



Schedule

Healthy Weekend Reset

Friday

Saturday

Sunday

	6:30 am Gentle Wake Up	6:30 am Gentle Wake Up
	7:00 <u>High Protein Energy Smoothie</u> (4 oz women, 6 oz men)	7:00 <u>High Protein Energy Smoothie</u> (4 oz women, 6 oz men)
	7:15 <u>Sunrise Yoga with Katya</u>	7:15 <u>Sunrise Yoga with Katya</u>
	8:15 Balanced Breakfast: <u>Mountain Trek Granola Breakfast Bowl</u> (1 serving)	8:15 Balanced Breakfast: <u>Florentine Omelet With Swiss Chard</u> (1 serving)
	9:30 Workout Class: <u>HIIT with Cathy</u> (High-Intensity Interval Training)	9:30 Workout Class: <u>Pilates Fusion with Kristy</u>
	10:30 Morning Snack: 1 apple and 2 tbsp of raw almonds (about 10)	10:30 Morning Snack: ½ banana and 2 tbsp of raw almonds (about 10)
	11:00 90-Minute Fitness Walk & Nature Immersion	11:30 <u>Habit Setting</u>
	12:30 Healthful Lunch: Protein leftover from dinner atop fresh spinach	12:30 Healthful Lunch: <u>Black Bean Soup</u> (8 oz women, 12 oz men)
	1:30 <u>Life vision exercise</u>	
4:00 pm Review your schedule, <u>take our balanced health assessment</u> , set your intentions, and get going!	2:30 Afternoon snack: 2 tbsp of <u>Golden Almond Butter Dip</u> and 1/3 cup baby carrots & sliced cucumber	1:00-4:00pm Nature Immersion, & 90 Minute Fitness Walk 2:30 Afternoon snack: 2 tbsp of hummus and 1/3 cup snap peas & cherry tomatoes
4:30-6:00 Prepare Dinner	3:00-5:00 Prepare Dinner & Sunday Lunch	
6:00 Nutritious Dinner: <u>Malaysian Lime Coconut Scallops With Asian Vegetables</u> (1 serving)	5:30 Nutritious Dinner: <u>Grilled Mango Chicken With Cauliflower Rice</u> (1 serving)	
7:00 Prepare <u>Smoothie</u> and <u>Golden Almond Butter Dip</u>	6:15 Fitness Class: <u>Glutes and Abs with Kristy</u>	
8:00 Journaling and Guided Meditation	8:00 <u>Restorative Yoga with Katya</u>	