Easy Cleanse

The best way to “cleanse” is to give added support to the liver, which is responsible for the body’s detoxification processes.* Consider taking an herbal supplement to help maximize liver function and help detoxify the body.* NOW® Easy Cleanse® is a simple, two-week digestive cleansing program that offers a unique combination of herbal extracts and nutrients to help ease the elimination of toxins from the body.*

Say YES to Yerba Mate

Try making the swap to Organic Yerba Mate! With less caffeine and more free radical scavengers, this earthy cup comes loaded with polyphenols, saponins, and is a great pre-workout drink.

HIIT It Up

High intensity interval training (HIIT) provides phenomenal after-burn that has your metabolism revved for hours post exercise. Go in strong and burn all day long! Need a boost of energy beforehand? Try adding NOW® Sports Beet Root Powder to 8 oz. of water. This pure powder is made from non-GMO beets, and each serving is equivalent to two-and-a-half whole beets, so you’re adding a super(food) boost to your beverage!

Hydrate Inside and Out

Skip the afternoon caffeine and opt to hydrate inside and out. Aim to drink 16-24 oz. of water and spritz on Rosewater Rejuvenating Mist to instantly rejuvenate your skin!

“*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
BONE BROTH CABBAGE VEGETABLE SOUP

24 oz. chicken bone broth
½ cup celery, chopped
½ cup onion, chopped
½ cup carrot, chopped
4 cups cabbage, sliced
1 cup leeks, chopped
1 Tbsp of Ellyndale® Organics Olive Oil
2 garlic cloves, minced

1. In a soup pot over medium heat, add olive oil, garlic and onions, stirring until fragrant.
2. Add remaining vegetables and bone broth. Bring to a rolling boil.
3. Turn down the heat and simmer for 10-15 minutes until vegetables are fork tender.

HYDRATING SUPER GREENS

2 cups of water
1 serving of NOW® Sports Organic Creamy Vanilla Pea Protein
½ avocado
2 Tbsp NOW Real Food® Organic Chia Seeds
1 Tbsp NOW® Green Phytofoods Powder
1 bag of organic spinach
Squeeze of lemon or lime

1. Blend in a high-speed blender with or without ice. Pour into a glass and enjoy!
2-4 oz. salmon
2 Tbsp Ellyndale® Avocado Oil
1 avocado
4 cups of cauliflower rice
Cilantro
Lime, juiced

1. Preheat oven to 425°.
2. In an oven-safe frying pan over medium-high heat, add 2 Tbsp avocado oil. Salt salmon fillets and place them in hot oil skin side up. Cook for 3-4 minutes or until a light golden crust forms and the salmon is easily flipped skin side down.
3. Transfer to the oven and cook for an additional 6 minutes.
4. Place frying pan back on the burner, plate cooked salmon and add cauliflower rice to the pan, sautéing for 6-8 minutes.
5. In a small bowl, smash avocado and lime juice with a fork and salt to taste. Add in cooked rice and top with salmon.

BRIDGE SNACK:
1 TBSP OF NUTTY INFUSIONS™ ROASTED CASHEW BUTTER DIPPED IN NOW REAL FOOD® CACAO NIBS