3 Steps for More Energy by TONIGHT

Stop feeling rundown, and start feeling refreshed

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STEP BY STEP FOR:

More Energy

1

Drink Lemon Ginger Water

2

Get Moving

3

Eat Broth Based Soup

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Step 1

Drink Lemon Ginger Water

Ew, excuse me, drink WHAT???

I know I know, it doesn't sound like the most appealing drink, but trust me, it's really good! This little concoction only takes a few minutes to prepare and you can enjoy it throughout the day.
Water helps flush your system of the bad stuff, and more specifically lemon-ginger water (LGW) is amazing at reducing inflammation and has healing properties.

This is the perfect lil little potion to lift your spirits and energy levels. ***You should start to feel effects after 1 glass, but for best results drink 1 glass a day***- you should feel full effects within 10 days.

INGREDIENTS

- 1 cup water
- 1 inch fresh ginger, peeled
- 1/4 lemon

DIRECTIONS

1. Toss ginger into water and place in the fridge to infuse (for a minimum 20 mins)
2. Squeeze lemon just before drinking for most benefits. ENJOY!

TIPS!

- Customize this recipe to your preference (ie more ginger, less lemon, etc)
- Drink lukewarm (or hot as a tea), and on an empty stomach (like before a meal)
- Best prepared the night before to infuse and get the most nutrients, and to save time in the morning
- Fill your water bottle and take it to work (don't forget the lemon!)
- Drink daily; or, if you have a sensitive stomach, drink every other day.

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Step 2

Get Active

You read that right.

I know, I know, you downloaded this guide because you're feeling run down and so exhausted you can't even fathom doing something more than what is already required.

And, you may be asking yourself - if I'm tired, wouldn't it make more sense to take a nap or rest and watch TV...and now you're saying I need to GET ACTIVE????!

Ok, I'm not saying you can't do either of those, but, trust me on this one.

Get your body moving - for a ***minimum of 20 minutes***. Even better it you can get outside while doing it for some fresh air.

EXAMPLES

- Yoga (youtube has great videos, like "Yoga with Adriene")
- Take a walk or roller blade
- Walk the steps in your house
- Paddleboard or kayak
- Go for a bike ride
- Swim laps
- Play pickle ball or tennis
- Jump rope or jumping jacks
- Bounce on a rebounder, better known as a mini trampoline (there are many online for <$100). This is the one I use

TIPS!

- Ask a friend to join you for accountability
- Get at least 20 minutes of movement every day
- If 20 mins seems overwhelming, start with 5 minutes
- Plan our your daily activity at the beginning of the week (ex: Mon: walk Tue: bike Wed: yoga Thur: rebounder Fri: yoga Sat: paddle board Sun: rebounder)

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Step 3

Eat a Broth Based Soup

Just like grandma use to make....sorta ;)

There is a reason people crave things like chicken soup when they're sick. These warm concoctions are packed full of the good stuff to heal inflammation and give your body the nutrients it needs to tackle the day! Try the recipe below, or make your own favorite!

Creamy Chicken Soup

Servings: 6

- 2 tbsp extra virgin olive oil
- 1 cup yellow onion, finely diced
- 1 cup carrot, diced
- 1 cup celery, diced
- 4 cloves garlic, minced
- 1 tsp kosher salt, or more to taste
- 1/2 tsp freshly cracked black pepper,
- 8 cups low-sodium chicken broth
- 2 bay leaves
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/2 tsp dried oregano
- 1 cup uncooked wild rice
- 2 cups cooked, diced chicken
- 3/4 cup coconut milk*
- 2 tbsp arrowroot starch*
- 2 tbsp lemon juice

*see tips below to omit from recipe

1. Heat oil in a large pot over medium heat. When hot, add onion, carrot, celery, garlic, salt & pepper. Cook, stirring, until the veggies are tender, about 5 minutes.
2. Add broth, bay leaves, and spices. Stir to combine and increase heat so that it comes to a boil.
3. Once boiling, reduce heat to a simmer over low heat. Add diced chicken and uncooked wild rice. Cover and cook until the rice is tender, about 45 minutes.
4. Once rice is tender, uncover and increase heat so that is it simmering more vigorously, but not boiling.
5. In a small bowl, combine dairy-free milk & arrowroot flour and whisk until dissolved.
6. While slowly stirring the soup, slowly pour in the milk/arrowroot mixture until it is well combined in the soup. Continue to cook the soup, uncovered and simmering, stirring often until it has thickened, 5 -10 minutes.
7. Stir in lemon juice, serve and enjoy!

TIPS!

- Store leftovers, as single serving, in freezer for when you need an extra boost or are sick.
- Omit coconut milk/arrowroot starch if you don't have these ingredients, or don't want "creamy" soup

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How to Use This Resource

Whether you had a few too many drinks last night, overdid it with the treats at today's birthday celebration or you're just feeling run down from your daily routine, these 3 steps will get you on your way to feeling refreshed by tonight.

Use these steps when you need them, or, for even more benefits, incorporate them into your daily life (*see note below).

This isn't meant to add another "to-do" to your busy life, but rather, a "to-done". By following these steps regularly, you'll have the energy to actually get that to-do list completed, and have energy left to do something for yourself!

A few additional benefits you may see if you use these 3 steps daily:

- *Clearer & Brighter Skin*
- *Eliminate Eczema*
- *Stop Stomachaches*
- *Less Joint Pain*
- *No More Running to Bathroom After Meal*
- *So Many More*!
- *Fewer Headaches*
- *Get Rid of Runny Nose/Sore Throat*

*You Are What You Eat!

I'm not recommending eat soup daily, but rather, fuel your body with nourishing foods daily.

Turns out that old saying holds a lot of weight. If you fuel your body with a bunch of junk (food), you're gonna feel like junk. But, if you fuel your body with nourishing foods, it will give you the stamina/energy you need to get through the day without feeling rundown or needing to grab another cup of coffee.

Nourishing food = real foods, try shopping the perimeter of the grocery store - produce, meats, etc.

For daily suggestions how to go from rundown to refreshed, follow on social

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