

# RED CARPET READY

Preparing for an event? A short deadline doesn't require a drastic diet or lifestyle change. A simple, clean and consistent routine can help this glam gal prepare for any special event without deprivation.

## Essential Wellness Tips:



“The best way to “cleanse” is to give added support to the liver, which is responsible for the body’s detoxification processes.\*”

### 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.

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# SAMPLE MENU

## Cleansing Concoctions

### BREAKFAST:

#### 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!



### LUNCH:

#### 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.

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## Cleansing Concoctions

### BRIDGE SNACK:

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



### DINNER:

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.



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