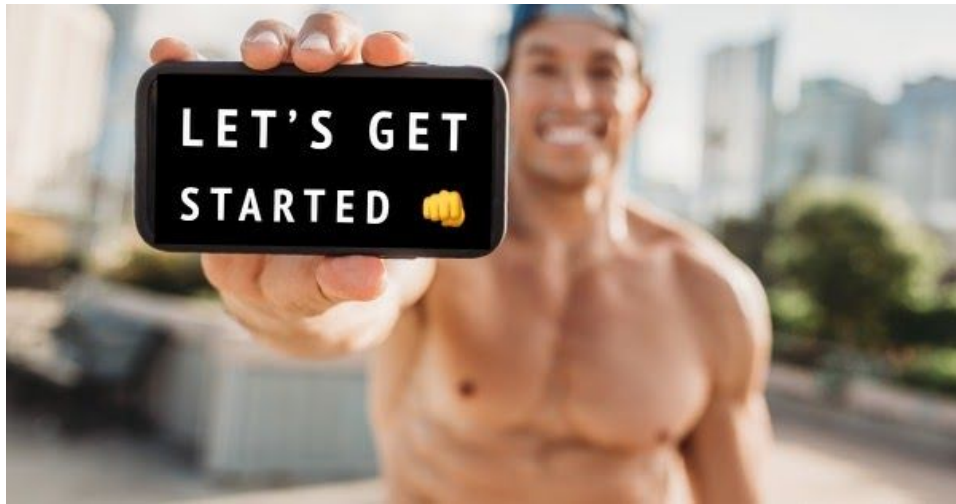


IT'S NEVER TOO LATE!



Clearly define your goal/goals here! Be very specific. If you are just getting started I would recommend focussing on 1-3 goals for the first 90 days.

Example: In 90 days I want to lose 12lbs of fat, run a 5k under 30 minutes, and increase overhead squat range of motion by 20%.

Supplementing the main goal. What goals are you going to set to make sure you achieve the main goal?

I will commit to going to the gym 3x week for the first 3 weeks, 4x week in 60 days, 5+ in 90 days

I will commit to buying groceries with a protein, vegetable, and complex carbohydrate 2x week

I will commit to preparing all my meals at home for 12 meals for the first 3 weeks, 18 meals in 60 days, 20 meals in 90 days

I will work with a trainer/self teach new techniques to improve latissimus range of motion 1x week and track progress

I will work with a trainer/self teach and commit to running the track, the treadmill, 3x week and track progress. First 3 weeks, I will be able to run the whole 5k without stopping. In 60 days, my time will be 35 minutes. In 90 days I will be under 30 minutes.

Supplementing the smaller goals. What actions are you going to take to make sure you achieve the goal above

I will get a gym membership at the YMCA in East Austin on January 2nd. Hire a trainer/research trusted sources

I will talk with my family about my self care time to make sure they are onboard with the plan

I will create a sustainable schedule with work and life balance that is achievable

I will go to the grocery store on Mondays and Thursdays at 5pm

I will document my progress on how I am feeling after every week with the nutrition and exercise plan in place. ***This can help you remember why you started in the first place if you begin to struggle

Clearly define your goal/goals here! Be very specific. If you are just getting started I would recommend focussing on 1-3 goals for the first 90 days.

Supplementing the main goal. What goals are you going to set to make sure you achieve the main goal?

Supplementing the smaller goals. What actions are you going to take to make sure you achieve the goal above

January

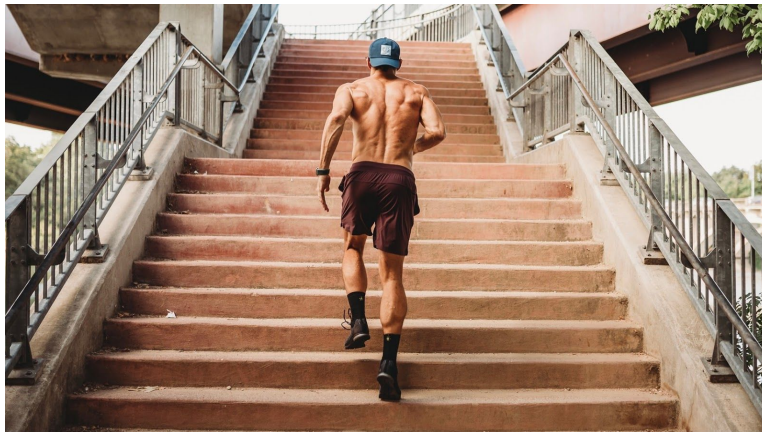
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
		EXAMPLE 25 MINUTE FULL BODY WORKOUT DRIVEWAY 6AM	EXAMPLE ACTIVE RECOVERY MOBILITY DRIVEWAY 6AM	EXAMPLE 2 MILES WALK NEIGHBORHOOD 5PM	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Create a 30-90 day plan in great detail to help get you started. Write in what the action will be, where it will take place and what time. Have an actionable item for every single day! Habits become routines and routines become a lifestyle! I am rooting for you all the way!

“Only put off until tomorrow what you are willing to die having left undone.” — Pablo Picasso
<https://champcity.com>



Motivation Is Overrated



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
		EXAMPLE 25 MINUTE FULL BODY WORKOUT DRIVEWAY 6AM	EXAMPLE ACTIVE RECOVERY MOBILITY DRIVEWAY 6AM	EXAMPLE 2 MILES WALK NEIGHBORHOOD 5PM		
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

Believe you can and you're halfway there! - Theodore Roosevelt
<https://champcity.com>

Motion Creates Emotion



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
		EXAMPLE 25 MINUTE FULL BODY WORKOUT DRIVEWAY 6AM	EXAMPLE ACTIVE RECOVERY MOBILITY DRIVEWAY 6AM	EXAMPLE 2 MILES WALK NEIGHBORHOOD 5PM		
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

“What you get by achieving your goals is not as important as what you become by achieving your goals.” — Henry David Thoreau



Mini-Peppers with Herbed Goat Cheese Perfect Holiday Treat or Summertime Delight

Peppers do bother some people, partly due to the fact that they are in the nightshade family. Common nightshade foods include peppers, white potatoes, tomatoes, and eggplant. There is a compound in these foods that can cause inflammation in some individuals. If not a severe reaction, healing "leaky gut" can often allow better tolerance to these and other potential food sensitivities. The cheese used here is goat cheese, which is much easier to digest than cow milk cheese. Many people who are sensitive to dairy, can tolerate a little goat cheese (sheep cheese too...like delicious manchego.) If you suspect you have food sensitivities, you should consider working with a functional medicine physician to do an elimination diet, and possibly food allergy testing. There is no one-size-fits-all diet, but there is a best for YOU way of eating. For myself, I discovered a few things that cause symptoms, and a few things that can be tolerated in moderation along with digestive enzymes. Peppers are a moderation food for me, and this recipe is so worth it.

Ingredients:

- 1 pound Mini Sweet Peppers
- 1 Tablespoon Olive Oil
- Kosher Salt & Freshly Ground Black Pepper
- 1 (4 Oz. Size) Log of Goat Cheese
- Minced Fresh Rosemary
- Minced Fresh Thyme
- *Maldon* Smoked Sea Salt Flakes

Instructions for Baking:

- Preheat oven to 425 F.
- Cut stems off peppers, slice in half lengthwise, and remove inner ribs/seeds. Place halved peppers on large rimmed baking sheet and drizzle with olive oil, toss to coat evenly. Sprinkle with a bit of kosher salt and freshly ground black pepper.
- Place peppers cut-side down on baking sheet. Bake for 10-15 minutes until starting to soften. Remove peppers from oven, carefully flip over and fill each one with a bit of goat cheese.
- Sprinkle the top of the goat cheese with the fresh rosemary and thyme. Place back in oven for another 10-15 minutes. When they are done, the peppers will be softened and the cheese golden on top. Once they are done, add a finishing sprinkle of *Maldon* smoked sea salt flakes on each one. These particular *Maldon* flakes are so tasty and add a nice crunch. It's worth the search for them. Serve warm. Enjoy!

Instructions for Grilling:

- Heat grill to medium-high.
- Cut stems off peppers, slice in half lengthwise, and remove inner ribs/seeds. Place halved peppers on large rimmed baking sheet and drizzle with olive oil, toss to coat evenly. Sprinkle with a bit of kosher salt and freshly ground black pepper.
- Place peppers cut-side down on cleaned and oiled grill grates. Grill until starting to soften and slightly browned. Will only take a couple of minute on each side. Keep turning over until they are browned to your liking. Remove peppers from oven, carefully flip to cut-side up and fill each one with a bit of goat cheese.

- Sprinkle the top of the goat cheese with the fresh rosemary and thyme. Add a finishing sprinkle of *Maldon* smoked sea salt flakes on each one. These particular *Maldon* flakes are so tasty and add a nice crunch. It's worth the search for them. Serve warm. Enjoy!



Pan Cooked Okra

Ingredients:

- 1 pound fresh Okra
- 2-3 Tbsp pasture butter
- Sea salt

Instructions:

- Wash and cut the okra crosswise into 1/2-inch slices (you should have about 2 cups sliced okra.)
- Heat 1.5 Tbsp of butter in a large skillet over medium heat.
- Place the okra pieces in the pan and add the remaining butter in slices to the top of the veggies. The okra pieces should be mostly flat, so that one of the sides can start to brown.
- Let sit without stirring for a few minutes. After about 2 minutes, check for brownness. Keep checking, and once there is a nice brown crispness to the bottoms, flip them over with a spatula.
- Continue stirring veggies occasionally over medium-high heat for about 5 minutes. The pieces should be cooked, but not soggy.
- Add a few grinds of sea salt.
- Serve warm.

Remember that cooking is an art, and taste a piece of your art to check for doneness, and saltiness before taking it off of the heat.

This dish can be a great snack, a side to roast chicken, or even a great accompaniment to a couple of eggs. Enjoy!!



Oven Roasted Sweet Potato

Ingredients:

- 3 Organic Sweet Potatoes
- Avocado oil spray or EVOO spray (propellant free)
- Sea Salt

Instructions:

- Preheat oven to 400 F
- Wash, dry, and cut the sweet potatoes in half, lengthwise. Place the potatoes on a parchment paper lined baking sheet.
- Spray both sides of each potato with the oil. Sprinkle the flesh side with a pinch of salt.
- Bake the sweet potatoes flesh side down, uncovered, for about 45 minutes, until the skins begin to look shriveled and soft. Remove the potatoes from the oven.
- The baked sweet potatoes should be caramelized on the top and soft throughout. Serve the potatoes warm, or store them in the fridge to enjoy later. Cooled sweet potatoes have the added health benefit of being a resistant starch. Enjoy!