemon juice
- 1 Tbsp apple cider vinegar
- 2 Tbsp water
- 2 Tbsp olive oil
- ½ cup fresh basil
- ¼ cup parsley
- Salt to taste

Salad

- 1 cup cooked quinoa
- 1 ½ cup mixed greens
- ½ cup cooked edamame
- ¼ walnuts
- ¼ thinly sliced carrots or radish
- 6 oz Chicken, baked and cubed
- Salt and pepper, red pepper flakes to taste

Directions

1. To make the dressing, combine all ingredients in a food processor and mix until smooth.
2. While quinoa is still warm mix in greens, edamame, walnuts, and carrots (or radishes), and chicken and mix with seasonings to taste. Slowly drizzle dressing over top and serve.

Balsamic Chicken

Makes: 12 breasts

Cal: 132 Carb: 3g Fat: 2g Protein: 26g

Ingredients

- 3 lb. chicken breasts, cut into small pieces
- 5 tbsp oil-free balsamic vinegar
- 1 tbsp red chili sauce
- 1 tbsp honey
- 1 tsp ginger

Directions

1. Preheat oven 405 F.
2. In small bowl, mix together balsamic dressing, red chili sauce, honey, and ginger.
3. Place chicken in a Ziploc bag and add balsamic mixture. Marinate for at least 20 minutes.
4. Place chicken pieces on a baking sheet, and bake for about 15 minutes.



Open Face Turkey Burger

Makes 4

1 Serving: Calories: 150 Carbs: 0g Protein: 29g Fat: 3g

Ingredients

- ¼ cups feta cheese, reduced fat
- 1 cup Cilantro
- 1 Tbsp green onion, chopped
- 1 pound Extra Lean Ground Turkey

Directions

1. With hands mix together cilantro, feta and ground turkey.
2. Form into 4 patties and place on a greased pan on medium heat.
3. Cook for about 7 minutes or until well cooked.
4. Serve open face with a tomato and spinach on top.



Simple Salmon with Dill

Makes 2 servings

1 serving: Calories: 210 Carbs: 1g Protein: 24g Fat: 12g

Ingredients

- ¼ tsp black pepper, ground
- ¼ tsp salt
- ½ tsp dill
- 1 Tbsp lemon juice
- 4-5 lemon slices
- 8 oz salmon

Directions

1. Preheat oven to 350.
2. Place lemon slices on foil and salmon skin side down on top of lemon slices. Squeeze lemon juice and sprinkle dill, salt, pepper.
3. Wrap in foil and bake for 30 minutes until done.



Almond Lemon Chicken with Broccoli

Makes 4 servings

1 Serving: Calories: 380 Carbs: 8g Protein: 48g Fat: 16g

Ingredients

- 1 tsp black pepper
- 1 dash salt
- 5 basil leaves, chopped
- 2 Tbsp almonds, slivered
- 1 Tbsp lemon zest
- 1 Tbsp lemon juice
- 2 tsp garlic, minced
- 2 Tbsp Coconut oil
- 4 cups broccoli
- 1.5 pounds skinless chicken breast

Directions

1. Preheat the oven to 375.
2. Season chicken with salt and pepper.
3. Pan sear the breasts on each side with coconut oil over high heat.
4. Remove chicken and add garlic and almonds to the pan and cook until browned.
5. Add lemon zest, lemon juice and broccoli to the pan, stir to coat evenly.
6. Place broccoli in oven safe baking dish. Place chicken on top of broccoli and top with basil leaves.
7. Bake until chicken is cooked through and broccoli is tender, about 15-20 minutes.



Vegetable Curry

Makes 4 Servings

1 serving: Calories 420 Carbs: 27g Protein: 23g Fat: 25g

Ingredients

- | | |
|---|-------------------------------|
| ➤ ½ cup shallots | • 2 Tbsp ginger, grated |
| ➤ 1 garlic clove, minced | • ¼ cup natural peanut butter |
| ➤ 2 tsp turmeric | • 1 tsp cumin |
| ➤ ½ chili paste | • 1 cup water |
| ➤ 10 oz light coconut milk | • 3 lime juice |
| ➤ 1 tsp lime zest | • 2 Tsp brown sugar |
| ➤ 28 oz extra firm tofu, browned on each side | |
| ➤ ½ cup bell pepper, chopped | |
| ➤ ½ cup carrot, chopped | |
| ➤ 1/3 cup sweet potato, skin on, chopped | |
| ➤ 1/3 cup mushrooms | |

Directions

1. In skillet heat 1 Tbsp of oil with shallots, ginger and garlic. Cook for about 5 minutes.
2. Heat a separate pan with a little coconut oil. Slice tofu into ½ inch pieces and saute to brown on each side.
3. Add peanut butter, turmeric, cumin and chili paste. Stir for about 2 minutes.
4. Whisk in water, coconut milk, lime and brown sugar. Let simmer and season with salt.
5. Add vegetables and simmer over medium heat until tender, about 20 minutes. May add more water if desired.
6. Add cooked tofu and stir to mix well and enjoy.



Chicken Burrito Bowl

Makes 1 serving

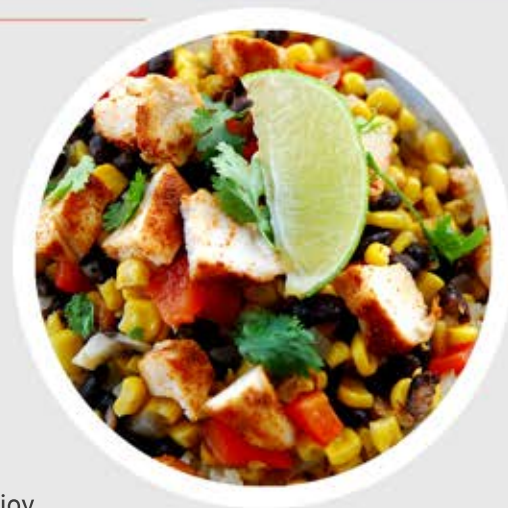
Calories 260 Carbs: 20g Protein: 41g Fat: 4g

Ingredients

- ¼ cup black beans no salt, drained
- ½ cups cabbage, shredded
- 6 oz cooked chicken breast, boneless skinless
- 2 Tbsp nonfat greek yogurt plain
- 2 Tbsp salsa
- Sprinkle of cilantro

Directions

1. Heat up beans. Set aside
2. Place cabbage in a bowl with beans on top. Add chicken and the toppings and enjoy.



Treat Cookies

Makes: about 18 drop cookies

Serving size 2 cookies: Calories 87 Carbs:14g Protein: 2g Fat: 1g



Ingredients

- 2 bananas, mashed
- 2 Tbsp dark chocolate chips
- 1 cup rolled oats

Directions

1. Preheat oven to 350.
2. Mash 2 bananas in a bowl.
3. Add in rest of ingredients and mix well.
4. Spoon small drop size cookie dough balls on a greased baking sheet and bake for about 10-15, until the cookies are no longer moist and firm to touch.

Zucchini Brownies

Makes 9 large brownies

1 serving size: Calories: 170 Carbs: 21g Protein: 7g Fat: 8g

Ingredients

- 1 large zucchini, shredded and drained
- 6 eggs
- 1 tsp vanilla
- 1 ½ tsp cinnamon
- ¼ nutmeg
- 1 Tbsp Cocoa Powder
- 1 banana, mashed
- 3 Tbsp agave
- ¾ oats, blended into flour
- ¾ tsp baking soda
- 1/8 salt
- 3 oz Dark Chocolate Chips

Directions

1. Preheat oven to 350. Grease and flour a 8x8 pan
2. Shred the zucchini and squeeze the water out with paper towel. Let sit.
3. In a bowl mash banana and mix the rest of the ingredients to mix well. Add zucchini and ¾ of the chocolate chips.
4. Bake for 20 minutes. Take the brownies out and sprinkle the rest of the chocolate chips on top and bake for another 10 minutes, until the fork comes out clean.



Cookie Dough Bites

Makes about 15 balls

1 Serving Calories: 70 Carbs: 8g Protein: 5g Fat: 2g

Ingredients

- ▶ 15 oz Garbanzo Bean, canned, rinsed and drained
- ▶ 2 scoops protein powder
- ▶ 1 Tbsp natural peanut butter
- ▶ 1 tsp agave
- ▶ ¼ cup dark chocolate chips

Directions

1. In a processor blend beans, protein powder, peanut butter and agave until well mixed.
2. Roll into balls.
3. Melt chocolate chips in microwave at 15 second intervals, stirring every time until well melted.
4. Dip one side of ball in chocolate and let sit on a wax paper covered plate.
5. Place plate into freezer to help chocolate harden. Enjoy.



Health Nut Muffins

Serves 14

Ingredients

- ▶ 2 Tbsp coconut oil
- ▶ 1 banana, mashed
- ▶ 1 apple, grated
- ▶ 1 cup packed grated carrot
- ▶ 1/3 cup apple puree
- ▶ ½ cup almond milk
- ▶ 2 eggs beaten
- ▶ 1 cup ground almonds
- ▶ 1 cup oat flour (blend rolled oats)
- ▶ 1 tsp cinnamon
- ▶ Dash nutmeg
- ▶ 1 ½ tsp baking soda
- ▶ 1 tsp salt
- ▶ ¼ cup sunflower seeds

Directions

1. Preheat oven to 375 degrees. Line muffin tin with liners.
2. Mash banana and coconut oil together in bowl. Add in apple, carrot, apple puree, eggs, milk and stir until mixed.
3. In a separate bowl mix the oat flour, almonds, cinnamon, nutmeg, baking soda, and salt together.
4. Add the dry ingredients to the wet ingredients and mix. Sprinkle sunflower seeds and mix in.
5. Fill each muffin to the top, they won't rise a lot. Sprinkle with more seeds if desired.
6. Bake for about 35 minutes, tops will brown and fork will come out clean.
7. Leave to cool for 10 minutes and enjoy!



LIFE HACKS – FOR FITTING A BIT OF FITNESS INTO EACH AND EVERY DAY

It is no surprise that the amount of individuals with sedentary lifestyles is on the rise. Think about it for a moment. The notion of “work” used to be associated with long hours of manual labor. Now, many of us wake up, go to work and likely sit or walk short distances during the hours of 9-5. Is this your fault? ABSOLUTELY NOT. We all have to make a living. However, there are a few ways to target this sedentary lifestyle and fit a little fitness into each and every day. The tips and tricks shown can be applied to anyone in any work setting. They can be used at home, in the work-place, or while out and about!

Just think about it. If you walk for just 10 minutes every day directly after lunch (both during the work week and on the weekends) this equates to 3,650 minutes of walking each year. That is roughly 60 HOURS of walking each year that you would not typically achieve if you did not take the opportunity to make health a priority!

1- Take the stairs.

Sure those stair-stepper machines at the gym are great, but have you ever taken a moment to notice those around you? Maybe in your home or in the work-place? The elevator might seem like an appealing choice when you have your hands full, but we urge you to take this as a challenge. Plan accordingly if you have multiple items to take up the steps and make several trips (BONUS exercise for you!!)

2- Park FAR away from any building.

We have all been there “YES – a front spot just opened in the parking lot”. This seems appealing because we do not have to waste as much energy walking into our favorite store. However, we seem to forget about the additional opportunity for moving our bodies that comes with parking far away! Challenge yourself to begin looking for parking spots that are further away. Use the time walking up to your building to take a deep breath, relax, enjoy the outdoors, and reflect upon the wonderful opportunity that you are providing to your body

3- DRINK H2O

OK so this isn't a hack for physical activity, but drinking water is equally important to your health. Many times we go about our work day, forgetting to hydrate. This leaves us feeling tired and sluggish in the afternoon. What do we naturally do when we feel tired? We reach for a coffee or something with simple sugars to hold us over! – You might be surprised that (if properly hydrated) many of these late day cravings could actually disappear! – We challenge you to set a goal for yourself each day. Choose your favorite water bottle and make it a priority to fill and drink “X” amount of bottles each day both while and work and at home. As you become better at meeting your challenge. Increase the numbers of bottles you consume. Sure – the increase in liquid may have you walking to the bathroom a bit more often but HEY – those are extra steps, and every single step COUNTS =)

4- Chair squats!

It can be awkward to try and squeeze fitness in while sitting at work, and depending upon the mentality of your office or work setting, it might even be frowned upon to stand up and partake in jumping jacks during a shift. Therefore, we recommend chair squats for tonight your legs without interrupting your coworkers. Here's how it works. Whenever you get up and then return to your chair, take a moment before sitting. In that moment hover over your seat without fully allows your bottom to touch the seat. Hold this for as long as possible. Do this every time you get up from your seat and you will be sure to feel the burn!!!! – For those of you who do not work in an office setting, this can be done anywhere around the house, at a restaurant, or out in about. Do this every time you are approaching a seat!

5- Leg Lifts

Similar to above, this movement does not only have to be done when sitting in an office chair. Make a note of any time you are sitting and challenge yourself to do at least 5 leg lifts. You can increase this number as desired. This movement will keep you tight and toned. Additionally it will make you notice how often you are sitting throughout the day and prevent your legs from falling asleep!

6- Forget the Commercials!

Who doesn't love relaxing with family or friends in the evening while watching some of our favorite shows? This can be a wonderful way to end the day and keep your mind off of stress at work. However, after a long day at a sedentary job, this is not necessarily the best relaxation technique for our health. We encourage you to use commercial breaks as an opportunity for a quick sweat session. Try doing 10 sit ups or 10 air squats during each commercial break. Find it a bit funny to do this in front of family and friends? You can either encourage them to join or simply get up and move around during commercial breaks to get the blood flowing.

7- Scrolling Planks

How many times do you spend your evening scrolling through the newsfeed on your phone? Again, this is a wonderful way to unwind for many people, allowing their mind to wander and explore different articles, topics, and to chat with friends. However, this time could be spent in a plank position for an incredible abdominal workout! – Not only will the burn alert you to just how much time you spend on your phone but this will give you an additional opportunity to remain tight and toned. Try doing this in 10 second intervals at first and build up from there. Your body will thank you! This can be used when flipping through a book, newspaper, or magazine as well.

FEATURED RECIPE OF THE WEEK!

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!

This week's feature recipe comes from Steph/Scott Pursglove .

STUFFED FLANK STEAK

Ingredients

- Ingredients: 1- 1 ½ lb. of flank steak
- 1 tbsp. extra virgin olive oil
- Salt & Pepper to taste
- 1-2 tbsp. blue cheese
- 1 egg 1 roasted bell pepper

Instructions:

Instructions: Blend or mix blue cheese, 3 egg & roasted bell pepper and place in flank steak and roll up. Drizzle extra virgin olive oil over rolled up steak and season with salt and pepper. Bake at 400 for 30-45 min.



~~STOP.~~ PAUSE.
BREATHE.
CRY IF YOU MUST.
BUT KEEP GOING.

MOTIVATIONAL QUOTE OF THE WEEK

CONCLUSION

We would like to thank you for signing up to receive the 4-part wellness starter pack. We hope that we have provided you with exciting information that you will keep and use daily in an effort to be the best possible version of yourself that you can possibly be. Signing up for this kit may have been your first step, or just one step in your journey. Regardless, we commend you for taking time for YOU! We hope to support you in all endeavors and ask that you reach to our friendly customer service staff should you ever have any questions, concerns, or comments. Best wishes now and forever.

Sincerely,

The Science Natural Supplements Team