



Morning Energy Reset Guide

3 Simple Routines to Boost Energy



- Hydrate first thing when you wake up with a glass of plain water or add a squeeze of citrus or some apple cider vinegar. Drinking water in the morning will give your metabolism a boost.
- Get dressed and get outdoors if at all possible. Early morning light helps regulate melatonin, a hormone that makes us sleepy at night. It also has positive benefits for certain good gut bacteria and helps with digestion. If you do some light movement like stretches or yoga while you're outdoors, you'll increase your blood flow, wake up your muscles, and release endorphins that make you feel good. Thirty minutes outdoors is great, but even 5 minutes is beneficial.
- Eat healthy foods that increase your energy for your first meal of the day: healthy proteins that don't contain saturated fats (tofu or beans for me), complex carbohydrates from plants (not ultra refined foods like sugary cereals), healthy fats like nuts, seeds, avocados, and FIBER (from whole plant foods, not the kind you can buy in the drugstore). Refined sugar can cause a burst of energy, one that's followed by a big drop in energy.



My favorite energy boosting breakfast ideas

I like to have a light breakfast if I'm going to be doing something active like tennis, biking, or water aerobics in the morning. These are my go-to breakfasts for those days. (I do eat more when I get home 😊)

- Smoothie - 1 cup plant milk, 2 tsp chia seeds or ground flaxseeds, 1 cup spinach or kale, 1 frozen banana or 1 cup frozen mango. I like to add about a tbsp of minced ginger root for an extra pickup. Add everything to a high speed blender and blend until well mixed.
- Overnight oats - ½ cup rolled oats, ¾ cup plant milk, 2 tsp chia seeds, sweetener (1/2 mashed banana or 1 tbsp date syrup or 2 seeded, chopped dates), ½ cup fresh fruit (mixed berries, cherries, chopped pineapple, or chopped apple), top with chopped walnuts, pumpkin seeds, or unsweetened shredded coconut. Stir everything together in a glass container with a lid, and refrigerate overnight. Add toppings in the morning. You can heat overnight oats in the microwave if you like them warmed up better.



Biggest energy draining thing people do in the morning

Reaching for their cell phones first thing. When you stop doing that, there's more time to do the things that actually energize your body.