



Glow Guide



7 DAILY RITUALS & RECIPES
TO BRING YOU GREATER
HEALTH & HAPPINESS

BROUGHT TO YOU BY
YOGAMAMAS

HOW TO BUILD A BALANCED SMOOTHIE

CHOOSE A VEGETABLE (1 – 2 CUPS):

Beet greens, butternut squash, carrots, celery, collard greens, cucumbers, kale, pumpkin, spinach, sweet potato.

CHOOSE A HEALTHY FAT (AMOUNT VARIES)

Avocado, chia seeds, chopped nuts, ground flax seeds, hemp seeds, nut butter

CHOOSE A PROTEIN (AMOUNT VARIES)

Greek yogurt, protein powder, silken tofu.

GIVE IT A BOOST (AMOUNT VARIES)

Cocoa powder, fish oil, flavor extracts (vanilla, almond), mint, etc), herbs and spices (cinnamon, nutmeg, mint, etc.).



CHOOSE A FRUIT (1 – 1 1/2 CUPS)

Apples, bananas, blackberries, blueberries, cherries, grapes, kiwis, mangos, melons, oranges, papayas, peaches, pears, pineapples, raspberries, strawberries.

CHOOSE A BASE (1/2 – 1 CUP)

100% Fruit juice, almond milk, brewed tea, coconut water, milk, rice beverage, soymilk, water.



Day One

'I wake up today with strength in my heart
and clarity in my mind.'

Peach Berry



-1 cup almond milk

-1/4 cup frozen peaches

-3/4 cup frozen blueberries

-1/2 cup frozen pineapple

-1 frozen banana

-1 scoop Genuine Health greens+

-1/2 tbsp. tahini

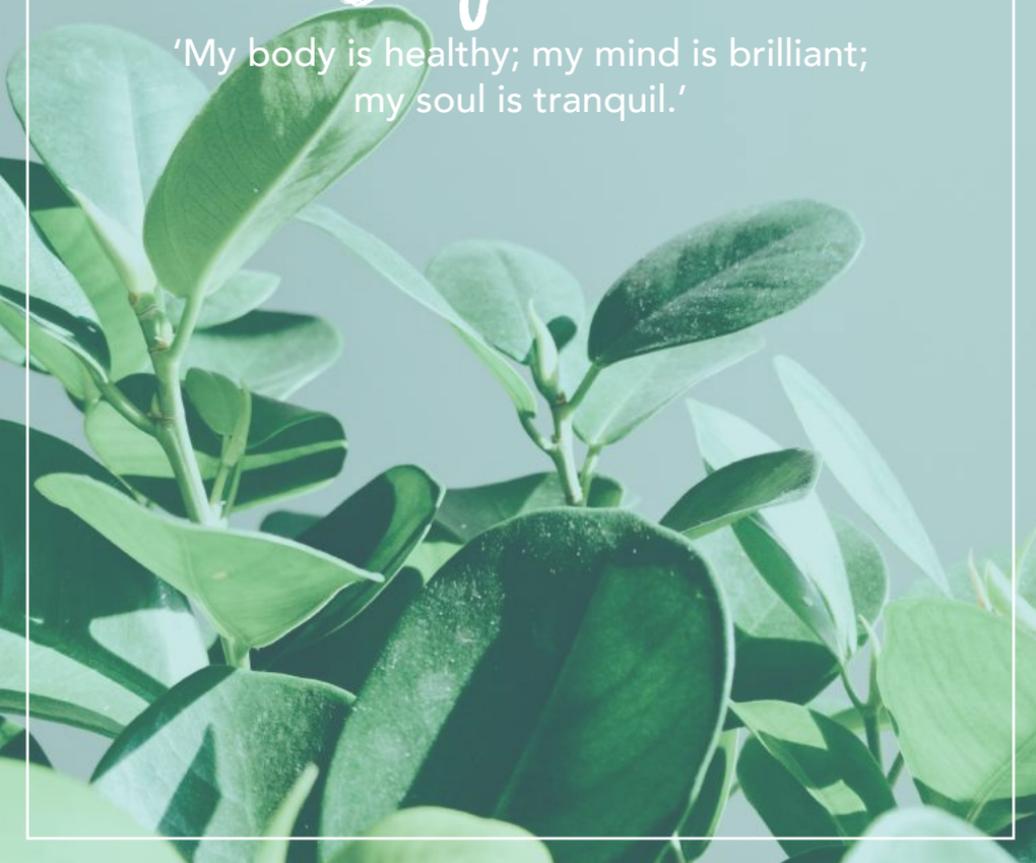
Daily Practice

Wake up 30-60 minutes earlier to create space just for you.

Whether it is 5am or 7:30am, try setting your clock back 30-60 minutes and use that time doing something that will set you up for success in your day. That might be planning how you are going to tackle your day, dreaming up long term goals or having a leisurely bath-you decide.

Day Two

'My body is healthy; my mind is brilliant;
my soul is tranquil.'



Pineapple Spinach



-2 cups water

-1 cup frozen
pineapple

-2 mandarin
oranges

-1/2 cup fermented
Genuine Health
vegan proteins+
powder

-1 cup spinach

-1 cup kale

-2 tbsps hemp
hearts

Daily Practice

Social Media Morning Detox.

Eliminate social media from the first hour of each day. Start your morning with inward reflections not outside comparisons. It can be tempting to check your e-mail first thing, but most business powerhouse people cite the importance of creating space in the morning and using that time to spend with themselves or loved ones.



Day Three

'Today is the future I created yesterday.'

Raspberry Avocado



-1/2 avocado

-1 banana

-1/4 cup hemp hearts (shelled seeds)

-2/3 cup frozen organic raspberries

-1 scoop of Genuine Health greens+ (mixed berry)

-Water or almond milk to your desired consistency

Daily Practice

Get cozy with a cup of warm lemon water everyday.

Similar to the idea that it is best to drink a big glass of water as soon as you wake up, drinking lemon water is two fold in that it helps to rehydrate your system as well as increases the alkalinity in your stomach which will make you look and feel your best!



Day Four

'Wellness is the natural state of my body.'

Orange Creamsicle



-1 cup freshly squeezed orange juice

-1/2 cup vanilla almond milk

-1 small beet, peeled and chopped

-1 cup mixed strawberries and cherries

-1 scoop Genuine Health greens+

-1 tbsp raw honey

Daily Practice

Meditate.

Meditation is extremely beneficial and enjoyable once you establish a practice that works for you. With so much going on in the world it is important to tune out the noise and ground yourself. Even if you only have 5 minutes to spare in the morning, you will find that by simply closing your eyes, focusing on your breath that you will become calmer, more focused and better able to take on whatever your day throws at you!



Day Five

'My day begins and ends in gratitude
and joy.'

Whipped Avocado Mint



-2 scoops
Genuine Health
vanilla fermented
Greek yogurt
proteins+

-2 cups filtered
water

-1/2 avocado

-1 banana

-1 handful mint
leaves

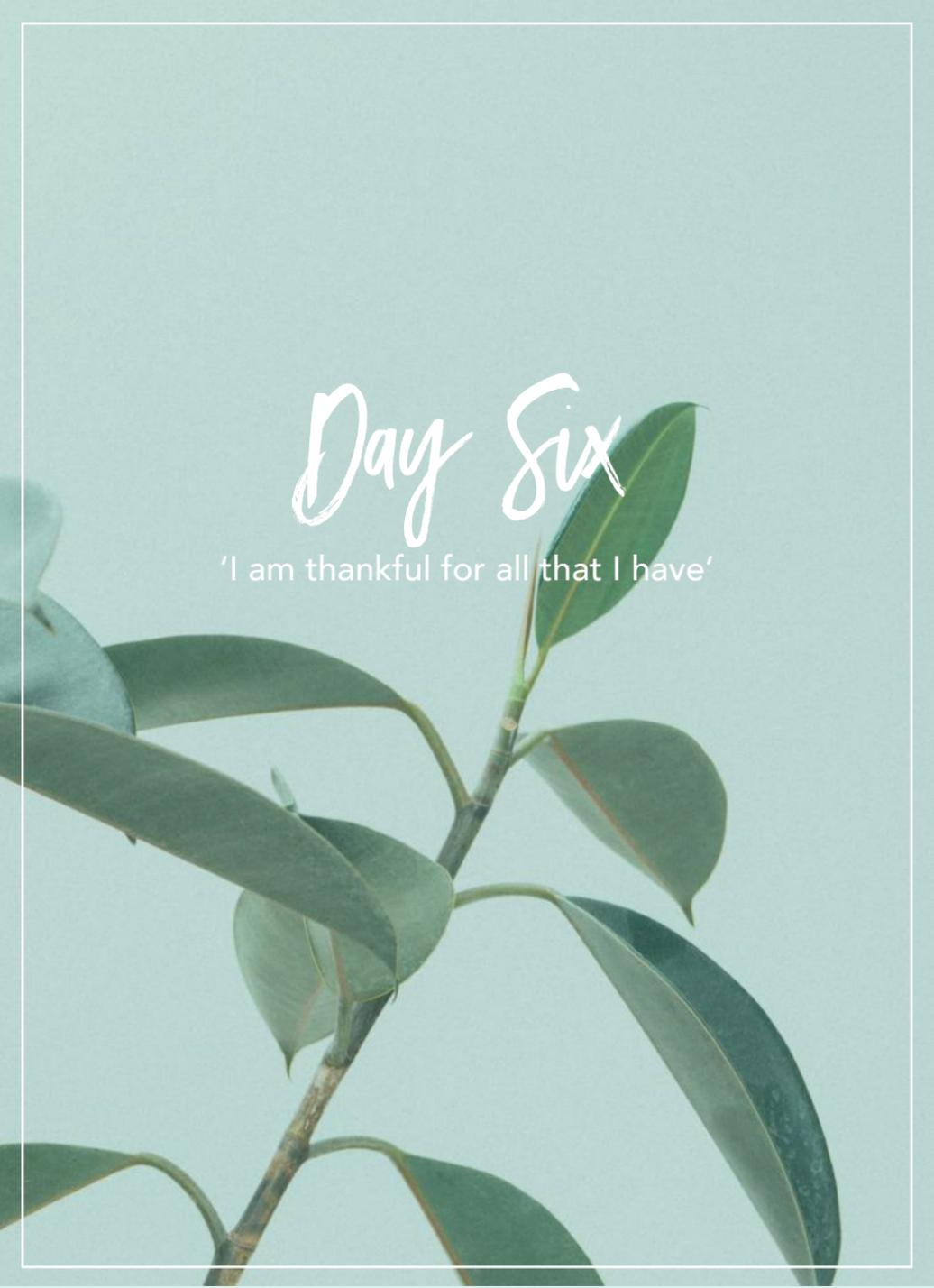
-2 tbsp flax seed,
ground

-1 tbsp honey

Daily Practice

Practice Yoga.

Similar to meditation, establishing a daily yoga routine will do wonders for your mind, body and spirit. Start small with committing to 5 sun salutations each day. Align breath to movement. Get into the flow. A few moments on the mat has incredible benefits such as a more clear and focused outlook, a calm disposition and an inner strength that emulates from within.

A photograph of a plant branch with several large, dark green, glossy leaves. The leaves are arranged along a brown stem. The background is a solid, light teal color. The entire image is framed by a thin white border.

Day Six

'I am thankful for all that I have'

Berry Green



- 1/4 cup blackberries
- 1 cup strawberries
- 1/2 cup spinach
- 1 banana
- 1/2 Kiwi, peeled
- 1/2 cup pineapple, frozen
- 1 scoop Genuine Health greens+
- 1 cup milk or almond milk

Daily Practice

Journal: Clarify emotions, understand yourself, release anger and hurtful feelings, solve problems in a calm and creative way.

Cozying up with a cup of tea and a pretty notebook is a great nighttime ritual. Letting go of your day and making peace with your emotions will allow you to have a more sound sleep so that you can wake up feeling refreshed.

Day Seven

'I am a powerful creator, I create the life I want.'

Berry Beet



- 1 raw beet, chopped
- 1 cup strawberries
- 1/2 cup coconut yogurt
- 1/4 cup raw cacao powder
- 1/2 avocado
- 1 tbsp raw honey
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- Nut milk to desired consistency

Daily Practice

Give love.

It goes without saying that we are a lot happier {and healthier} when we are surrounded by those we love. If you are unable to be physically with someone you love, reach out to them by giving them a call, e-mail or even text to let them know you are thinking of them.

Hello Beautiful

We hope these daily practices will energize and inspire you to take on {and flow with} each and every beautiful day!

This guide will:

- Teach you how to build a balanced smoothie
- Provide you with 7 yummy smoothie recipes
- Inspire you with 7 daily affirmations
- Encourage you to set daily goals

Please integrate this guide in a way that works for your individual and amazing life. Maybe you do all 7 days back to back, maybe it takes you a year to work through. Love and accept yourself for who you are, where you are.

