



Morning Routine Reset

Feel better. Show up stronger.
Start your day with purpose.



Daily Foundations (Do these every day)

- Drink 16–20 oz water (add lemon) upon waking (before coffee)
- Get minimum of 10 minutes of sunlight within 30–60 minutes of waking
- Avoid scrolling your phone for the first 30 minutes
- Eat or drink at least 25–30g of protein for breakfast
- Move your body (even 5 minutes counts)
- Repeat a feel-good affirmation

Protein Forward Breakfast's



Arbonne Protein Shake

- 2 scoops Arbonne EssentialMeal
- 1 cup unsweetened almond milk or non-dairy milk
- ½ frozen banana
- 1 tbsp chia or flax seeds
- Ice and blend

👉 Approx. 27 gr protein



Veggie Egg Scramble with Turkey Sausage

- 2 eggs + 2 egg whites
- ½ cup diced veggies (spinach, bell peppers, mushrooms)
- 2 turkey sausage links or 2 oz ground turkey
- Cook in olive oil and serve with avocado slices

👉 Approx. 30g protein



Protein Waffles or Pancakes

- Use a scoop of protein powder in your favorite clean pancake mix
- Top with Greek yogurt and berries

👉 Approx. 25–30g protein



Cottage Cheese Bowl

- $\frac{3}{4}$ –1 cup low-fat cottage cheese
- $\frac{1}{4}$ cup berries or sliced peaches
- Sprinkle of hemp seeds or almonds
- Optional: dash of cinnamon or vanilla extract

👉 Approx. 25g protein



Sweet Potatoe & Egg Power Bowl

- ½ roasted sweet potato (cubed)
- 2 poached or fried eggs
- ¼ cup black beans or leftover shredded chicken
- Salsa or avocado on top

☞ Approx. 25–30g protein



Affirmations

- I am strong, capable, and worthy of feeling good.
- Today, I choose progress over perfection.
- My body deserves care, movement, and nourishment.
- I have everything I need to create a healthy, happy day.
- I release what doesn't serve me and focus on what fuels me.
- Small steps lead to big changes—I'm on the right path.
- I'm not behind—I'm exactly where I need to be.
- Every healthy choice I make today is a gift to my future self.
- I honor this season of life and what my body needs.
- I give myself permission to grow, rest, and shine.