

NEW ROUTINE SURVIVAL

guide

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Hey girl. heyyyy!

If you're ready to set yourself up for a successful month of routines, healthy choices, and reach your goals... You've come to the right place. 😊

September can bring a whole lotta change - back to school schedules, fall activities, holiday parties quickly approaching - and when the heck are you supposed to find time to take care of YOU?

Don't worry, I gotchu. ❤️

My New Routine Survival Guide is going to give you some simple, tangible tips to help you create a fluid morning, afternoon, AND nighttime routine, give you easy-to-prep breakfast and dinner recipes that your whole family will approve of, as well as my top 5 health "must-haves" that you can plug into those daily routines!

Change is hard. Saying "goodbye" to summer and "hello" to structured schedules is hard. But that's why I'm here... To take a little bit of "hard" out of your day to day hustle, and give you a little more "I got this!"



Let's rock this month!

Nicole



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Morning Routine

SURVIVAL TIPS

Before I give you my best tips for starting your day off right, I want you to try thinking of your day in quarters as you start to create your own routines.

1st quarter: 5:00am-9:00am

2nd quarter: 9:00am-12:00pm

3rd quarter: 12:00pm-5:00pm

4th quarter: 5:00pm-10:00pm

If one of your quarters doesn't go as planned or you find yourself struggling to stick to your schedule or routine, don't worry. Just get through the quarter and reset at the next one! Keeping this mentality is going to alleviate feeling like the day is shot if one aspect of your routine doesn't go as intended.

TIP #1 - MAKE YOU YOUR FIRST PRIORITY

Sit down and create a list of what gives you life in the mornings. *A workout? Washing your face? Putting on your makeup? A hot cup of coffee with a journal or devotional?* Whatever it is, make it all about you. Your daily demands and responsibilities will always be there, but taking time for yourself won't happen unless you **MAKE** it happen. Even just taking 20-30 minutes can make all the difference!

Here are my top 5 favorite programs for morning workouts:

#1 - 645 (the Mobility and Stability workouts are LIFE)

#2 - LIIFT More (If you love a good sweat first thing in the morning)

#3 - Morning Meltdown 100 (All workouts are under 30 minutes!)

#4 - 4 Weeks for Everybody (Low impact, but effective)

#5 - Let's Get Up (dance it out to shake off the sleepies)

TIP #2 - HYDRATE, HYDRATE, HYDRATE

It's totally normal to feel groggy upon waking in the mornings. I mean, adulting is hard. Who wakes up feeling like they've had 4 shots of espresso? Hardly anyone! But, the best thing you can do for your body is to hydrate right away. You just spent the last 6-9 hours sleeping, not drinking water, so you're going to be dehydrated.

Water also improves hair and skin health, helps your body release toxins, and increases bowel movements in the morning. (Who wants to start their morning constipated? No one!)



TIP #3 - AVOID SCREEN TIME BEFORE WORK/SCHOOL

Except if it's being used for a workout! 😊 But honestly... This has made the biggest difference in my house. Phones, tablets, and TVs are major distractions when it comes to staying on schedule and being productive in the morning. If you absolutely *have* to check your email or notifications, set a specific time to do so and stick to it (but make sure it's after your "you" time). Don't let mindless scrolling derail you!

TIP #4 - HAVE BREAKFASTS PREPPED FOR THE WEEK

Pre-packaged, sugary breakfast foods aren't the greatest way for you and your family to start the day. I typically take an afternoon over the weekend to meal prep 3 different breakfasts for the week, which leaves 2 days for repeating any leftovers.

Below I've included 5 of my favorite healthy breakfast recipes that are SUPER easy to meal prep!

5 EASY-TO-PREP *breakfast recipes*



Creamy **STRAWBERRY VANILLA** **OVERNIGHT OATS** *by fit foodie finds*



INGREDIENTS

- 1 cup plain Greek yogurt
- 1 cup unsweetened vanilla almond milk (or any kind of milk)
- 1 cup fresh strawberries, sliced
- 1.5 cup rolled oats
- 3 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey

PROCEDURE

- 1** First, blend Greek yogurt, almond milk, honey, and strawberries together. It will look like a strawberry milkshake!
- 2** Next, place the mixture into a medium-size bowl and mix in 3 tablespoons chia seeds and 1 teaspoon of vanilla. Then, mix in rolled oatmeal.
- 3** Place in the refrigerator overnight or for at least 2 hours. Top with your favorite toppings and enjoy! Yields 3 servings.

Ultimate **BREAKFAST BURRITOS**

by sweet peas and saffron



INGREDIENTS

- 1 tablespoon olive oil
 - 2 cups bell pepper (finely chopped)
 - 1 tablespoon olive oil
 - 8 eggs
 - Salt & pepper
 - 1 cup ham (cut into small cubes)
 - 2 cups shredded cheese
 - 8 tortillas (large; 12 inch)
 - ½ cup salsa
-

Storage

- Store in the fridge for up to 3 days. Freeze by placing wrapped burritos in a larger reusable bag or storage container for up to 3 months.

To Re-Heat

- Thaw in the fridge overnight or on low power in the microwave.
- Crisp up on an indoor grill or in a frying pan.

PROCEDURE

- 1** Heat 1 tablespoon of olive oil over medium heat in a non-stick pan. Add the bell pepper and cook for 5-7 minutes, until soft. Transfer to a plate and allow to cool slightly.
- 2** In a large bowl or measuring cup, beat the eggs. Stir in the salt and pepper. Add the remaining 1 tablespoon of olive oil to the pan and then add the eggs. Cook, scrambling with a spatula, for 3-4 minutes until cooked through. Set aside to cool slightly.
- 3** To assemble breakfast burritos: place a large tortilla on a cutting board. Top with ⅛ of the egg mixture, a few spoons of bell peppers, ham and shredded cheese, and a spoonful of salsa.
- 4** Roll burritos by folding over the sides, then the top. Roll tightly, then wrap in plastic wrap. Yields 8 servings.

Healthy **BANANA BREAD**

by cookie and kate



INGREDIENTS

- ⅓ cup melted coconut oil or extra-virgin olive oil or high quality vegetable oil
- ½ cup honey or maple syrup
- 2 eggs
- 1 cup mashed ripe bananas (about 2 ½ medium or 2 large bananas)
- ¼ cup milk of choice or water
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon ground cinnamon, plus more to swirl on top
- 1 ¾ cups white whole wheat flour or regular whole wheat flour
- Totally optional: ½ cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit, or fresh banana slices

PROCEDURE

- 1** Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius) and grease a 9×5-inch loaf pan.
- 2** In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 10 seconds in the microwave.)
- 3** Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
- 4** Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
- 5** Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean (typically, if I haven't added any mix-ins, my bread is done at 55 minutes; if I have added mix-ins, it needs closer to 60 minutes). Let the bread cool in the loaf pan for at least 10 minutes. You may need to run a butter knife around the edges to loosen the bread from the pan. Carefully transfer the loaf to a wire rack to cool before slicing.

Power **PROTEIN EGG CUPS**

by beachbody on demand



INGREDIENTS

- Nonstick cooking spray
- ½ cup unsweetened almond milk
- 2 cups egg whites (approx. 16 eggs)
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 2 slices cooked turkey bacon, chopped
- 3 oz. cooked chicken breast, shredded
- 2 cups red bell peppers, chopped
- 1 cup onion, chopped

PROCEDURE

- 1** Preheat the oven to 350° F.
- 2** Prepare twelve muffin cups by coating with spray. Set aside.
- 3** Combine almond milk and egg whites in a medium bowl. Season with salt and pepper, if desired; whisk to blend. Set aside.
- 4** Evenly divide turkey bacon, chicken, bell peppers, and onion between prepared muffin cups.
- 5** Evenly pour egg white mixture over turkey bacon mixture.
- 6** Bake for 15 to 20 minutes, or until a toothpick inserted into the center of egg cups comes out clean, and eggs are set. Yields 6 servings, 2 egg cups each.

Mexican **EGG BAKE WITH BEANS AND CHEESE** *by the lemon bowl*



INGREDIENTS

- 12 eggs
- Salt and pepper to taste
- 11 ounces baby spinach (or kale)
- 15 ounce can black beans (drained and rinsed)
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- 1 bunch scallions (minced)
- 2.5 ounces shredded sharp cheddar cheese
- avocado (cilantro and cherry tomatoes – optional garnish)

PROCEDURE

- 1** Preheat oven to 350 degrees and spray a 9 x 13 baking dish with cooking spray.
- 2** In a medium bowl, whisk eggs with 2 tablespoons water plus salt and pepper to taste; set aside.
- 3** Heat a large non-stick pan over medium-high and spray with cooking spray. Sauté spinach until wilted, 2-3 minutes.
- 4** Add black beans, cumin and oregano to the pan and stir until warmed through; remove from heat and pour into the bottom of the prepared baking dish.
- 5** Pour eggs over the bean and spinach mixture then sprinkle with scallions. Use a fork to stir mixture once so that the spinach and scallions are fully coated in the egg mixture.
- 6** Sprinkle shredded cheese evenly on top of egg mixture then bake for 35 minutes or until eggs are cooked through.
- 7** Serve warm or let cool completely before slicing and refrigerating to enjoy at a later time. Yields 8 servings.

Afternoon Routine

SURVIVAL TIPS

You're heading into your 3rd quarter of the day... 12:00pm-5:00pm! This is the time of day things can get especially chaotic - getting off work, after-school activities, helping with homework, checking in on my business, cooking dinner - there's a LOT to get done.

I hope these tips can help make your afternoons all the more bearable, productive, and even enjoyable!

TIP #1 - PAIR HIGH-LEVEL THINKING TASKS WITH LOW-LEVEL THINKING TASKS

I'm typically not a fan of multitasking. I really believe in focusing on what you're doing, letting your brain fully concentrate on one thing at a time, and then moving on. But there are times where multitasking can actually be applicable and effective. 😊 This is where you can get creative!

For example, I use my dinner prep & cooking almost always for personal development. I'll download audiobooks or listen to my favorite podcasts to get my minimum of 10 minutes in! If I need to pick up my kids from school and take them to an extracurricular activity, this is when I check in on my business. I love being able to work from my phone. I can message my clients, check for notifications in my accountability group, and send out any new invites or messages I need to in my DMs!

If you have enough time to come home before needing to pick up the kids again, this is also a great time to fit in a quick workout if you didn't have one in the morning. It's all about what works best for you and your schedule!

TIP #2 - COMPLETE HOMEWORK & ANY UNFINISHED BUSINESS TASKS

Starting on unfinished work-related tasks probably sounds like the last thing you want to do after the kids get home, but “I’ll do it tonight” is probably the biggest lie we’ve ever told ourselves. 😊 Just getting it done while it’s fresh on your mind is the best way to head into your evening. This goes for your kids’ homework, too!

Before starting on dinner or any kind of play, get the homework, reading, and all side-hustle tasks complete so you can focus on spending the rest of your evening together as a family.

TIP #3 - MEAL PREP AS MUCH AS POSSIBLE BEFOREHAND

Just like breakfast, having the majority of your dinners prepared ahead of time is a huge time management tip I use on the regular. I realize not all meals can be fully prepped beforehand, especially when you’re using fresh ingredients, but even by choosing meals that require minimal prep, you’ll be surprised how much it helps your afternoons and evenings!

Below I’ve listed 5 of my most favorite easy-to-prepare dinner recipes. I hope you love them, too!



5 EASY-TO-PREP *dinner recipes*

Healthy **CHICKEN DUMPLING SOUP**

by taste of home



INGREDIENTS

- 1 pound boneless skinless chicken breasts, cut into 1-1/2-inch cubes
- 3 cans (14-1/2 ounces each) reduced-sodium chicken broth
- 3 cups water
- 4 medium carrots, chopped
- 1 medium onion, chopped
- 1 celery rib, chopped
- 1 teaspoon minced fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon pepper

Dumplings:

- 3 large egg whites
- 1/2 cup 1% cottage cheese
- 2 tablespoons water
- 1/4 teaspoon salt
- 1 cup all-purpose flour

PROCEDURE

- 1** In a Dutch oven coated with cooking spray, cook chicken until no longer pink. Add the broth, water, vegetables and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, 30 minutes or until vegetables are tender.
- 2** Meanwhile, for dumplings, in a large bowl, beat the egg whites and cottage cheese until blended. Add water and salt. Stir in the flour and mix well.
- 3** Bring soup to a boil. Drop dumplings by tablespoonfuls onto the boiling soup. Reduce heat; cover and simmer for 15 minutes or until a toothpick inserted in dumplings comes out clean (do not lift cover while simmering). Yields 4 servings.

Sheet Pan **CHICKEN FAJITAS**

by sweet peas and saffron



INGREDIENTS

Rub:

- 1 tablespoon sugar brown or coconut; optional
- ¾ teaspoon salt
- 1 tablespoon chili powder note 1
- 1.5 teaspoon cumin
- 1.5 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ⅛-¼ teaspoon cayenne optional

Fajitas:

- 2 chicken breasts roughly 1 lb; sliced into strips; note 2
- 2 bell peppers sliced into strips
- 1 red onion sliced into strips
- 1 zucchini optional; sliced into strips
- 1 cup mushrooms optional; quartered
- 1 lime juiced
- 1 tablespoon olive oil

To Serve:

- 8, 6-inch tortillas or tortilla boats
- Avocado
- Cilantro
- Cheese or other toppings

PROCEDURE

- 1** Preheat the oven to 425°F. Stir together the fajita seasoning.
- 2** Toss the chicken and veggies in a large bowl with the olive oil and lime juice. Add the rub and stir to coat.
- 3** Arrange chicken and veggies on 1-2 large sheet pans. Bake for 10 minutes, flip and roast for another 5-10 minutes, or until chicken is cooked through.
- 4** Serve in tortillas with your favorite fajita toppings (avocado, cilantro, greek yogurt, sour cream, salsa, pico de gallo, jalapeno slices are a few ideas).

To assemble ahead:

Prep - Complete steps 1 & 2 then transfer to a large storage container or bag.

Store - in the fridge for up to 3 days (check the expiry date on your chicken to be sure it is safe to keep that long).

Bake - Dump onto sheet pans and cook as directed above.

Mediterranean **CHICKPEA QUINOA BOWL**

by eating well



INGREDIENTS

- 1 (7 ounce) jar roasted red peppers, rinsed
- ¼ cup slivered almonds
- 4 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, minced
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper (optional)
- 2 cups cooked quinoa
- ¼ cup Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 (15 ounce) can chickpeas, rinsed
- 1 cup diced cucumber
- ¼ cup crumbled feta cheese
- 2 tablespoons finely chopped fresh parsley

PROCEDURE

- 1** Place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.
- 2** Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.
- 3** To serve, divide the quinoa mixture among 4 bowls and top with equal amounts of the chickpeas, cucumber and the red pepper sauce. Sprinkle with feta and parsley.

To Make Ahead:

Prepare red pepper sauce (Step 1) and quinoa (Step 2); refrigerate in separate containers. Assemble just before serving.

Easy **BAKED ZITI**

by love and lemons



INGREDIENTS

- 4 cups (32 ounces) marinara sauce
- 2 cups (16 ounces) ricotta cheese
- 2 garlic cloves, minced
- 1 tablespoon lemon zest
- 1 teaspoon oregano
- ¼ teaspoon red pepper flakes
- ¾ teaspoon sea salt, more for the pasta water
- Freshly ground black pepper
- 1 pound ziti pasta
- Extra-virgin olive oil, for drizzling
- 1 pound fresh spinach
- 1½ cups smoked mozzarella cheese
- ¼ cup grated pecorino or Parmesan cheese
- Chopped fresh parsley and/or torn basil leaves, for garnish

PROCEDURE

- 1** Preheat the oven to 425°F. Spread ½ cup marinara in the bottom of a 9x13-inch baking dish.
- 2** In a medium bowl, combine the ricotta cheese, garlic, lemon zest, oregano, red pepper flakes, ½ teaspoon salt, and several grinds of fresh pepper.
- 3** In a large pot of salted boiling water, cook the pasta according to package directions until al dente. Drain.
- 4** Return the pot back to the stove. Over low heat, drizzle the bottom of the pot with a little olive oil and add the spinach. Toss and sauté 1 to 2 minutes until just wilted, working in batches if necessary. Turn off the heat, remove the spinach from the pot, and gently squeeze out some of the excess water. Coarsely chop it and set aside.
- 5** Add the pasta back to the pot along with the remaining marinara, most of the chopped spinach, ¼ teaspoon sea salt, and more fresh pepper and toss until combined.
- 6** Add half the pasta to the baking dish, top with dollops of the ricotta, the remaining spinach, and scoop the remaining pasta on top. Top with the mozzarella and pecorino cheese. Drizzle with olive oil and bake until the cheese is browned, 16 to 22 minutes.
- 7** Garnish with fresh basil or parsley and serve hot.

One Pan **ITALIAN SAUSAGE AND VEGGIES** *by chelsea's messy apron*



INGREDIENTS

- 2 large carrots (~1 and 1/2 cups; 186g)
- 2 small red potatoes (~2 cups; 285g)
- 1 small-medium zucchini (~2 cups; 264g)
- 2 red peppers (~2 cups; 248g)
- 1 head broccoli (~1 and 1/2 cups; 80g)
- 13 ounces (368g) Smoked Italian Turkey or Chicken Sausage

Seasonings:

- 1/2 tablespoon EACH: dried basil, dried oregano, dried parsley, garlic powder
- 1/2 teaspoon EACH: onion powder, dried thyme
- 1/8 teaspoon red pepper flakes optional
- Fine sea salt & freshly cracked pepper
- 1/3 cup Parmesan cheese freshly grated
- 4 and 1/2 tablespoons (59g) olive oil
- Optional: fresh parsley
- Optional: serve over cooked quinoa/rice/cauliflower rice

PROCEDURE

- 1** PREP: Preheat the oven to 400 degrees F. Line a very large pan (I use this 15x21 inch pan)(or use 2 smaller sheet pans) with parchment paper or foil and set aside.
- 2** PREP VEGGIES: It is important to prep the veggies according to directions to ensure they all cook at the same rate. Peel and thinly slice the carrots (1/8th inch thick). Wash and chop the red potatoes (leave the peel on). You want the pieces quite small here. (I halve the potatoes and then dice each half. This yields a total of 10-12 pieces per potato)
- 3** PREP VEGGIES CONT.: Halve the zucchini lengthwise and then cut thick half-moons about 1/2 inch thick. Coarsely chop the broccoli into florets. Remove the stems and seeds from the peppers and chop into 1-inch pieces. Chop the sausage into thick (1/2-inch) coins.
- 4** SEASON: Place all the veggies and sausage on the prepared sheet pan. Drizzle the olive oil over everything. Add the seasonings right on top: the basil, oregano, parsley, garlic powder, onion powder, thyme, and optional red pepper flakes. Season to taste with salt and pepper (I use about 1/8 teaspoon pepper and 1/2 teaspoon salt). With your hands, toss to coat all the veggies and sausage in the seasoning/oil mixture. Once well coated, quickly space the veggies/sausage so none are overlapping and everything has plenty of space to roast. If everything is overlapping, cook time will be longer and veggies will steam, not roast.
- 5** BAKE: Place sheet pan in the oven and roast for 15 minutes. Remove and toss/flip the veggies and sausage. Return to the oven for another 10-20 minutes or until the veggies are crisp-tender.
- 6** TOP: Remove pan from the oven and top, if desired, with freshly grated Parmesan cheese and fresh chopped parsley.
- 7** SERVE: Serve as is out of the oven or on top of rice, quinoa, or cooked cauliflower rice.

Nighttime Routine

SURVIVAL TIPS

Your nighttime routine is super important for not only preparing yourself for a good night's sleep and refreshing your body, but also for setting yourself up for a successful morning the next day!

TIP #1 - LAY OUT YOUR CLOTHES THE NIGHT BEFORE

Not just your kids' clothes, but yours too! This could include your workout clothes, as well. This will totally save you from the, "It doesn't fit!" fiascos that take up extra time we don't plan for!

TIP #2 - PACK BAGS & LUNCHES FOR THE NEXT DAY

Knowing that everything is *exactly* where it should be each night makes for stress-free mornings. By packing your lunch(es), backpacks, work bags, etc. in the evenings, you can save so much time each morning by knowing you can simply walk out the door with everything you need.

TIP #3 - PREPARE YOUR BODY FOR BED

This is my favorite part of all. ❤️ Prepare for quality sleep by reducing blue light at least 1 hour prior to going to bed. I also recommend doing some light stretching, as it can improve blood flow and relieve muscle tension before crawling into bed.

I also have a super simple wellness routine I follow ritually, but has made all the difference in my body the past 6 months I've been consistent with it.

Here's my routine:

Step #1 - Stretch your body for 10 minutes. It doesn't have to be intense. Just light stretching to reduce soreness in any muscles and lengthen tight muscles so you can truly relax when you crawl into bed.

Step #2 - Wash your face/remove any makeup and use quality products to replenish your skin. I have a whole routine for my skin in the evening and it has truly helped how my skin looks and feels.

Step #3 - Write in a journal. It might just be a few things you are grateful for or a couple of things that happened through the day.

Step #4 - Do a brain dump of any tasks you need to complete the next day. Adding items to a to do list for the next day or week allows you to stop ruminating over them and get to sleep because you know you won't forget about them when you get rolling on the next day.

Step #5 - Read a book. If you have trouble getting to sleep, reading will help get your mind off of whatever you are thinking about and allow your mind to settle.

MY TOP 5 "Must-Have" HEALTH PRODUCTS

Every morning, afternoon, and nighttime routine will look different depending on you and your family's schedule, but my daily routines wouldn't be the same without my favorite products.

Beachbody has completely changed my health and I owe so much of my transformation to the help of these amazing products! I've listed my top 5 favorites below, as well as a little information on the benefits of each and how you can get your hands on them, too!

#1 - Energize - this is my delicious, all-natural, pre-workout, also known as my Hustle Juice. It helps you get moving without giving you the jitters. It comes in 4 flavors (all are amazing) and even in individual packets that are easy to take on the go! You can learn more [here](#).

#2 - Collagen - this is the other half of my morning mixture. It improves skin elasticity, reduces the appearance of wrinkles and supports healthy hair and nails. Who doesn't need a little boost there? Grab yours [here](#).

#3 - Shakeology - Our superfood blend comes in 9 different flavors with Vegan options as well. It is all-natural and full of over 70 different vitamins and minerals. It also aids in weight loss, as if you needed another reason to drink it daily. Learn more [here](#).

#4 - BOD & BODi - my MASSIVE library of on demand workouts is what helps me release a lot of stress. There are hundreds upon hundreds of workouts available at the touch of a button - and you can do them all from home. Get more info [here](#).

#5 - 4 Week Gut Protocol - This nutrition program CHANGED MY LIFE! It focuses on healing your gut by eliminating common irritants and then slowly reintroducing so you can find out what has been causing issues. In one round of this, I lost 14 pounds, improved the quality of sleep and increased my energy through the days. You can learn more [here](#).