

SPRING 2021



# *the* **PLAYBOOK**

A NEW WAY TO WELLNESS



# Welcome to the Retreat

**Here are a few things to remember to ensure you have the best experience possible.**

- **Print out the Wellness Action Worksheet on page 4.**
- **Find a dedicated space to set up where you won't be disturbed.**
- **Have plenty of water near you so you can hydrate during the sessions.**
- **Have some healthy snacks near by.**
- **We will have bathroom breaks, but remember that the event is recorded, so you can always fill yourself in later.**
- **Be sure to have at least 2 pens in case one runs out of ink!**
- **It's best to set up using a tablet or computer. If your phone is all you have, that's fine too.**
- **You can ask questions during the lessons via the Q & A.**
- **At the end of each lesson, your expert will reveal their gift to you, so be prepared with your best email address.**
- **If you experience any technical difficulties during the retreat, please text 908-376-1422 and we will do our best to help you.**
- **This is a webinar format, so nobody can see you.**

**Have a wonderful experience!**



## My Wellness Actions For The Next 30 Days

### Day 1

Print out this worksheet and have it available to you during the retreat. At the end of each lesson, we will take a moment to dedicate ourselves to an action over the next 30 days.

Speaker	Topic	My "AHA"	My Action
Renée Marino	Community Connections & Your Wellness		
Dorian M.	The Six Lifestyle Essentials for Women		
Dorian M.	Exercising to Balance Hormones		
Robyn Mishak	What Are You Eating?		
Roseanna Di' Marzio	Clean Out Your Kitchen		
Jackie Greene	Detox 101-Cleaning Your Internal House		
Katie O'Toole	Simplify Your Life & Reduce Stress Through Organization		
Sophie Lise Fargue	Your Way to a Restful Night		
Sophie Lise Fargue	Guided Meditation		



# Renée Marino

## Community, Fellowship & Legacy

### Community Connections & Your Wellness

Developing relationships and connections with people who support your vision for your life.

Renée Marino is a professional communication coach who was recognized by Yahoo Finance as one of the "Top 10 Communication Coaches to Follow in 2021." She empowers entrepreneurs to create 1-1-on-1 connections in their business, broaden their reach, and elevate their brand beyond a logo and photos, through the power of connecting on camera.

Renée was recently the co-host of Tony Robbins and Dean Graziosi's first-ever virtual "World Summit," and she has signed a book deal with Morgan James to publish her first non-fiction book called, "Becoming a Master Communicator." A graduate of Wagner College with a degree in theatre/speech, Renée has spoken, performed and been interviewed on thousands of live and virtual stages. She teaches a workshop called, "Connecting on Camera," which guides entrepreneurs to get past what's holding them back when it comes to being on camera, and also trains companies, organizations, schools, universities and individuals in enriching their communication skills.

Renée can be seen as the female lead role-Mary Delgado- in the film "Jersey Boys" directed by Clint Eastwood, which is currently on Netflix. She was featured in People.com -"Ones to Watch", Variety and in The Huffington Post which stated: "The Broadway star -- who is basically Tina Fey's celebrity doppelganger -- is a scene-stealer, spouting swears and put-downs with aplomb. 'Jersey Boys' pops whenever she's onscreen." Renée wrote and performed her solo show called, "I Am Me, Because of Three" which she sold out in both NYC and LA, and received incredible reviews. Broadway credits: "Pretty Woman"-Ensemble/ Dance Captain/Assistant to the Choreographer, Rosalia in "West Side Story", Mary Delgado in "Jersey Boys", "Chaplin" and "Wonderland." National tours: Cats", "Disney's High School Musical" and "Jersey Boys". Television: Regina on Fox's "Weird Loners," and "The Marvelous Mrs. Maisel."

As a coach, Keynote speaker, and longtime performer, Renée has inspired people all over the world with her energy, relatability and authentic spirit!

Facebook page  
[@CoachRenéeMarino](#)

Instagram handle  
[@RenéeMarinoOfficial](#)

Linked-In  
[@RenéeMarino](#)

Blog  
[RenéeMarino.com](#)

Website  
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[renee.marino@gmail.com](mailto:renee.marino@gmail.com)



# Steps to Create Personal Connections for Wellness



**1.**

Everything begins with communication with self. Every morning ask yourself: "What are my Wellness Goals, and Why do I have them?" "What in my life do I need to give a "Spring Cleaning" to and why?" "What do I believe being healthier in mind body and spirit will bring me?" Journal about the answers to these questions every morning.

**2.**

Create your "I Claim Statements" based on the answers that you journaled. Write them on your worksheet, then transfer to Post-its and place them all over. Say them aloud every day.  
For example: "I Claim I am in Perfect Health," "I Claim I am Confident," "I Claim I am Getting Stronger every Day!"

**3.**

Share your Wellness goals with your closest friend, significant other, coach, or many people. Sharing them helps to solidify them, and culminates a deeper connection in those relationships.

**4.**

Challenge yourself to go live on Facebook or Instagram. Introduce yourself, share what you're struggles are, and/or what your goals are on video. When you're authentic, you invite and inspire others to be authentic in their struggles and goals too. Being able to go on video and be vulnerable opens the door to creating personal connections to support you on your wellness journey!

**5.**

Find an accountability group or partner. Schedule weekly meetings on Zoom but if you can't meet on Zoom, send one another videos through text messages to share your "Spring Cleaning" goals. Give one another weekly tasks to help reach those goals. Also, share your struggles, wins, and when you have questions. Accountability is one of the greatest keys to success!



To attend Renée's live webinar on Thurs. Apr. 29th at 1pm EST called, "How to use videos to Create Massive Opportunities," go to:  
[www.connectingoncamera.com/webinar-registration1615464031346](http://www.connectingoncamera.com/webinar-registration1615464031346)

To attend Renée's live Workshop course, "Connecting on Camera," go to:  
[www.ConnectingonCamera.com](http://www.ConnectingonCamera.com)



[ReneeMarino.com](http://ReneeMarino.com)



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[CoachReneeMarino](#)



# My "I Claim" Statements

Statements that  
declare you have what  
you desire!

I Claim...

I Claim...

I Claim...

I Claim...

I Claim...

Renee Marino

COMMUNICATION COACH



www.ConnectingonCamera.com



ReneeMarinoOfficial



# Dorian Madreperla

Education

## **The 6 Limitless Lifestyle Essentials for Women**

Discover how the game changes when you adopt these fundamentals for midlife weight management and hormonal happiness.

## **The Impact of Exercise on Hormonal Balance**

Strategic planning of your exercise is critical to balancing your hormones and ultimately your wellness success.

Dorian is founded Sphericity Studio in 2009. Her passion for helping women transform their lives through wellness has been a driving force in her life. Through that passion was born The Limitless Lifestyle Academy. At the Academy, she and her team help women over 40 to adopt a new way of wellness that educates and empowers them to live in harmony with hormonal change so that they can defy midlife stereotypes and forge into this stage of life with ultimate confidence, in a body she loves.

Dorian's vision is to create a new legacy of wellness in the world one woman at a time via her various programs that encompass the "whole woman." She believes strongly in the power of community and fellowship, hence all of her programs are conducted in a group format.

Something most people don't know about me  
I used to sew many of my own clothes when I was a teenager.

Facebook page

<https://www.thelimitlesslifestyleacademy.com>

Website

<https://www.thelimitlesslifestyleacademy.com>

Instagram

<https://www.instagram.com/thelimitlesslifestyleacademy>  
<https://www.instagram.com/dorianmarie33>

Email

[dorian@thelimitlesslifestyleacademy.com](mailto:dorian@thelimitlesslifestyleacademy.com)



# The 6 Limitless Lifestyle Essentials

## Essential #1: Optimized Exercise TDIF's

All women, especially women over 40, need a particular combination and exercise in terms of 5 factors.

- The type of exercise
- The duration of exercise
- The intensity of exercise
- The frequency of exercise
- Spacing of exercise

If these five factors are not appropriately balanced, any woman at any age will have a frustrating and challenging time managing her weight, energy levels, and overall health.

## Essential #2: Habit-Based Lifestyle Nutrition

Yes, your eating habits affect your hormones directly and indirectly. If done right, your diet can enhance your workouts' effectiveness and help create and maintain healthy body composition.

I don't believe in diets...well, mostly. A structured diet is excellent to get started on your journey.

- You don't have to think about it
- It gives you boundaries
- It can help you detoxify
- It can help change your palette for sugary and processed foods.
- It helps you feel confident about keeping going.

But diets are not sustainable.

- Having a set meal plan is not realistic for the rest of your life.
- Your life is ever-changing, so you need a diet that flexes with your life.
- Restriction long term doesn't work...we are human.

Use the meal plan and recipe book provided for you for the next four weeks. After that, consider switching to a lifestyle nutrition program where developing new habits is the focus.



### **Essential #3: Stress Awareness and Sleep Management**

Stress and sleep have a significant impact on your hormones, and thus the ability to manage your weight, body composition, and ultimate health.

At its most basic level, chronic stress caused by things like worrying thoughts, frustration, and fear of the unknown causes our body to kick into survival mode. This releases hormones that make us hungry for highly palatable foods and store the energy as belly fat.

From a very high level, when we are stressed, our bodies release a hormone called cortisol. The more stress you have in your life, the more cortisol your body will need to produce. Much of your cortisol is produced by abdominal fat. So you see, the more stress you have, the more abdominal fat you will have. Additionally, if you are trying to lose weight, it will be challenging because your body will resist letting go of the fat. After all, it needs cortisol to survive. Instead of metabolizing fat, your body will metabolize lean muscle for energy. This further slowing your metabolism.

Relieving your stress will likely help you sleep better. If you don't sleep solidly and for 7-8 hours per night, once again, your body goes into survival, fight or flight mode and produces cortisol. So if you aren't sleeping well, getting your stress levels under control and exercising regularly should help.

### **Essential #4: Mindset, Purpose & Vision**

A positive mindset supports consistency in your lifestyle and promotes sustainability. Life is dynamic, and so must be your mindset. This is entirely under your control. It is your choice, and it is the foundation of sustaining a healthy lifestyle and a happy body.

There are so many temptations out there that can sabotage even the strongest of mindsets. But if you have some foundational practices and clarity on the vision you desire for your life; you will stay on track with gratitude and a positive attitude.

## Essential #5: Understanding Your Body

Plain and simple. The more you understand about your body, the better you can take care of it. I am in constant pursuit of understanding the body. Things like:

- What differentiates women's bodies from men's (other than the obvious) and why?
- What is the best exercise regimen for women at different hormonal stages of life?
- Why do women gain weight and put on belly fat as they age?
- How can women stay healthy and vibrant as they age?
- What's osteoporosis, and how can you keep healthy bones?
- What happens during perimenopause and why?

When you understand why things happen, you empower yourself to make the best choices. Educate yourself daily, weekly, and see how much easier it is to make the right choices. Weave little things about what you learn into your life.

## Essential #6: Community, Fellowship & Legacy

Game Night, Girls Night Out, Book Club, Women's Social Media Groups, even visiting the restroom...We like doing things together! Women are from Venus. When is the last time you saw a 25:1 ratio of men (25) to women (1) in a group fitness class?

Brain scans, controlled studies, evolutionary psychology, and anthropology have shown Men, and women's' brains take in and process information very differently from one another. We have evolved with different roles and priorities, as we are infused with various combinations of hormones that affect our behavior.

Women have evolved to rely on social bonds for survival because of their smaller size compared to men. Most women have many friendships that together act as an extensive emotional support network in our current day.

In contrast to men who mostly want to "hit the gym," women exercise for not only their health but for fun, friendship, love, support, experience, and a sense of purpose.

# The Six Limitless Lifestyle Essentials Worksheet

This is a fillable pdf, so feel free to type right on the digital document.

After listening to Dorian discuss the six lifestyle essentials, list in order from 1-6, starting with the one you feel most confident about to the least, as of today:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

On a scale of 1-10, 10 being great, how much/well do you practice each essential in your life today?

- Optimized Exercise
- Habit-Based Nutrition
- Stress & Sleep Awareness
- Mindset & Vision
- Understanding Your Body
- Community, Fellowship & Legacy



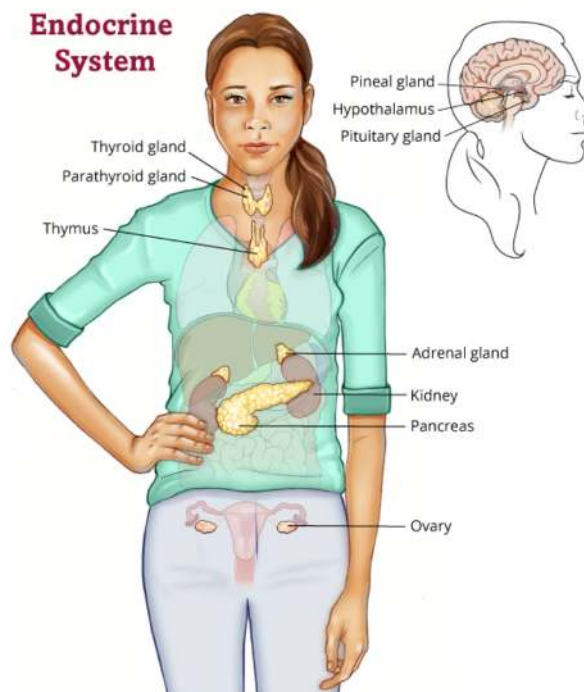

*"If exercise were a pill, it would be the most beneficial and prescribed medication in the world."*

### **What are hormones:**

Messengers in the body. They carry information from one place to another.  
They stimulate specific cells or tissues into action.

### **What is the Endocrine System?**

A collection of glands that produce hormones



## Exercise has effects on many hormones in the body: Let's discuss five.

### Stress Hormones & Happy Hormones:

**Stress Hormones: Cortisol & Adrenaline.** The one we are concerned about is chronic cortisol due to chronic stress. Bottom line is that it will make us hold on to fat. Although you produce cortisol when you exercise, because you are stressing the body, you are also producing the **Happy Hormones: Dopamine** (the runners "high") and **Serotonin** (relaxation). Studies have shown that generally, exercise reduces stress, thus reduces cortisol levels.

### Thyroid Hormones:

Your thyroid makes hormones that regulate the way your body uses energy. Exercise intensity, especially cardiovascular exercise, has a significant effect on the thyroid hormones. One study showed that at around 70% of Max Heart Rate, all thyroid hormones were improved. As intensity continued to increase, TSH (thyroid stimulating hormone) also continued to rise. TSH is made in a gland in the brain called the pituitary. When thyroid levels in your body are low, the pituitary gland makes more TSH which in turn calls for thyroid hormones to be made and released.

### Insulin

Insulin regulates our blood glucose. **Insulin sensitivity** is your body's ability to pull glucose out of the blood stream and put it into your cells so that glucose can be used for energy or fuel for the cell. **Insulin resistance** is the opposite, the lack of ability to pull glucose out of the bloodstream.

Studies have shown that endurance and strength exercising promotes insulin sensitivity. Exercise increases insulin sensitivity not only during the actual physical activity but also after that activity. It's called exercise recovery. One study showed that a single workout can increase insulin sensitivity for at least 16 hours post exercise.

Intensity, (the "I" in TDIF's) how challenging the activity is to the individual, and duration, (the "D" in TDIF's) the time exercising, may be the greatest influencer of insulin sensitivity during and post exercise.

A long duration activity performed at a low or easy intensity

OR

A shorter duration activity performed at a higher or more challenging intensity

Achieve similar metabolic results and insulin sensitivity

## BOTTOM LINE!!!!

Exercise 3-5 times a week

150-300 minutes per week

With a mix of Strength/Resistance Training, Moderate Cardio &  
Vigorous Cardio



# The New Way synergized exercise formula for women over 40



create the perfect  
workout routine

*synergized & optimized*  
for massive  
**RESULTS!**

## a self assessment exercise planner

for women over 40  
who **fiercely** want to change  
their bodies & lives



# Preface

## For All of The Cheryl's I've Known

It is some morning in 2011, two years after opening my first exercise studio. I am there before classes start for the morning to meet with a new client by the name of Cheryl, who is interested in our exercise program.

When she arrives, I greet her by name and escort her to our studio lounge to fill out some paperwork. I understand that Cheryl is probably feeling intimidated to be here, so I place a bottle of water on the table in front of her, put my hand gently on her shoulder and tell her I will be back shortly.

After five minutes or so, I come back in to sit with Cheryl to talk with her to learn how I can best serve her.

Upon first glance at her paperwork, I see that Cheryl is one month shy of her 50th birthday and has three grown children. I open our conversation by asking her questions about her general health, exercise history, nutrition, and sleep habits. Then I ask her, "the question." "Cheryl, what is your biggest challenge?" As I expect, Cheryl gestures with both hands to her midsection and says, "All of a sudden I am gaining this weight ...it's out of control. Everything I used to do doesn't work anymore, and anything new I try doesn't work either."

I then ask her as I look her straight in her eyes, "How does that make you feel?"

Her eyes start to well up with tears. "It makes me feel bad about myself. I feel embarrassed about the way I look. This isn't me. I've never been like this before, and I don't know what to do anymore."

"I understand," I say while I hold her eyes with mine.

She continues to share more with me about how the excess weight impacts her life and her self-confidence. I tell her a little about what makes our exercise program and philosophy different than others, and I'm thrilled that she decides to give it a try.

After that meeting with Cheryl, I can't stop thinking about her and the hundreds of other women I have spoken with over the past two years who shared with me, almost literally, the same struggle and pain. It got me thinking that there has to be more to help these women than just a great exercise program. I think to myself, "I am the same age as these them. Why am I not experiencing such struggles?"

So I decided to dissect my lifestyle to see perhaps if there was a relationship between my life habits and the way hormonal change was impacting my body and my self-confidence.

And YES! There absolutely, positively was!

I discovered six lifestyle habits/essentials that I had been living for many years, that unbeknownst to me was synergizing and balancing my body in such a way that I wasn't affected horribly by hormonal changes. I was able to use that information to create a "New Way" of doing things because the old way won't work anymore. It is a systemized solution that my clients now use to take back their power from the hormonal shift that stole it from them.

Welcome.

Congratulations on taking this first step to a better life that you deserve!! I'm genuinely thrilled that you are here! Thank you for entrusting me to guide you. I don't take it lightly and I am here to serve you.

You have just become part of a community and new movement to create the most fearless and accomplished generation of women over 40 on the planet.

Your body and life are not the same as they used to be, so neither can your approach to exercise and your overall wellness.

This guide will teach you a new awareness of and approach to exercise that is appropriate and effective for you as a woman over 40.

What you are about to experience is the first of the six Pro-Age Essentials, and it is what I hope for you, the beginning of the rest of your smokin', bad-ass, "look at me" life.

Let's do this!

Committed to guiding you to live limitlessly.

*Dorian*



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**Note:** This workbook is provided to you as a fillable pdf file. Together, let's save some trees and help our environment by filling out your workbook on your computer or device!

## **Disclaimer**

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This workbook offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this document will always include the most recent findings or developments with respect to the particular material.

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We do not guarantee any results.

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# Limitless Lifestyle Essential #1

## The Optimized Exercise Formula: TDIF's

### 3 Steps to Creating Your Perfectly Balanced

### Exercise Strategy



When I started to “dissect” my lifestyle habits, I began with what was most familiar to me, exercise. What I discovered is that all women, ESPECIALLY women over 40, require what I call "Exercise Synergy," a specially balanced blend of training in terms of five factors, The **TDIF's**

1. Type
2. Duration
3. Intensity
4. Frequency
5. Spacing

If **TDIF's** are not appropriately balanced, any woman of any age will have a frustrating and challenging time managing her weight, energy levels, and overall health. And the older you get, the more difficult it becomes. The more closely you follow this formula, the better results you will get.

Think of it like baking a cake. If you follow the recipe to the tee, you'll end up with a fluffy, perfect cake. But let's say you add only half the amount of specified baking powder. Your cake will survive the oven, but it won't come out fluffy and full. And if you leave it out altogether, you'll end up with a pancake instead of a birthday cake!

**Here are the 3 steps:**

Step #1: Determine your Hormonal Stage

Step #2: Determine your baseline body metrics

Step #3: Create your Optimized Exercise Program



## Step 1:

### **Determine Your Hormonal Stage**

Did you know that your sex hormones may start changing as early as the age of 35? Yes, it's true, and it varies from woman to woman. Nevertheless, at some point, all of us will experience hormonal changes that will cause undesirable side effects on our bodies and lives to one degree or another.

My method is designed for women of all ages and is customizable, regardless of where you are in your life journey. There is no "cookie-cutter," one size fits all program for this. You are your own individual being with unique needs. In order to create the program that is right for you, it is essential first to identify which of three Pro-Age Stages you fall into.

**Stage One: Proactive.** You aren't experiencing hormonal changes yet. However, you need to set yourself up so that you can transition through the coming years with grace and ease. If you are under the age of 39, you should be prepared to combat the adverse effects of hormonal change that will occur in the coming years.

You will have the advantage of being in the Proactive Stage

**Stage Two: Reactive.** You are a woman who is experiencing hormonal changes that are just starting or are full-blown wreaking havoc on your body, energy level, and self-esteem. If you are age 40-59, you are likely experiencing these changes now, and are feeling very frustrated and even hopeless. You are peri-menopausal or menopausal. Know that with this method, you CAN turn this around.

You are in a Reactive Stage.

**Stage Three: Active.** You have made the transition through menopause (you haven't had your period for 12 months, are likely 59 or over and wish to lead a healthy and vibrant life. Your main concerns are to avoid disease, to feel good about yourself, and have lots of energy and stamina to do all the things you want to in life.

You are in the Active Stage.

**My Hormonal Stage is:** \_\_\_\_\_



## Step 2:

### **Establish Your Baseline Metrics**

After you have determined your Pro-Age Stage, you need to establish your baseline metrics as a starting point.

Most women who come to me are focused only on losing weight. Sadly, it's because that's the way society has trained us to think. What they don't understand yet is that the number on the scale doesn't tell the whole picture.

Actually, it doesn't tell a picture at all! Your weight is just one metric by which you should measure your body and set milestones. In fact, to me, it is the least important of all the parameters.

**If you really want to change and have results forever, you need to start retraining your mind to focus on body re-composition**, not just weight. It's important to have a clear understanding of how your body will change over time based on several different criteria and metrics...not just weight, (have I said that enough? ☺.) A lack of this understanding and perspective I believe, is the most common reason women don't get the outcomes they are expecting and quit.

If you do not build muscle as you lose fat, it's going to be a very slow go, especially if you are in Hormonal Stage 2. That's why dieting alone doesn't work. Losing fat alone does not increase your metabolism. In fact, some diets will actually cause you to lose lean body mass as you lose weight. Not good.

When I work with someone for the first time, I emphasize the importance of this shift in her thinking. I help her to understand the relationship between her overall body metrics and the importance of **body re-composition** **“thinking” versus weight loss “thinking.”** This empowers her to develop a new mindset and framework of her perspective of her body and life that is very empowering.

Now, together you and I can create realistic expectations, benchmarks, and goals to get you started just like my other clients.



There are lot's of different methods to calculate your baseline metrics.

Some are more accurate than others:

- Tables & Charts (leastmore accurate accurate, DIY)
- Online Calculator (a little more accurate accurate, DIY)
- Mathematical Calculations (a little more accurate accurate, DIY)
- Skin Fold Test (more accurate, your doctor or fitness professional)
- Bio-impedance Scale-Consumer (more accurate, DIY)
- Medical Grade Bio-impedance Scale (most accurate-doctor, wellness professionals)

You can certainly set goals and monitor your progress with charts and calculators, however for best results, you want to be able to track as accurately as possible. That's why I recommend you invest in a bioimpedance scale such as **The Omron or Fit Track**. They are affordable and a valuable investment in your wellness.

Not only will these scales give you more accurate tracking, they also give you other important metrics that cannot be calculated from a chart or online service such as **Metabolic Age and Visceral Fat levels**.

You can also visit your doctor or wellness professional who likely has sophisticated pharmaceutical grade body composition analyzers for a more detailed report.

In the following pages, you will be calculating your baseline metrics:

- Weight (scale or bioimpedance scale)
- BMI (charts, online calculator or bioimpedance scale)
- Body Fat (charts, online calculator or bioimpedance scale)
- Skeletal Muscle (charts, online calculator or bioimpedance scale)
- Visceral Fat\*\* (bioimpedance scale)
- Metabolic Age\*\*(bioimpedance scale)

\*\* can only be calculated with a bioimpedance scale.

## So let's get going to create your baseline body metrics & goals!

Before you start, make note of the date, day of the week and time that you take your metrics. It's important that you take your metrics on the same day of the week and the same time.

**Todays Date:** \_\_\_\_\_ **Day of the Week:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Weight:** 1-2 pounds per week is realistic and healthy. If you have a significant amount of weight to lose, you may see more weight loss during the beginning weeks as you lose water.

- **My current weight is :** \_\_\_\_\_
- **My 8 week Goal Weight is :** \_\_\_\_\_
- **My 12 month Goal Weight is :** \_\_\_\_\_

**BMI:** Body Mass Index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

Use the metrics above with the online calculator:

<https://www.omnicalculator.com/health/bmi-women> to calculate your BMI today, at 8 weeks and at 12 months.

- **My BMI today :** \_\_\_\_\_
- **My 8 Week Goal BMI :** \_\_\_\_\_
- **My 12 Month Goal BMI:** \_\_\_\_\_

**TABLE 1** **BMI Chart**

BMI	BMI (Designation by the WHO)	BMI Classification Bar	BMI Rating
		<div> <div>-</div> <div>0</div> <div>+</div> <div>++</div> </div>	
Less than 18.5	- (Underweight)	<div> <div>■</div> <div>■</div> <div>■</div> </div>	7.0 - 10.7 10.8 - 14.5 14.6 - 18.4
18.5 or more and less than 25	0 (Normal)	<div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> </div>	18.5 - 20.5 20.6 - 22.7 22.8 - 24.9
25 or more and less than 30	+ (Overweight)	<div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> </div>	25.0 - 26.5 26.6 - 28.2 28.3 - 29.9
30 or more	++ (Obese)	<div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> <div>■</div> </div>	30.0 - 34.9 35.0 - 39.9 40.0 - 90.0

**Body Fat %:** I have seen women lose up to 7 % body fat in 8 weeks. That is if she has worked her program with 100% effort. You too can achieve that. But you will be doing very well if you can lose 2% body fat in 8 weeks.

Use the metrics above with the online calculator:

<https://www.omnicalculator.com/health/navy-body-fat>

to calculate your Body Fat % today, at 8 weeks and at 12 months.

- My Body Fat % today: \_\_\_\_\_
- My 8 Week Goal Body Fat %: \_\_\_\_\_
- My 12 Month Goal Body Fat %: \_\_\_\_\_

**TABLE 2** **Body Fat Levels**

Gender	Age	Low (–)	Normal (0)	High (+)	Very High (++)
Female	20-39	< 21.0	21.0 - 32.9	33.0 - 38.9	≥ 39.0
	40-59	< 23.0	23.0 - 33.9	34.0 - 39.9	≥ 40.0
	60-79	< 24.0	24.0 - 35.9	36.0 - 41.9	≥ 42.0
Male	20-39	< 8.0	8.0 - 19.9	20.0 - 24.9	≥ 25.0
	40-59	< 11.0	11.0 - 21.9	22.0 - 27.9	≥ 28.0
	60-79	< 13.0	13.0 - 24.9	25.0 - 29.9	≥ 30.0

**Skeletal Muscle %:** My rule of thumb is a 2:1 ratio of body fat loss to muscle gain. So base your muscle gain goal on your body fat loss goals at this ratio.

Use this online Skeletal Muscle Calculator to determine your % of muscle today.

<https://www.omnicalculator.com/health/lean-body-mass>

Then, using the guideline above, calculate your 8 week and 12 month goals

- **My Muscle % today:** \_\_\_\_\_
- **My 8 Week Goal Muscle %:** \_\_\_\_\_
- **My 12 Month Goal Muscle %:** \_\_\_\_\_

**The following 2 metrics can only be calculated  
with a bioimpedance scale.**

**Visceral Fat:** Is abdominal fat that lies around your organs. This is the kind of fat that can increase risk of health issues like type 2 diabetes, heart disease, and cancer.

Your body doesn't like to shed this fat, but when it does, you'll see it reflected big time in your abdominal measurements. I have seen women drop 2 points in visceral fat in 8 weeks, but that's not typical. Plan for 1 point every 8-12 weeks.

Keep in mind that if you are in Hormonal stage 2, it's going to take longer to shed this fat, but critical that you do before you hit Hormonal Stage 3. The acceptable range for visceral fat is 1-10. Here's what you should realistically shoot for, but always remember lower is better.

Hormonal Stage 1: 3-5

Hormonal Stage 2: 4-7 (lower the number the lower your age)

Hormonal Stage 3: 5-8

- **My Visceral Fat today:** \_\_\_\_\_
- **My 8 Week Visceral Fat Goal:** \_\_\_\_\_
- **My 12 Month Visceral Fat Goal:** \_\_\_\_\_

**Metabolic Age:** This is the “health” age of your body. This is often times the most shocking statistic when I do a baseline metric session with a client.

Many women in their 40’s are shocked to see that the age of their body is in the mid to upper 60’s and women in their 50’s to see their body age in the mid to upper 70’s.

**I have seen women gain 6-8 years of youth in my 8-week program.**

Your goal should be to change your body age to or lower than your actual age in a year’s time. Your time line may vary based on how drastic your spread is at baseline.

Ultimately, your metabolic age can be 20-25 years lower than your actual age. I know this, because this is true for me. I am 56 and my Metabolic age is 35.

- My Metabolic Age today: \_\_\_\_\_
- My 8 Week Metabolic Age Goal: \_\_\_\_\_
- My 12 Month Metabolic Age Goal: \_\_\_\_\_

*Typically, I don’t set goals for measurements, but you do want to take a baseline and see them tending down over time. There may be a time when you don’t see the above stats change that much, but you will see a big change in your measurements.*

- Bust: \_\_\_\_\_
- High Waist (just under your rib cage): \_\_\_\_\_
- Abdomen at Navel: \_\_\_\_\_
- Hips: \_\_\_\_\_
- Thigh at widest point: \_\_\_\_\_
- Bicep at widest point: \_\_\_\_\_

## Step 3:

### Create an Optimized Exercise Program

The third and last step is to create an exercise program for the next 30 days based on your self assessment. This will help you to determine the correct balance of type, duration, frequency, intensity and spacing of your exercise for where you are at NOW.

**But first, let's dive into the TDIF's a little more.**

**Type:** I recommend the following:

- Body Weight so you can exercise anywhere at any time
- Compound & functional where your whole body is moving
- Low or Non-Impact to protect your joints
- Weight Bearing for bone health

**Duration:** Each workout should be a minimum of 30 minutes, and the mix is slightly different depending on your individual metrics, your Hormonal Stage, and how much weight you want to lose.

Any exercise program should be a minimum of 150 minutes per week of **combined intensity exercise**.

**Frequency:** 3-5 times per week.



**Intensity:** Monitor your intensity level using a heart rate monitor or perceived exertion (see Table 3)

- **Vigorous Cardio:** Working at 75-85% of max heart rate the majority of the time with rest periods.
- **Moderate Cardio & Resistance Training:** Working at 55-75% of max heart rate the majority of the time.

**TABLE 3** **Perceived Exertion**

How you might describe your exertion	Borg rating of exertion	Appx. % effort	Examples (for most adults <65 years old)
None	6	20%	Reading a book, watching television
Very, very light	7 to 8	30%	Tying shoes
Very light	9 to 10	40%	Chores like folding clothes that seem to take little effort
Fairly light	11 to 12	50%	Walking through the grocery store or other activities that require some effort but not enough to speed up your breathing
Somewhat hard (Moderate Cardio Zone)	13 to 14	60-70%	Brisk walking or other activities that require moderate effort and speed your heart rate and breathing but don't make you out of breath. Could speak to a friend with breathiness.
Hard (Vigorous Cardio Zone)	15 to 16	80%	Bicycling, swimming, or other activities that take vigorous effort and get the heart pounding and make breathing very fast. Would be very difficult to speak to a friend.
Very hard (Vigorous Cardio Zone)	17 to 18	85%	The highest level of activity you can sustain
Very, very hard	19 to 20	90-100%	A finishing kick in a race or other burst of activity that you can't maintain for long

**Spacing:** The spacing of your workouts is actually really important. You want to give your body time to repair in between workout types. If you are doing "metabolic workouts" for your vigorous cardio (basically high intensity interval training) you'll definitely want to have a day in between those types of workouts.

Choose the exercise program that you will implement for the next 30 days.

In the following **table #4**, I have given you minimum and optimum options. Don't worry if you feel you need to select the minimum. It will still work for you, it just may take a little longer to reach your goals. So keep that in mind and go back to see if you want to tweak any of your goals.

**TABLE 4** **Exercise Program Structure**

12 Month Weight Loss Goal 	30 Minute Brisk Walk	Moderate Cardio/ Resistance Minimum 30 min/workout	Vigorous Cardio/ HIIT Minimum 30 min/workout	Total # of Days Per Week	Minutes Per Week
<b>#1</b> 0-10 lbs. Minimum	optional	1	2	3	150
<b>#2</b> 0-10 lbs. Optimal	optional	3	2	5	150-300
<b>#3</b> 11-50 lbs. Minimum	1-2	1	2	3-5	150-300
<b>#4</b> 11-50 lbs. Optimal	optional	2	3	5	150-300
<b>#5</b> Over 51 lbs. Minimum To Start	2	3	0	5	150-300
<b>#6</b> Over 51 lbs. Progress to Optimal	1	2	2	5	150-300

## Let's Plan Your Synergized Exercise Program.

My Optimized Exercise Program is # \_\_\_\_\_

My Daily Schedule is for the next 30 days:

***NOTE:** One important scheduling criteria that is pretty important. Do not do your HIIT workouts two days in a row. You need to spread them out over the week.*

- Monday \_\_\_\_\_
- Tuesday \_\_\_\_\_
- Wednesday \_\_\_\_\_
- Thursday \_\_\_\_\_
- Friday \_\_\_\_\_
- Saturday \_\_\_\_\_
- Sunday \_\_\_\_\_

### Here's an example for you:

My Synergized Exercise Program is # 4

- Monday: Boot Camp-HIIT (vigorous)
- Tuesday: Weight Training (moderate/resistance)
- Wednesday: Elliptical Tabata-HIIT (vigorous)
- Thursday: Off
- Friday: Boot Camp-HIIT (vigorous)
- Saturday: Weight Training (moderate/resistance)
- Sunday: 30 minute walk

### **NOTE:**

For women who are in Hormonal stage two or three, it will get increasingly more difficult to build lean muscle and burn fat as you age. So, **keeping an eye on the body fat % to muscle % ratio is critical for you.** This means changing things up in your exercise program if those metrics aren't moving in the direction you have planned out in your goal setting.



# Robyn Mishak

## Habit Based Lifestyle Nutrition

### What Are You Really Eating?

Dive deep into some common foods that you think are “healthy.”  
Are they really?

Robyn was born and raised in New Jersey and currently resides in Flemington, NJ. She received her bachelor's in history from York College of Pennsylvania and her master's in Information and Library Science from Rutgers University.

Robyn became a client at Sphericity in the Fall of 2015. After falling in love with the classes and the community she trained to become an instructor and started teaching classes in January 2017. In 2018 Robyn took on a bigger role at the studio and became General Manager. Now she's the General Manager and Head Coach for Sphericity's brick and mortar as well as for The Limitless Lifestyle Academy.

Through the Covid-19 pandemic she helped transition and launch The Limitless Lifestyle Academy's virtual studio and programming. When Robyn is not around the studio, she works part time as a Reference Librarian for Brookdale Community College and as a Tasting Room Attendee at River Horse Brewing Co. She loves to read, relax and spend time with her family. Staying active and eating healthy is always a part of Robyn's daily life. She loves to teach, learn and support women in their wellness while having fun!

Something that most people don't know about me  
I'm a twin.

Email  
[robyn@thelimitlesslifestyleacademy.com](mailto:robyn@thelimitlesslifestyleacademy.com)

# What Are You Eating?

Swap suggestions & tips you can implement when buying packaged food, because it's hard to navigate the grocery store & food advertisements!

## Frozen Meals



Check your favorite 'health foods'. What are the ingredients? Are there any added sugars or vegetable oils?

## Snack Bars



Get in the habit of reading labels of the packaged foods you buy. Can you find a better brand or make it yourself?

## ICE CREAM



OR



## Green Smoothies



## Cereal



Think twice before you buy: Fat Free, Sugar Free, Low Carb, Vegan, Keto, Zero Calories, Dairy Free, Organic.



# Roseanna Di Marzio

## Habit Based Lifestyle Nutrition

### Clean Out Your Kitchen

Join Ro in her kitchen.

She'll show you how she stays organized and efficient and will help you do the same!

Roseanna Di Marzio is a personal chef, restaurateur, and educator. Roseanna has a love for fresh healthy and delicious food that is unmatched. Growing up in Staten Island, NY to 1st and 2nd generation Italian parents, Roseanna learned from early childhood the art of gardening and cooking from her mother, Julia, her two grandmothers, Rose and Maria and sometimes her father, Joe who brought that love and respect for fresh food with them from Italy. Roseanna went on to become the owner and operator of two successful restaurants in New Jersey. She took over the Bagel B.O.P. (Baked On Premises) and turned it into "Hillsborough's best kept secret". She ran this establishment for 12 years from 1998-2010 specializing in fresh made from scratch bagels and creative in-house cream cheese blends with over 20 different varieties, and fresh healthy specialty sandwiches.

She went on to become the creator/owner & chef of the Grill Shack in Flemington for 6 years. The Grill Shack specialized in fresh American style food with provincial Italian and seafood entree specials. Focusing on freshness, the Grill Shack had no freezer or microwave on premises, the food was all prepared fresh in house and was well known for its great fresh food. The Grill Shack was listed as the number one restaurant in Flemington on trip advisor within the first six months of being open and received many rave reviews, and one fine dining food critic commented that Roseanna's crab cakes were hands down by far the best they'd ever had.

After a long run in the restaurant business, Roseanna decided to turn her talents to educating the public on fresh food preparation and creating delicious and healthy meals at home. She authored an upcoming book, started a live zoom cooking class, "In the Kitchen with Ro", and has made herself available for hire as a personal chef as well as a kitchen cooking coach.

As a kitchen cooking coach, she focuses on creating healthy meals with her clients as well as teaching them food shopping tips, menu planning, meal preparation, keeping their kitchen set up like a restaurant and how to create fresh, restaurant quality meals in your own kitchen using simple fresh quality ingredients. Her focus is on healthy clean eating and she can also provide meal preparation which caters to special dietary needs such as gluten free, vegetarian and any other dietary needs.

If you would like to hire Roseanna Di Marzio as a personal chef or to provide cooking demonstrations for group events, you can contact her at [inthekitchenwithro@gmail.com](mailto:inthekitchenwithro@gmail.com)

**Contact/Follow Roseanna: Email:** [inthekitchenwithro@gmail.com](mailto:inthekitchenwithro@gmail.com) **Phone:** 732-690-8662





# SPRING CLEANING

FOR YOUR KITCHEN

101

## Step One: Prepare

- Put on some good music not the tv, it will distract you!
- Gather all cleaning supplies
- Do dishes, dry and put away
- Empty dishwasher
- Remove any non-kitchen clutter Put linens (rugs, curtains, aprons, etc.) in laundry
- Set up large box or bag for items to trash
- Set up large box or bag for items to donate
- Dust ceiling and remove cobwebs
- Dust top of cabinets
- Take out trash, recycling and compost

## Step Two: Draws, Cabinets & Pantry

- Pull all items out
- Sort into keep, donate or trash
- Wipe out drawers Replace any tattered drawer liners
- Place items back in neatly
- Wipe down drawer fronts and knobs
- Wipe out cabinets and shelves. Replace any tattered shelf liners
- Clean any shelf organizers
- Place items back in neatly Wipe down cabinet fronts and knobs. Clean glass on glass-front cabinets
- Pull out all items
- Trash any expired, old, stale, or inedible food
- Donate any unopened food you don't want
- Transfer open items to jars or containers. Combine like half-used containers
- Wipe down pantry shelves
- Replace any tattered shelf liners
- Clean any organizers
- Place items back into pantry neatly
- Wipe down pantry door and knob

## Step Three: Fridge & Freezer

- Pull out all food from fridge and freezer
- Trash any food that is expired, old, freezer burnt or inedible
- Wipe down shelves
- Pull out drawers and wash, replace
- Wash ice cube trays
- Put food back in neatly
- Declutter top of fridge, dust and wipe clean
- Take down all magnets and papers from exterior
- Recycle old papers, sort through magnets
- Wipe down exterior, replace magnets
- Create a small basket area for important papers instead of on the face of the fridge
- Vacuum coil

## For Retreaters Only!

**You wake up, it's the perfect beach day...Woo-Hoo!!!**

**Join me in my kitchen (via Zoom) for a private Master Class, I'll teach you how to pack the perfect beach lunch!**



# Jackie Greene

## Habit Based Lifestyle Nutrition

### Detox 101-Clean Out Your Internal House

Unwind the simple path to understand detoxing. I teach how simple and delicious it can be. Cleaning the internal house will allow space for your purposeful life.

Certified Life Coach Physicians Committee for Responsible Medicine- Plant Based Nutrition Integrative Institute Gerson Integrative Therapy Keri Glassman Nutrition Natalia Rose Detox

As a child, I found myself in the health and nutrition aisle of the library killing time. I didn't realize at the time it would become my life's purpose. I spent 17 years as a highly successful top-producing realtor turned entrepreneur and learned that following a healthy lifestyle was a great way to relax after long stressful days. I wanted to help others create a sustainable healthy relationship with food so I took my love of cooking, health & fitness, and coupled it with the wealth of knowledge and training that I had gained over the years. I always had a deep desire to travel to world class spas and spend time with the chefs to compare notes.

So, I traveled to San Diego to study with the Gerson Group, with Natalie Rose, Doris Choi, and Keri Glassman -- all of whom provided me with a well-balanced approach to health and wellness. After graduating from the Institute of Integrative Nutrition working with doctors and practitioners, I started to prepare nutritional meals for people who wanted to eat healthier but couldn't seem to find the time. Back in my younger years I was diagnosed as hypoglycemic and the symptoms were horrific including super depression and constant weight gain. A visit to an amazing holistic doctor who put me on a very clean plant-based routine for 30 days started me on my path to inner intuitiveness. The results were remarkable and changed my life.

As a result, I've been able to handle life's challenges that were thrown my way, the loss of a spouse, a single mom of three children then all under the age of 9, living and loving addicts through recovery, depression, betrayal, and weight issues. Having to build confidence and reinvent myself starting with nothing has allowed me to live a life of fulfillment, joy, pleasure, and true peace.

Now, as CEO and Founder of Simply Soupreme and several other companies, I am a motivational speaker, personal chef, health coach, and one of the few female Certified Nutritionists trained to provide specialized meal plans for professional athletes preparing for the NFL Draft Combine!! I'm excited to travel now conducting my own workshops, helping corporate, private clients, and individuals like you learn how to eat healthy and improve your energy.

Email  
[jackiegreene1@gmail.com](mailto:jackiegreene1@gmail.com)

Facebook page  
[@Alkaline living for](#)

Instagram handle  
[@simply\\_soupreme](#)

Website  
[Jackiegreene.life](http://Jackiegreene.life)

**SIMPLY  
SOUPREME**



## **DETOX 101**

- Are you bloated?
- Are you the lady in the parking lot looking for her car?  
Because you can't remember where you parked it.
- Are you moody, cranky and at times do not like being alone  
with yourself?
- Are your hormones out of balance?

**Sounds like we need some support!**

## **The body has six ways to Detox:**

- o **LIVER**
- o **KIDNEY**
- o **COLON**
- o **LYMPHATIC**
- o **LUNGS**
- o **SKIN**

### **Support each system:**

**LIVER:** Room temperature lemon water every morning 1<sup>st</sup> thing. Eat good fats, dark greens, no sugar & wild blueberries.

**KIDNEY:** Drink dandelion tea, matcha or green tea. Eat cranberries, dark cherries, pomegranates & apple cider vinegar.

**COLON:** Probiotic, prebiotics, fiber, fermented foods, raw garlic, dark leafy greens & do a colonic.

**LYMPHATIC:** Movement, good gut health, massages (move the blood) & body twists.

**LUNGS:** Fresh air, open windows, change air filters, breath work, aerobic exercises, peppermint, watercress garlic & turnips. Remove scented air fresheners, scented candles & perfumes.

**SKIN:** Largest organ of the body. First line of defense, shedding dead skin, body brushing, moisturizing, water, air, clothing, detergents, sweat-sauna, cryo-therapy & infrared sauna

### ***Learn alternatives –***

*If not this than that.*

*It's not what you're taking away it's what you're choosing to keep.*

### Action Steps I can take!!!

1. Drink lemon water every day
2. Have a green juice every day
3. Make my body sweat every day
4. Plant-based challenge
5. Limit sugar
6. Use good fats
7. Body brush & twist my body
8. See me, listen to my body support my body

Jackie Greene (Visionary & Founder) Simply Soupreme

Facebook – @Alkaline Living for Women

Instagram @simply\_soupreme

[Jackie@simplysouprome.com](mailto:Jackie@simplysouprome.com)

#### Packages:

- o 3-day Plant Based Challenge \$97
- o 8-week Deep Dive to Thrive \$2,495
  - o (Your personal detox with Jackie Greene.)

# Day One

## Morning

**Celery Juice:** pure celery (1-2 heads cleaned)

**Green Juice:** 1 cucumber, big handful of kale, big handful of spinach, 1 lemon (skin off), 2-3 stalks of celery, thumb size of ginger (skin on is fine)

**\*Note:** if new to all of this, add 1 green apple

**Lemon water**

**Herbal tea**

## Snack

### Sweet Potato Hummus

1 sweet potato, roasted - let cool

1 tablespoon of tahini

Juice of a lemon

1 raw clove of garlic

¼ teaspoon cumin

Salt & pepper to taste

EVOO

## Lunch

### Simple Carrot Dill Soup

1 tablespoon coconut oil

½ medium chopped sweet onion

2 ½ pounds organic carrots

¼ cup brown rice (optional)

6-7 cups vegetable or chicken broth

Salt & pepper to taste

Handful of fresh dill

**\*Note:** Makes about 6 servings, freeze the rest

## Dinner

### Roasted Asparagus & Leek

- 1 bunch of cleaned asparagus
- ½ stalk leek chopped & cleaned well
- Fresh thyme
- Tablespoon olive oil
- Salt & pepper to taste

**\*Note:** Place on parchment paper, on baking sheet, spread out, add EVOO, pull thyme from branch, top with chopped leeks, roast at 400 degrees, 15 min.

### Zucchini Pasta Pomodoro & Chickpeas

- 2 large Zucchini
- 1 can of chickpeas
- 3 large Roma tomatoes
- ¼ cup sundried tomatoes
- 1 ½ tablespoon finely chopped sweet onion
- 1 tablespoon chopped basil
- 1 ½ teaspoon fresh oregano
- 1 small garlic clove

**\*Note:** Place all ingredients in blender except zucchini, pasta and chickpeas. Mix chickpeas in sauce, pour over zucchini pasta. You can add capers or toasted pine nuts and when not cleansing, you can add goat or sheep cheese.

## Dessert

### Raw Strawberry Cheesecake

#### Crust:

- 1 cup cashews
- 1 cup Brazilian nuts
- 1 cup pitted dates

#### Filling:

- 1 cup of soaked cashews
- Juice of 1 lemon
- 2 teaspoons vanilla
- 1/3 cup date honey or pure maple syrup
- 1 cup fresh ripe strawberries
- Tiny pinch of Himalayan salt
- Extra cups of strawberry sliced for topping

**\*Note:** I'll demonstrate on our live. Place in freezer

## Day Two

### Morning

**Celery Juice:** pure celery (1-2 heads cleaned)

**Green Lemonade**

### Raw Zucchini Soup

1 zucchini  
1/3 clove garlic  
3/4 tablespoon pine nuts  
1/3 avocado oil  
1/8 cup lemon juice  
1/3 cup fresh basil  
1/8 cup local honey  
Pinch cayenne  
1 cup of water

**\*Note:** Add all in a vita-mix and blend – serve with toasted pine nuts and basil slivers

### Snack

### Lemon Kale Walnut Pesto Dip

2 cups Lacinato Kale  
1 small bunch parsley  
2 raw cloves of garlic  
Zest and juice of one lemon  
¼ cup of toasted nuts (almond, cashews, pine nut or walnut)  
¼ cup olive oil  
¼ cup water  
Salt and pepper

**\*Note:** I like to add red pepper flakes



## Dinner

### Cauliflower Pizza

½ head cauliflower, washed & broken into small flowers  
1/3 cup cauliflower flour or chickpea flour  
Handful of herbs (basil or parsley)  
1 egg or flax egg\*  
Salt & pepper to taste

**\*Flax egg** = 2 tablespoons ground flax seed and ¼ cup water

**\*Note:** Pulse in food processor, press out onto parchment paper, bake at 400 degrees, 25-30 mins. Top with roasted tomatoes & fresh basil

### Side salad

Mixed greens  
Cherry tomatoes  
Red onion  
Parsley  
Rose vinegar

## Dessert

### Dark Bark

½ cup cacao powder  
½ cup melted coconut oil  
½ cup pure maple syrup  
Nuts, blueberries or whatever you like

**\*Note:** Pour on a pan lined with parchment paper or small cups, place in freezer

### Herbal tea

## Day Three

### Morning

Lemon Water

Celery Juice (refer to day 1)

Dark greens juice: 1 head of romaine lettuce, 3 stalks of celery, spinach, parsley, lemon juice, ginger

### Snack

Roasted Pepper Dip

4 roasted peppers

¼ cup tahini

1/4 cup parsley

1 small clove garlic

Salt & pepper to taste

**\*Note:** Blend all together

### Lunch

Beet Gazpacho

¾ lbs beets (4 medium sized beets)

½ cup red or sweet onion

1-2 cloves garlic

3 small Turkish cucumbers

½ cup fresh dill, divided

2 tablespoons sherry vinegar

½ teaspoon Himalayan salt

¼ teaspoon black pepper

Chopped cucumber, dill and onion (for garnish)

**\*Note:** Wash beets and cook in a medium pot covered with water, bring to a boil until tender to fork. Remove beets and keep 2 cups of the liquid. Cool beets and slip skin off.

Add 2 cups of beet water and 3 of the beets (leaving one on the side).

Add the garlic, 1/8 cup onion, 1 Turkish cucumber, salt & pepper, vinegar, 2/3 of the dill.

Blend until very smooth, chill until ready to serve

Amalfi Side Salad

4 large radishes

1 bulb fennel

Cherry tomatoes

1 pink grapefruit

Salt & pepper to taste

**\*Note:** Thinly slice radishes and fennel, halve tomatoes, section grapefruit, preserving juice for over salad. Add chopped parsley as a garnish with fennel fronds. Salt & pepper to taste.

## Dinner

### Falafel

- 1 can chickpeas rinsed and drained
- 2 tablespoons of tahini
- 1 tablespoons chickpea flour
- 2 garlic cloves
- Parsley
- ¼ teaspoon cumin
- ¼ teaspoon coriander
- ½ teaspoon salt

**\*Note:** Mix ingredients. Roll into balls (approx. 12), press to flatten. Pour a little EVOO on parchment paper. Place falafel balls on sheet, bake at 400 degrees, 12 minutes. Flip and bake another 12 minutes.

### Dill Dipping sauce

- Hearts of zucchini
- ½ cup tofu
- 1 tablespoon apple cider vinegar
- Juice of ½ lemon
- Garlic powder
- Big handful of dill

**\*Note:** Blend and add salt & pepper

## Dessert

### Donut Holes

- 1 cup rolled oats
- ½ cup oat flour
- 1 cup Brazilin nuts
- 1 cup almonds or walnuts
- 1/3 cup coconut oil
- 1/3 cup maple syrup
- Pinch of Himalayan salt

**\*Note:** Chop nuts in food processor, add in wet ingredients, press into small balls. I roll mine in cinnamon or cacao power. Keep refrigerated

### Herbal tea

## Shopping list

### Fresh Herbs:

- Parsley – 2 bunches
- Dill – 2 bunches
- Basil
- Garlic
- Leeks
- Thyme
- Oregano

### Produce:

- 8 Roma tomatoes
- Cherry tomatoes
- Radish
- Fennel
- Carrots - approx. 5lbs
- 4 red bell peppers
- 1 large, sweet potato
- Asparagus
- 2 sweet onion
- 5 zucchinis
- 8 lemons
- 1-pint strawberries
- 6 heads celery
- 1 large container spinach
- 2 large heads kale
- Ginger
- 3 large cucumbers
- 1 pack baby Turkish cucumbers
- 4 beets
- 2 heads cauliflower
- 1 pink grapefruit

### Dried Herbs:

- Cumin
- Coriander
- Cinnamon
- Garlic powder
- Himalayan Salt
- Black pepper
- Cacao powder
- Vanilla

### Nuts & dried berries:

- Brazilian nuts
- Almonds
- Pine nuts
- Raw cashews
- Ground flax seed
- Tahini paste
- Dried blueberries
- Pit less dates (*I like Medjool*)

### Oil:

- Coconut oil
- Olive oil

### Pantry Items:

- 2 cans chickpeas
- 2 containers veggie broth or chicken broth (*I like Rachel Ray or Pacific*)
- Pure maple syrup
- Sundried tomatoes
- Chickpea flour





# Katie O'Toole

## Stress

### **Simplify Your Life & Reduce Stress Through Organization**

Relieve stress, gain control, boost your energy, save time & money, and achieve more in less time.

Broadway Dance Captain/ Actress. 20-year Theater Career Bachelor of Arts. Years of Organizing Experience.

Katie O'Toole has spent the past 20 years as a Professional Actress. She has toured the country & performed all over the world. She was last seen as The Dance Captain/ Swing of the hit Broadway show, "Jersey Boys".

As Dance Captain, Katie had a very unique job of literally making sure every actor stood in the right spot, as well as teaching them all of the show's choreography. She also performed all of the female roles in the show. Katie has always been super detailed oriented, so it was an obvious transition to start professionally organizing homes.

Since the pandemic hit last March, Katie has been helping friends & family with their organizing needs, as well as starting her own business, "Simply Kate Organization".

Something that most people don't know about me:

I have Irish twins both born in the same calendar year :-)

Facebook page (personal and/or professional)

**Simply Kate Organization**

Instagram handle (personal and/or professional)

**@simply\_kate\_organization**

Website

**simplykateorganization.org**



## How to start Decluttering your life!

### **Step 1-** Start.

Seems simple, but taking that first step is the hardest. Ask yourself- What is one place in your home that you can't stand? Is there a closet that you open and immediately feel anxious? Or is it the fact that you have no idea what to wear in the morning because you don't know what will make you feel confident? START THERE.

### **Step 2-** Mental Prep.

Organizing can be an emotional experience, so prepare yourself to say goodbye to some items that, at one time, you decided you wanted to bring into your home. Also, if you want to do this right & set yourself up so that you can *maintain* your new surroundings, take your time. Start small. Every little step is one closer to decluttering your life & mind.

### **Step 3-** Sorting.

Place "like with like". "Kitchen with Kitchen", "Cleaning with Cleaning". Or on the smaller scale- Makeup. Separate & sort- eyeliner with all eye makeup, lipsticks all together, foundation & powders with skin products, etc... Place whatever you are sorting in separate piles.

### **Step 4-** Edit & Eliminate.

After you have *touched literally everything* in the space that you are sorting, you need to do the most difficult part- making the cuts. Decide what really makes you happy. Ask yourself "Do I use this?", "When was the last time I wore this?", "Is this expired?", etc... Then once you've decided what you are keeping and what you are tossing, figure out if it can go to a new home.

### **Step 5-** Assigning a HOME.

Ben Franklin said it best- "A Place For Everything, and Everything In It's Place". Assign a specific home for the items that you decide to keep. Even if it's just a shoebox, or an old Apple iPhone case (great for hair ties), reuse those items & LABEL IT. Once you place that label on, the chances of you throwing something in there that doesn't "belong" go down significantly... which will help you *maintain* your new life.

Happy Organizing!!!  
[SimplyKateOrganization.com](http://SimplyKateOrganization.com)



# Sophie Lise Fargue

## Stress & Sleep

### **Your Way to a Restful Night**

How to clear the mental and emotional clutter that's preventing you from getting enough or a good sleep.

Tarology & Numerology, Consciousness Awakener, PEAT Process Practitioner,  
Laughter Yoga Coach

My name is Sophie Lise Fargue and I'm from France. For as long as I can remember I have been drawn to the spiritual side of Life, finding joy in art nature & friendships. Travelling has always been in my blood and learning English came almost naturally to me, so strong was the incentive to visit the States.

As a young adult I suffered a break-down and it was my opportunity to go into therapy & start my self-discovery journey. By my early 30s I became a therapist. For years I worked mainly with the soul, as an Energy Healer and psychology, as a Life Coach and then I integrated neurosciences, with the PEAT process and the results have been amazing.

I have created & given seminars, workshops & programs on various personal/spiritual development subjects. Navigating change, creating harmonious relationships and trauma resolutions are some of my specialties. I find working with groups particularly powerful and love seeing people creating connections.

As an ambassador for 1 Million Meditators, I give guided meditations in French & English every week. My sources of inspiration are Neale Donald Walsch, along whom I worked for Changingchange.net, Dr Joe Dispenza, Brené Brown, Mother Amma and my two children whose wisdom and humor enchant me equally. I recharge by creating, meditating, doing Restorative Yoga and Pilates. Currently writing a book and welcoming a year of changes!

Something that most people don't know about me:

I create jewelry from time to time

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## Your Way to Restful Nights

What are your habits around sleep?

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- 

Note the new ones that could help you go to bed earlier

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- 

Note the reasons that motivate you to do this (personal and health related)  
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- 

### **Your exercise for next month:**

Identify your emotions around sleep and  
Implement the new habits that resonated for you and

Create your own new night-time ritual  
Share it in the group