

Red Carpet Ready

Wellness Guide by Kelly LeVeque



Inspired by Kelly's new book "Body Love Every Day"



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.

I created this plan so you can feel good about eating clean, without the cleanse and without deprivation.”

XOXO
Kelly J. Legel

Essential Wellness Tips

Variety is the Spice of Life

New research suggests the more vegetable variety you eat the healthier your microbiome. Commit to trying a new vegetable each week, it's a fun way to mix it up and get creative in the kitchen. And remember, if you don't end up using all of your veggies that week, you can help eliminate food waste by easily freezing them. They can make for a cold addition to a Fab Four Smoothie (and no need for ice then!) or find their way into soup. Simply add them to a freezer bag and squeeze out/remove as much of the air as possible.

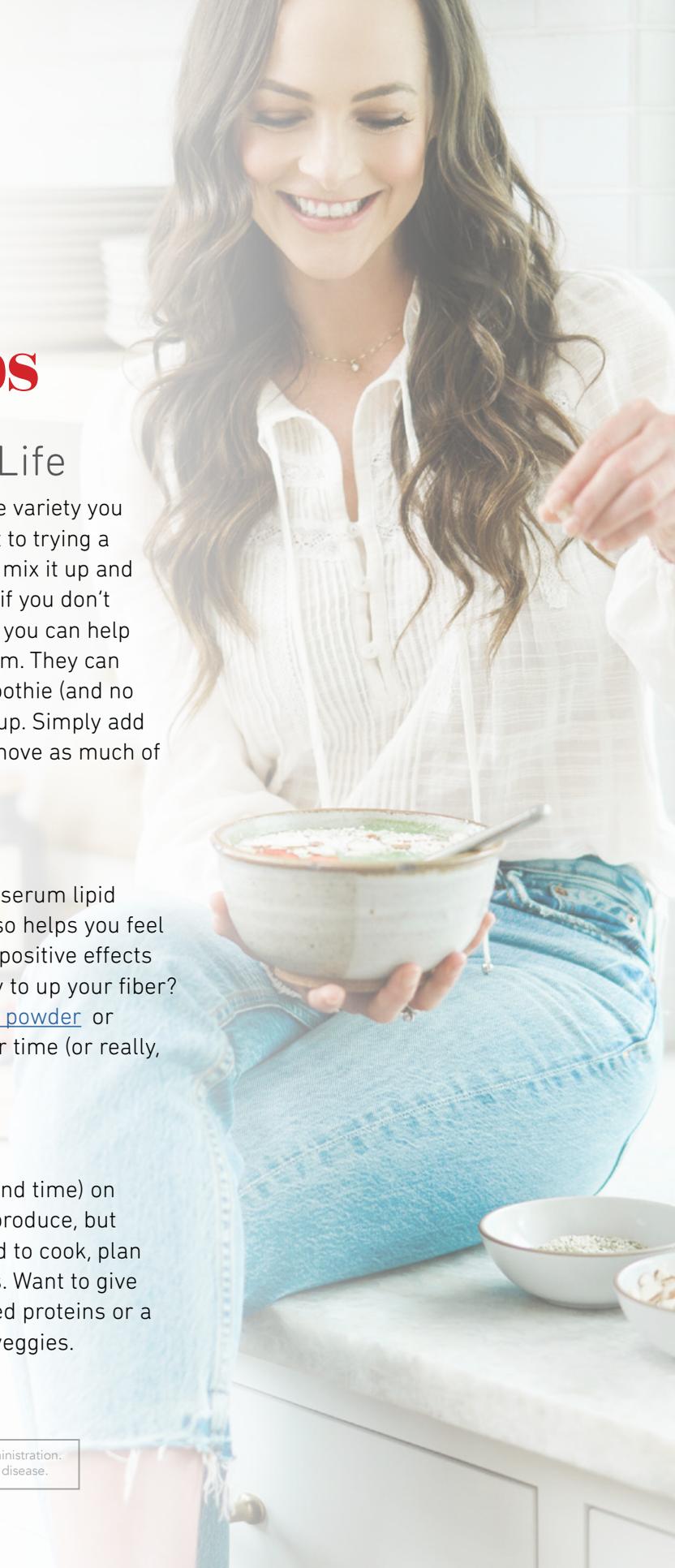
Fill Up on Fiber

Increasing your fiber can help to maintain serum lipid levels already within normal range and also helps you feel full longer by slowing digestion and by its positive effects on the satiety hormone, CCK.* A quick way to up your fiber? Add a tablespoon of [organic psyllium husk powder](#) or [organic acacia fiber](#) to your water at dinner time (or really, any meal!) for these added benefits.*

Subscribe to Save

Subscription boxes can save you money (and time) on clean proteins, pantry goods and organic produce, but they are also a great way to stay motivated to cook, plan your meals and fill up on healthier choices. Want to give it a try? Sign up to receive a box of pastured proteins or a Community Supported Agriculture box of veggies.

*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.



A hand is shown holding a small glass jar filled with a thick, yellow balm. The background is a soft, warm pinkish-red color. To the left, there are large, dark green leaves. To the right, there is a slice of orange and several pieces of ginger root. The overall aesthetic is clean, natural, and health-focused.

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

A man and a woman are standing outdoors at night, smiling. The man is wearing a dark suit jacket over a light-colored shirt and is holding a dark folder or tablet. The woman is wearing a dark, patterned, sleeveless dress with a slit. They are standing in front of a building with trees and string lights in the background. The entire image has a red overlay. The text "Cleansing Concoctions" is written in white, serif font across the middle of the image.

Cleansing Concoctions



Breakfast

Matcha Chia Seed Pudding

Ingredients

- ¼ cup [organic chia seeds](#)
- 1½ cups unsweetened vanilla almond milk
- 1 serving [vanilla grass-fed whey protein](#)
- 1 tablespoon matcha powder
- 1 tablespoon coconut butter

Prep

1. Place the chia seeds in a Mason jar (or other glass container with screw-down lid).
2. Combine the almond milk, protein powder, matcha powder and coconut butter in a high-speed blender and blend, then pour the mixture over the chia seeds and screw the lid on tight.
3. Shake to mix in the chia seeds and place in the refrigerator.
4. After 20 minutes, shake lightly again (to remix the chia seeds) and return to the refrigerator.
5. The pudding will be ready to eat in 1 to 2 hours, but it will have the best consistency if you leave it overnight.



1 serving



Lunch

Bone Broth Cabbage Vegetable Soup

Ingredients

- 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 tablespoon of [organic olive oil](#)
- 2 garlic cloves, minced

Prep

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.



3-4 servings



Bridge Snack

Hydrating Super Greens

Ingredients

- 2 cups of water
- 1 serving of [organic creamy vanilla pea protein](#)
- ½ avocado
- 2 tablespoons [organic chia seeds](#)
- 1 tablespoon [green phytofoods powder](#)
- 1 bag of organic spinach
- Squeeze of lemon or lime

Prep

1. Blend in a high-speed blender with or without ice. Pour into a glass and enjoy!



1 serving

Dinner



Dinner

Salmon Avocado "Rice" Bowl



Ingredients

2- 4 oz. salmon

2 tablespoons [avocado oil](#)

1 avocado

4 cups of cauliflower rice

Cilantro

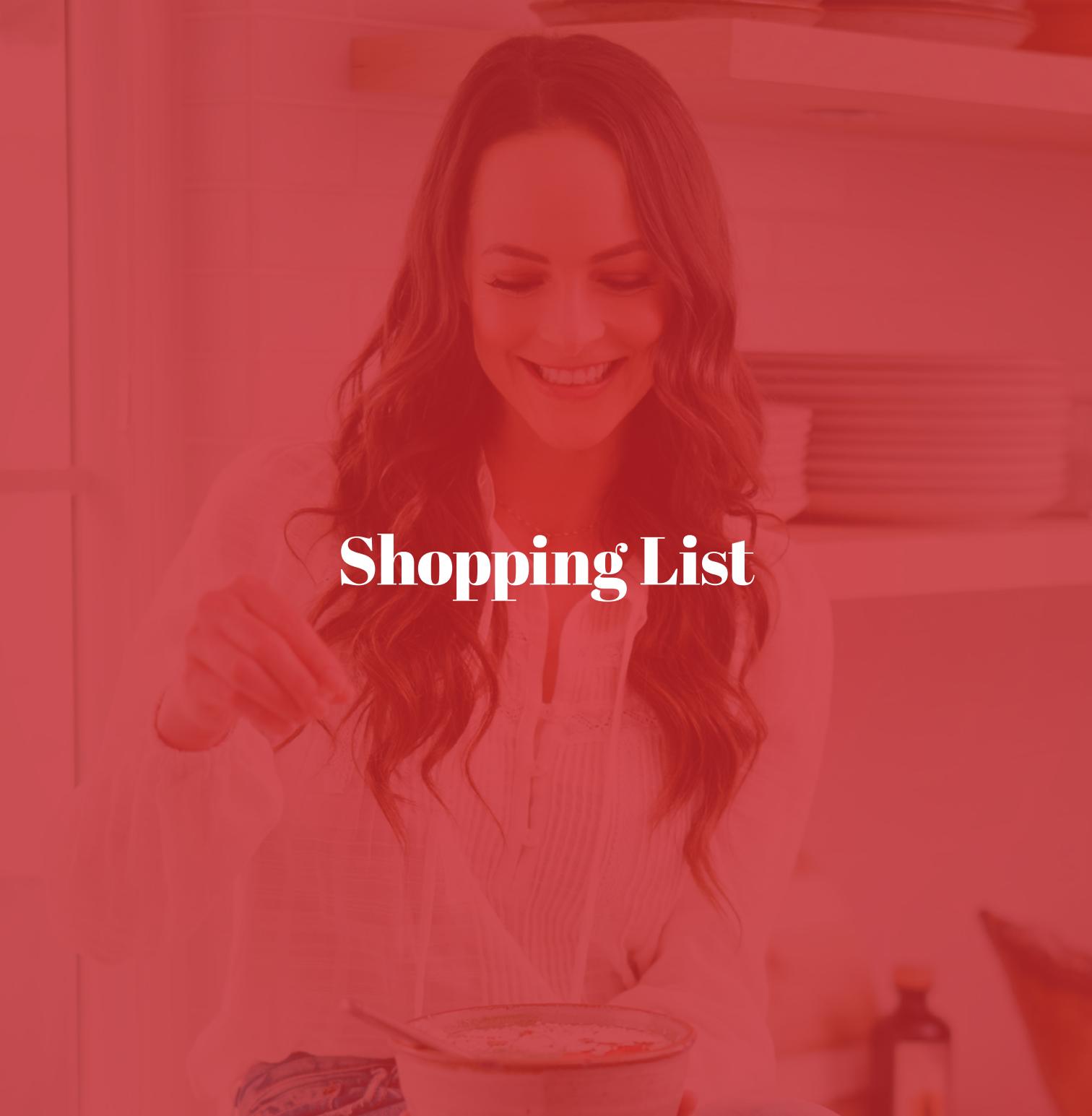
Lime, juiced

Prep

1. Preheat oven to 425°.
2. In an oven-safe frying pan over medium-high heat, add 2 tablespoon 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.



1-2 servings

A woman with long, wavy brown hair is smiling and looking down at a bowl of soup she is holding. She is wearing a light-colored, possibly white, long-sleeved top. The background shows a kitchen setting with a tiled wall and some kitchen items. The entire image is overlaid with a semi-transparent red filter. The text 'Shopping List' is centered over the image in a white, serif font.

Shopping List

NOW Shopping Checklist



Breakfast

[NOW Real Food® Organic Chia Seeds](#)

[NOW® Sports Vanilla Grass-Fed Whey Protein](#)



Lunch

[Ellyndale® Organic Olive Oil](#)



Bridge Snack

[NOW® Sports Organic Creamy Vanilla Pea Protein](#)

[NOW Real Food® Organic Chia Seeds](#)

[NOW® Green Phytofoods Powder](#)



Dinner

[Ellyndale® Avocado Oil](#)