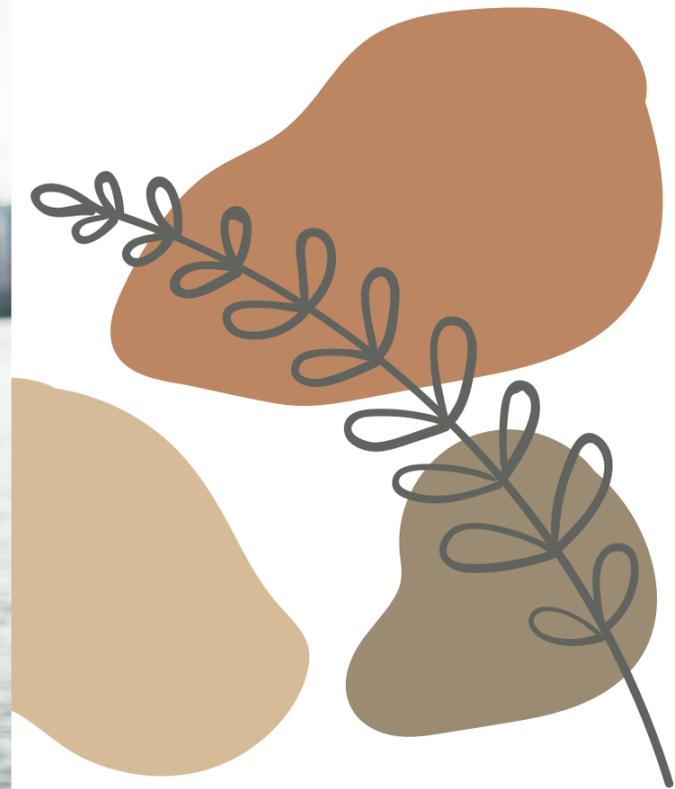
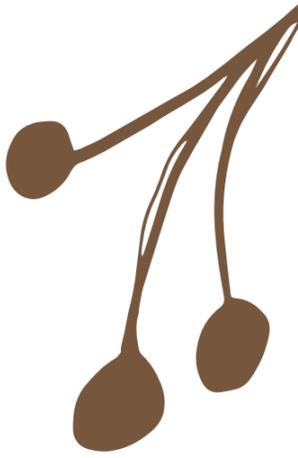




# HELLO October



# OCTOBER'S WELLNESS GOAL: CHANGE IT UP!

What exactly does change it up mean?

Well many of us are creatures of habit by default, we schedule our lives down to the very last minute and many times it will consist of doing the same thing; waking up, working, going to the gym, eating dinner then bed. This isn't a bad thing but it's also not the best way to experience the most out of life and evolve in the process. Growth requires change, no matter how little of the change - it's still progress.

Things that should remain constant:

Schedules are necessary: as the seasons change, our obligations may as well requiring us to re-strategize our schedules so we can be more efficient. For example, if you're a teacher, you're now going back to a 7-3 work shift and those hours may conflict with your previous workout time. Will you train in the a.m. before work or after? Taking time to write out your current obligations and strategizing the best schedule will set you up for success. Don't "wing it" and hope you have time to workout. Dedicate a time of your day specifically for each activity/task.

# 24 HOUR SCHEDULE

"We all get the same 24 hours..."



Having a 24 hour schedule is a game changer for those who juggle more than the average person. This strategy or schedule planning in general plays a huge role with my achievements and success (oh and let's not forget mental stress). It's fair to say that many of us wish we had more hours in a day. Although we can't change the amount of hours in a day, we can gain more by changing the way we spend our day. By visually and mindfully organizing your daily tasks you can remove so much weight off your shoulders. Scrambling to find things and rushing out of the door are more things that cause people to feel anxious and stressed from the start of the day. And yet some people live like this everyday - thanks to the power of habit. You've heard it before, "nothing changes, if nothing changes". Your subconscious mind will keep doing the same thing over and over again until you teach it a new way. It will be hard in the beginning, but so is living life the same way hoping for a different outcome.



# 24 HOURS

"Make the most out of yours..."

STEP

1

## WRITE OUR DAILY OBLIGATIONS

What do you absolutely have to do everyday (work, train, eat, homework, cook, clean, read?)  
Write down your day to day tasks.

STEP

2

## RATE THEM FROM 1-10 OF LEVEL OF PRIORITY

Rate your tasks (10 being the most important).  
This will help you allocate less time for things that aren't as important. (cough cough: Netflix)

STEP

3

## STRATEGIZE BEST TIME FRAMES FOR EACH TASK OR ACTIVITY

Choose a time that's best for each of your goals.  
For example, if the morning is full with top priorities such as dropping off the kids at school then it makes sense to block off time in afternoon or late evening for working out.

STEP

4

## GIVE YOURSELF A DEADLINE

Even if it doesn't require a deadline, set one for yourself. Sense of urgency is good - it pushes us to get more things done and own the power of **now**.

These are simple steps that anyone can start doing! The problem is, most of us weren't taught how to time manage so it's not a developed habit. Meaning, it doesn't come naturally and so often it's discredited to be 'pointless' or 'too time consuming'. When in actuality, it saves you so much time by creating a better structure to each day.

In addition, it allows you to **introspect** (another concept most people aren't taught). Acknowledge your weak points, plan ahead and start each day with the basic preparation of knowing what your wins are for the day. I made an example template of how to break up your day in the following page. Yes, include your eating times, sleeping hours, and training hours. Don't burn time just because you have it. I'm sure if you gave yourself only 30 minutes to workout, you'd focus more on your workout and leave less room for distractions (cell phone, social media).

I'm not asking you to be perfect, just encouraging you to monitor where your time is spent and how efficiently was it spent so you can achieve more and stress less :)

# 24 HOUR SCHEDULE EXAMPLE\*

DATE \_\_\_\_\_

## PRODUCTIVITY PLANNER

### WAKE TIME

6:00 AM

### TODAY'S MANTRA

MIND OVER MATTER

### SCHEDULE

6:30 - 7:30 AM TRAINING

7:30 - 8:00 AM SHOWER/BREAKFAST

8:30 - 12:00 PM WORK OR CLASS

12:00 - 12:30 PM LUNCH

12:30 PM - 4 PM WORK OR CLASS

5:00 - 6:00 PM DINNER

6:00 - 8:00 PM HOMEWORK OR CHORES

8:00 - 9 PM READ/JOURNAL/MEDITATE

9 PM PREPARE FOR TOMORROW/BEDTIME

### TOP PRIORITIES

MOVEMENT

MEAL PREP

MINDSET

### TO-DO LIST

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### MEMOS

"IT'S GARBAGE DAY"  
"TOMORROW'S EXAM DAY"  
"ZOOM MEETING @11AM"  
"CHECK ON MOM"  
"DO LAUNDARY"

### DAILY REFLECTION

HOW WOULD YOU RATE TODAY? 1-10

# PRODUCTIVITY PLANNER

## WAKE TIME

---

## TODAY'S MANTRA

---

## SCHEDULE

6:30 - 7:30 AM \_\_\_\_\_

---

---

7:30 - 8:00 AM \_\_\_\_\_

---

8:30 - 12:00 PM \_\_\_\_\_

---

---

12:00 - 12:30 PM \_\_\_\_\_

---

12:30 PM - 4 PM \_\_\_\_\_

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5:00 - 6:00 PM \_\_\_\_\_

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6:00 - 8:00 PM \_\_\_\_\_

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---

8:00 - 9:00 PM \_\_\_\_\_

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9:00 PM \_\_\_\_\_

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## MEMOS

## TOP PRIORITIES

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TO-DO LIST

\_\_\_\_\_

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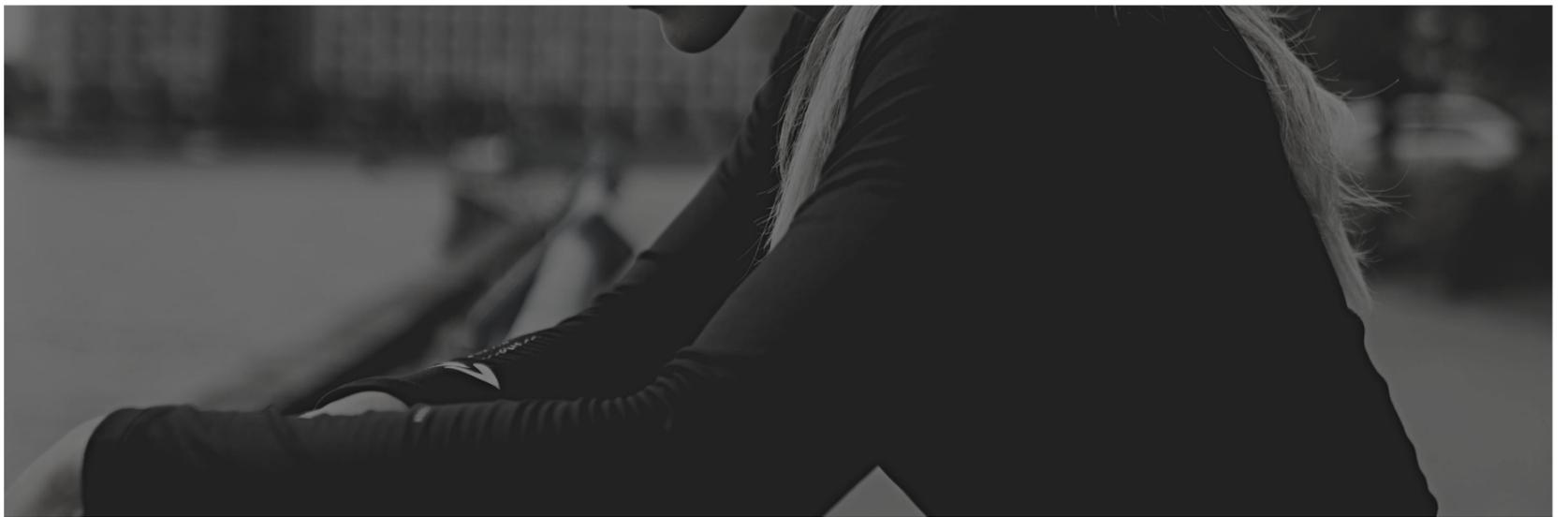
\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

## DAILY REFLECTION



# TIME IS EVERYTHING

Time is especially important when you're setting goals. If you have no deadline, how likely are you to prioritize your goal early in the morning? It is easy to save work for another day if there is no "due date" to work backwards from. On the opposite end, having an unrealistic time frame sets you up for failure. If a goal takes 10 months to complete and you want to achieve it in 1, you are unlikely to succeed. Don't get me wrong, I shoot for the moon and always juggle more than I know I should BUT I also acknowledge and accept the workload I'm committing to.

Setting realistic time frames helps you back track and create measurable milestones. What should you accomplish one month in? Halfway? Write these small sub goals down - the more small wins you can take note of, the more positive reinforcement you instill your journey.



Below I am going to break down an example

**COMMON GOAL:**

Lose weight and get in shape!

**PROBLEM:**

What defines getting in shape? Losing weight? Gaining muscle? Finishing a mile? Finishing a marathon? Fitting into your favorite dress? There is not enough information to plan a successful route.

**ACTIONABLE GOAL:**

Lose 30 pounds of weight and run 1 mile under 10 minutes. This will be achieved by changing my eating habits and limiting eating out to once a week. I will hire a coach and join a support community that shares my interests.

**ANSWER:**

This goal specifically states what you want to accomplish. It provides milestones and metrics (mile time goal, weight loss goal, and weekly exercise ( frequency) to help measure success. It is achievable through the help of specifying your goals, what is needed to achieve those goals and creating an action plan. This provides everything you need to create an actionable goal.



# BE SPECIFIC

## THE 5 W'S

Consider the 5 W's when breaking down a single goal. Your goal should be concise, simple but specific and no more than 3 sentences.

**Who** - Who needs to be involved. Are you working towards this alone or with a group?

**What** - What are you trying to accomplish?

**When** - A general time frame for when you'd like to accomplish the goal.

**Where** - Is there a specific location involved?

**Why** - What is the reason for this goal?

# BE MEASURABLE



This is one of the most important yet least utilized aspects of setting goals. Your goal should have metrics that can be tracked. This can turn an intangible goal like "get in shape" into a tangible goal like "get in shape by completing 20 miles this month. If the goal will take significant time to complete such as losing 30 lbs over a course of a few months, make sure that you set smaller milestones in between. Think of your goals like a college degree. The long-term goal is graduation. The medium- and short-term goals may be to make the Dean's list or to get an "A" on a paper. Measure your goals, action plan and make it happen!

Trees lose their leaves, but most stand patiently and survive every season. Allow yourself to change and trust the process.





## 3 M'S CHALLENGE



With any desired goals (fitness or not), it comes down to how well your mind is conditioned. Your mindset determines your ability to execute and achieve any given goal. Working out is one of the best ways to condition your mind but there's more facets to explore and learn from. This month, you have a goal to achieve for your 3 M'S! Movement, Meal Prep & Mindset.

### # 1: MOVEMENT GOAL

Running isn't hard...controlling your thoughts is hard. When you're working out, you get rests after every superset but with a run - you're pushing your body to **constantly** keep moving.

This is what makes running a great mental exercise. With every run, you have the opportunity to train yourself to **keep going** despite the discomfort. It doesn't have to be long either. It can start with 1 miles, weeks later 2 or 3 miles. This month you will commit to 4 running days a week. Jog, walk, run, whatever you have to do to **get it done!**

Be prepared for negative thoughts to flood your mind.

"My legs are so heavy"

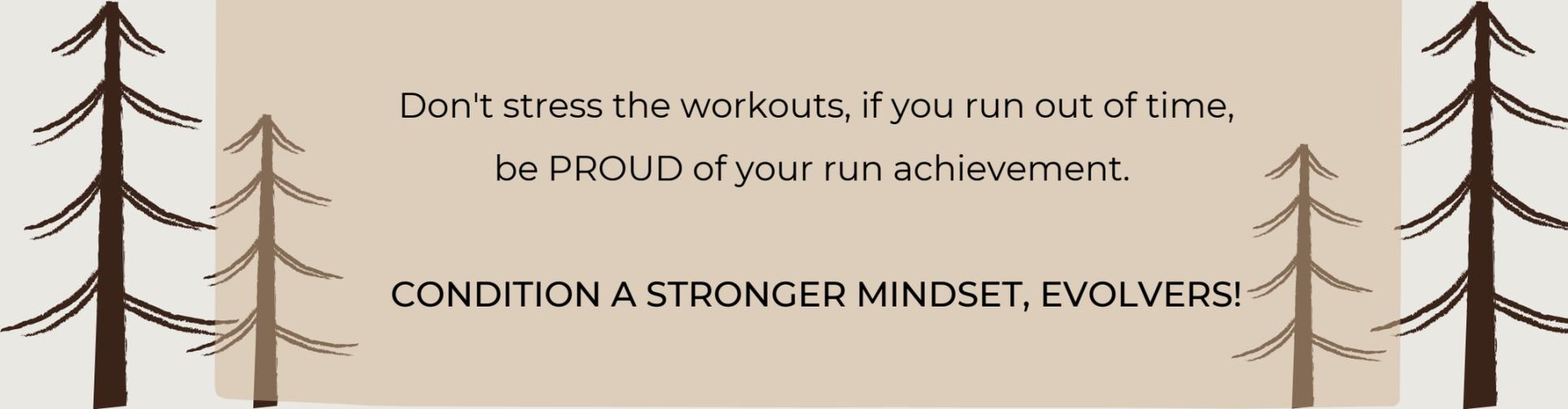
"It's only been 2 minutes and I'm struggling,  
no way I can finish a mile!"

"I'll run when I'm more in shape"

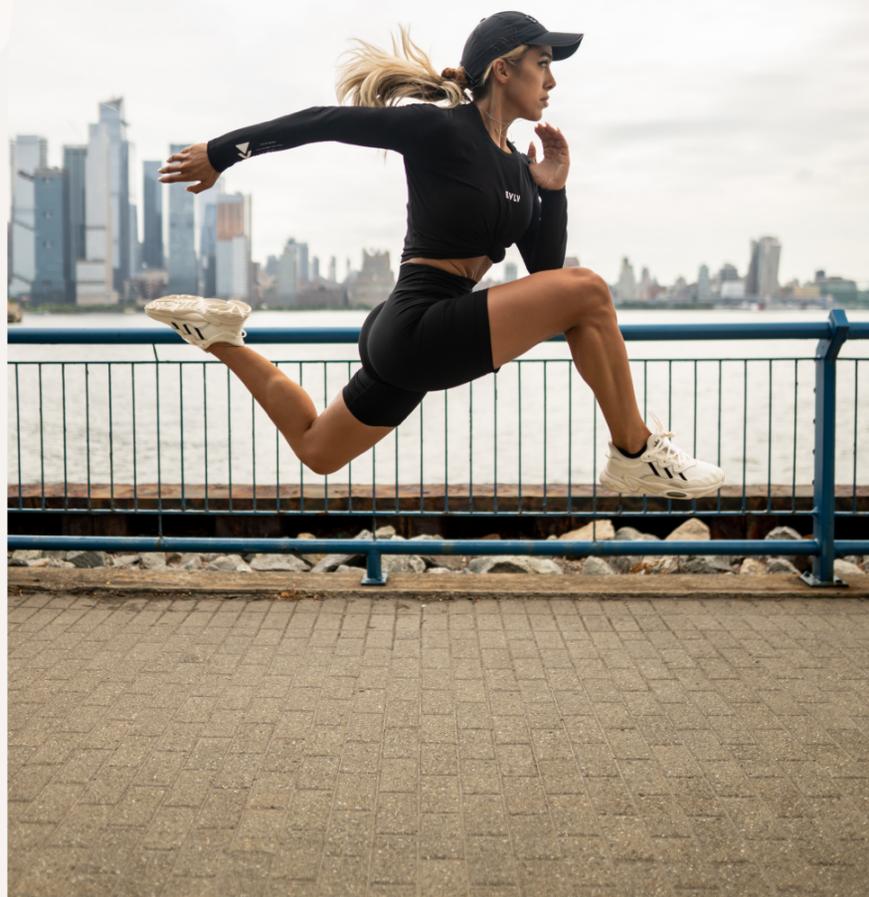
These are all false thoughts! Rewire your thoughts and remember that they are YOUR thoughts. Instead of "I'll run when I'm more in shape" think, "I'll be in better shape by running, this is just the beginning".

Don't stress the workouts, if you run out of time,  
be PROUD of your run achievement.

CONDITION A STRONGER MINDSET, EVOLVERS!



# CHANGE IT UP



When it comes to everyday life, consistency is good because it allows you to develop a routine and helps to build your discipline. For example it's good to consistently be on time, consistently practice a specific craft/exercise so you can achieve that skill. But when it comes to your general training lifestyle, you need to vary your routine. Something as simple as changing your workout location can shock your muscles, keep your workouts fresh and exciting. Humans need change. Your environment shapes who you are so the more you change it, the more neural pathways you activate which can spark more creativity, curiosity and fulfillment.

Often, we go to the gym, head for the same treadmill or elliptical or run the same route when we go for a run outside. Sure, there are definitely some benefits to performing the same workout routine especially when it comes to endurance. If you are training for a road race especially one of long distance such as a marathon, running multiple days and getting a regular cardio workout in is good. The more you run the better you will be at it, practice does make perfect. So, when I say "change it up", I'm speaking towards spicing up your day to day routine and no I'm not just referencing your coffee. The fall season is a beautiful time to go outdoors and train, the air is crisp, the weather is just right and the leaves are changing colors. This can serve as a reminder to allow yourself to explore better habits, more potential and new experiences.



# OCTOBER 2021

PBT: PERSONAL BEST TIME

COC: Choice Of Cardio

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	1	2	3
4 RUN 1 MILE + Squat Drop & Hop	5 EMOM SHRED	6 1 MILE RUN + BURN HIIT	7 LOWER BODY TEMPO	8 RUN 2 MILES + UPPER BODY BURN	9 COC + AB RIPPER	10 RECOVERY
11 RUN 1.5 MILES + Squat Drop & Hop	12 TABATA SHRED VOL 1 OR 2	13 1 MILE RUN + BURN HIIT	14 LOWER BODY TEMPO	15 RUN 1 MILE + DOUBLE B BURNER	16 COC + AB RIPPER	17 RECOVERY
18 RUN 1 MILE (PBT) + Squat Drop & Hop	19 EMOM SHRED	20 1 MILE RUN + BURN HIIT	21 LOWER BODY TEMPO	22 RUN 2 MILES + UPPER BODY BURN	23 COC + AB RIPPER	24 RECOVERY
25 RUN 1.5 MILES + Squat Drop & Hop	26 TABATA SHRED VOL 1 OR 2	27 1 MILE RUN + BURN HIIT	28 LOWER BODY TEMPO	29 RUN 1 MILE + DOUBLE B BURNER	30 2 MILE RUN (PBT) + AB RIPPER	31 RECOVERY

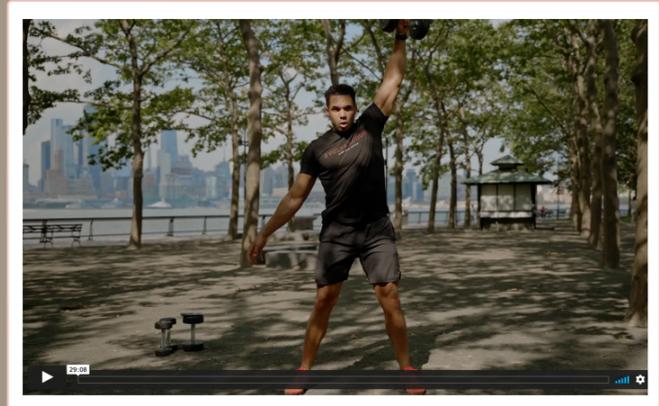
WE ONLY  
HAVE  
GOOD DAYS

# YOUR MONTHLY MIX

**SQUAT DROP & HOP**



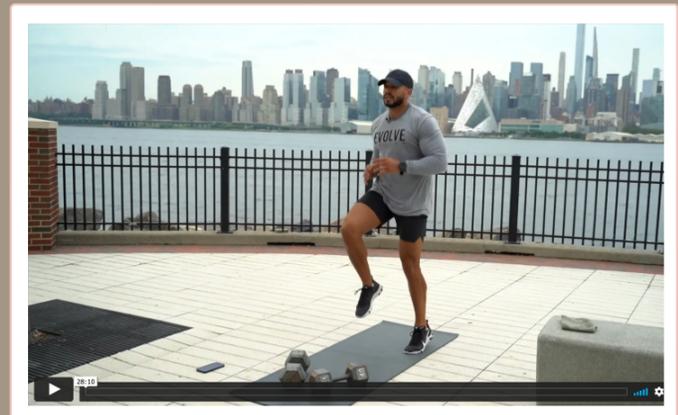
**EMOM SHRED**



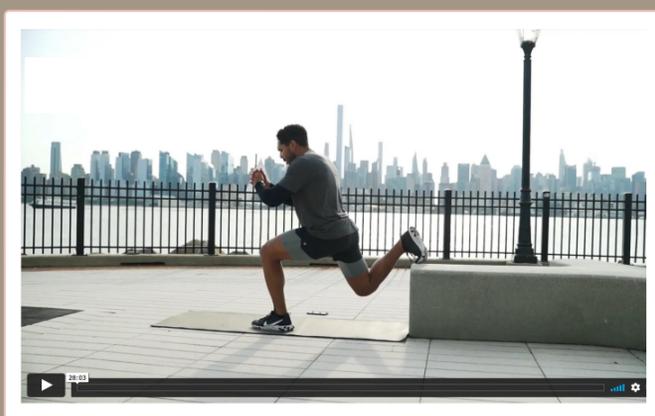
**UPPER BODY BURN**



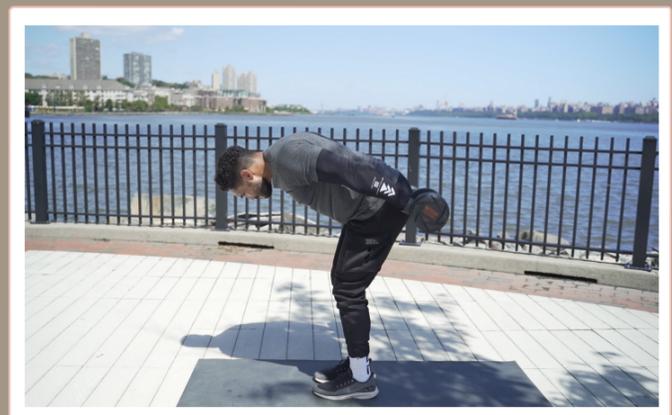
**BURN HIIT**



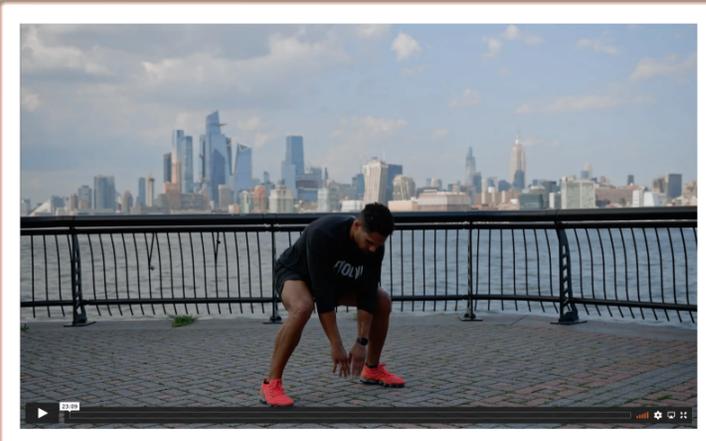
**LOWER BODY TEMPO**



**DOUBLE B BURNER**



**TABATA SHRED V2**



**ABS RIPPER**



Tap the video to be directed to the page with the workout breakdown

# SQUAT DROP & HOP

TARGETS: TOTAL BODY



## ROUND 1

- 30 seconds jump rope hops
- 30 second squat hold
- 30 second plank drops
- 20 second break

## ROUND 2

- 30 seconds high knees hops
- 30 second squat pulses
- 30 second plank drop and hop to squat
- 20 second break

## ROUND 3

- 30 second hip rotations jumps
- 30 second squat pulse calve raise
- 30 seconds plank drop, squat hop to burpee
- 20 second break

## REST/FITNESS LEVEL

Rest period is 20 seconds after each round.

Complete Rounds 1 - 3 back to back

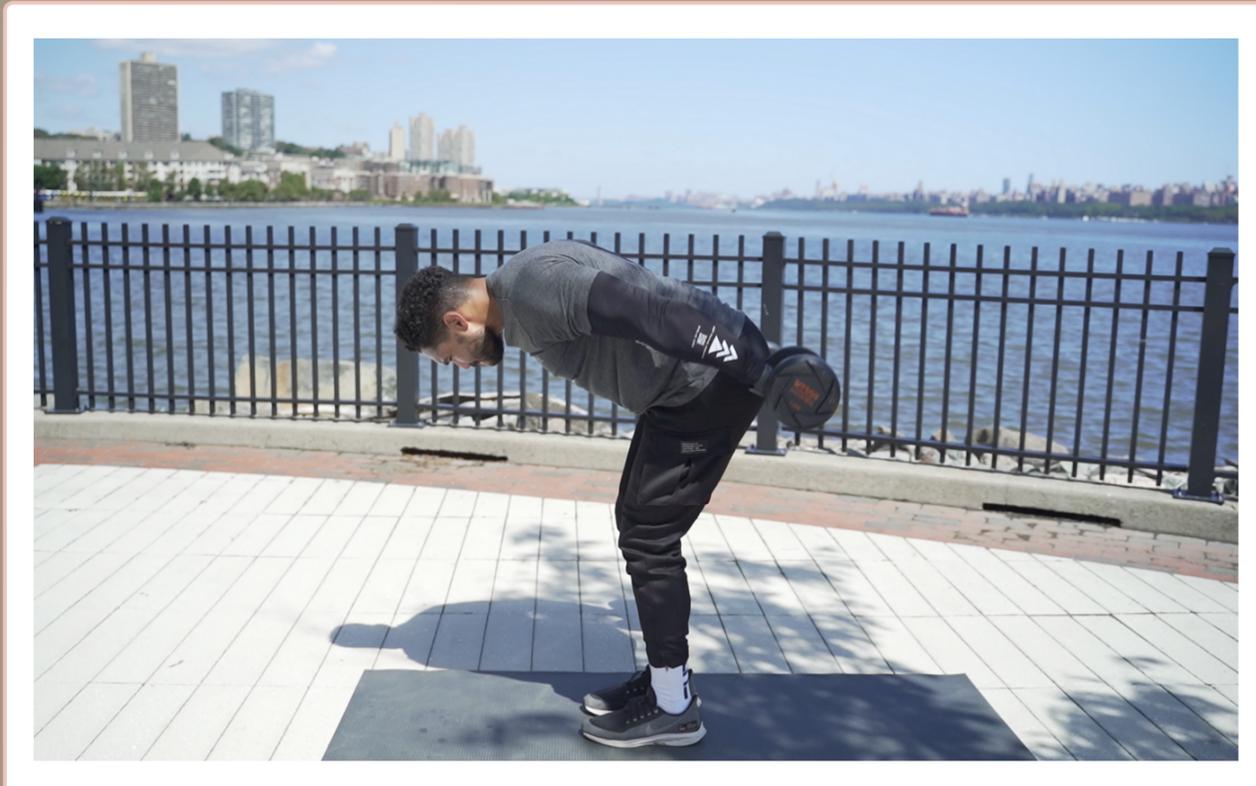
Beginners/Intermediate: 2 rounds

Advanced: 3 rounds

Keep your word, finish strong!

# DOUBLE B BURNER

TARGETS: BACK AND BICEPS



## ROUND 1

- 30 seconds jump rope hops
- 30 second squat hold
- 30 second plank drops
- 20 second break

## ROUND 2

- 30 seconds high knees hops
- 30 second squat pulses
- 30 second plank drop and hop to squat
- 20 second break

## ROUND 3

- 30 second hip rotations jumps
- 30 second squat pulse calve raise
- 30 seconds plank drop, squat hop to burpee
- 20 second break

## REST/FITNESS LEVEL

- Rest period is 20 seconds after each exercise.
- 1 minute rest after each round
- Complete each round 2 times then move onto the next circuit
- If your first set wasn't tough, increase your weight for the second set!

# UPPER BODY BURN

TARGETS: CHEST, SHOULDERS, TRICEPS



## ROUND 1

- Chest press to knee tuck
- Alternate shoulder presses
- Military presses to low spiders

## ROUND 2

- Front press to tricep extension
- Lateral raises (pour the water)
- Deadman Burpee

## ROUND 3

- Reverse press to skull crush
- chest flys
- X-Plank walk to shoulder taps

## ROUND 4

- 4 palms up raise/ 4 palms down raise
- Kick backs
- Tempo push ups
- Mountain climbers

## REST/FITNESS LEVEL

- 45 Seconds on - 20 second break after each exercise
- 30 sec-1 minute rest between each round if needed
- Complete each round 2 times then move on to the next circuit.
- If your first set wasn't tough, increase your weight for the second set!

# BURN HI"IT"

TARGETS: UPPER BODY, CORE



## CIRCUIT #1

- Squat Press X10 reps
- Mountain climbers 60 secs
- Squat press burpee X10
- Seal jacks 60 secs

## CIRCUIT #2

- Squat press burpee push up X10
- Step back fly 60 secs
- Squat press burpee push up row X10
- High knee twist 60 secs

## CIRCUIT #3

- Pull through 60 secs
- Squat press burpee push up row x 10
- High Knee Twist 60 secs
- Squat Press Burpee Press x 10

## REST/FITNESS LEVEL

Follow the rest periods provided in the video.

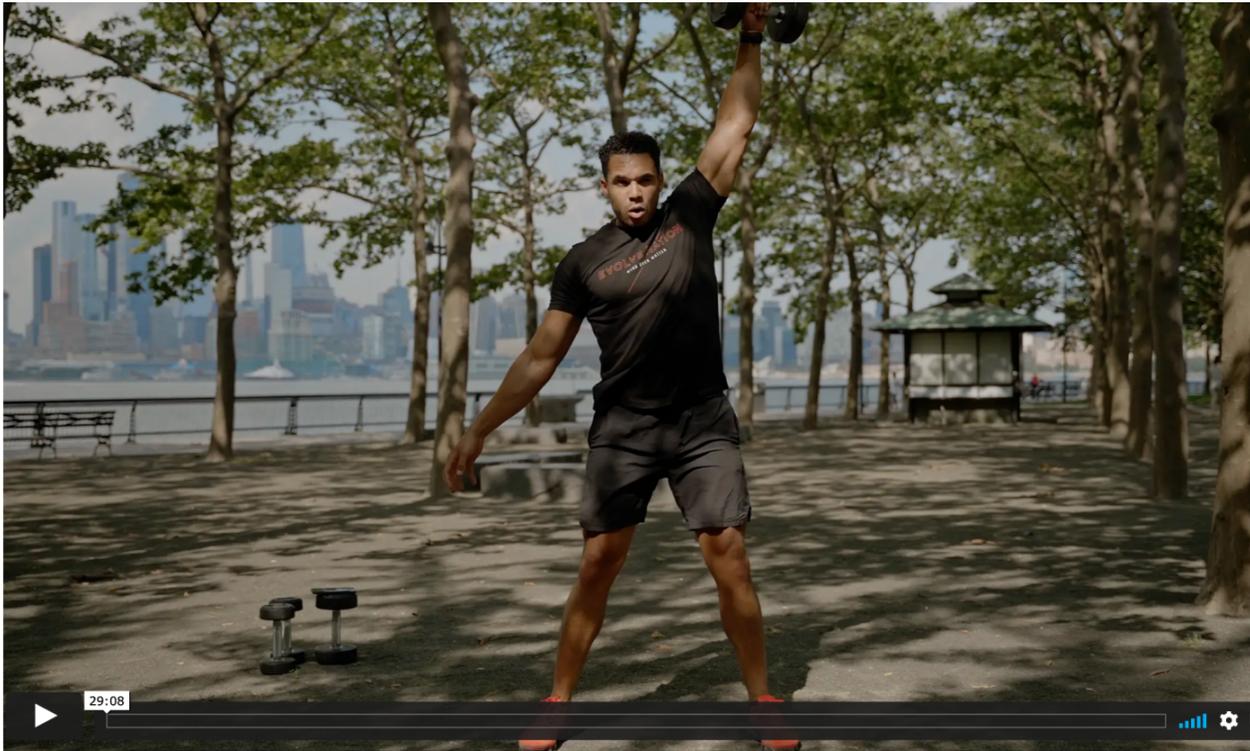
Beginners: Light weights

Intermediate: Use both light & moderate weights

Advanced: Use mod/heavy weights

# EMOM

TARGETS: TOTAL BODY



## CIRCUIT #1

- 12 reps Dumbbell Snatches
- 16 reps Goblet Squat
- 20 reps Lunge jumps

## CIRCUIT #2

- 8 reps each Back lunge to single arm press
- 8 reps each Static lunge curl
- 12 reps Bridge tricep extension

## CIRCUIT #3

- 14 reps Push up to shoulder tap
- 18 reps Wide row
- 12 reps Burpee jump

## CIRCUIT #4

- 8 reps Static curl squat press
- 20 reps Mountain climbers
- 10 reps Dumbbell dead bugs

## REST/FITNESS LEVEL

Follow the rest periods provided in the video.

Beginners: Light weights

Intermediate: Use both light & moderate weights

Advanced: Use mod/heavy weights

# TABATA SHRED V2

TARGETS: TOTAL BODY



## CIRCUIT #1

- Frog jumps to plank
- Frog jumps
- Squat jumps
- Side to high knee

## CIRCUIT #2

- Push up arm reach
- Push up pop up
- T-push ups
- Knee push ups

## CIRCUIT #3

- Power jumps
- Static squat jumps
- High jumps
- Side to side squats

## CIRCUIT #4

- Bridges hold
- Bridges march
- Bridges walk outs
- Standard Bridges

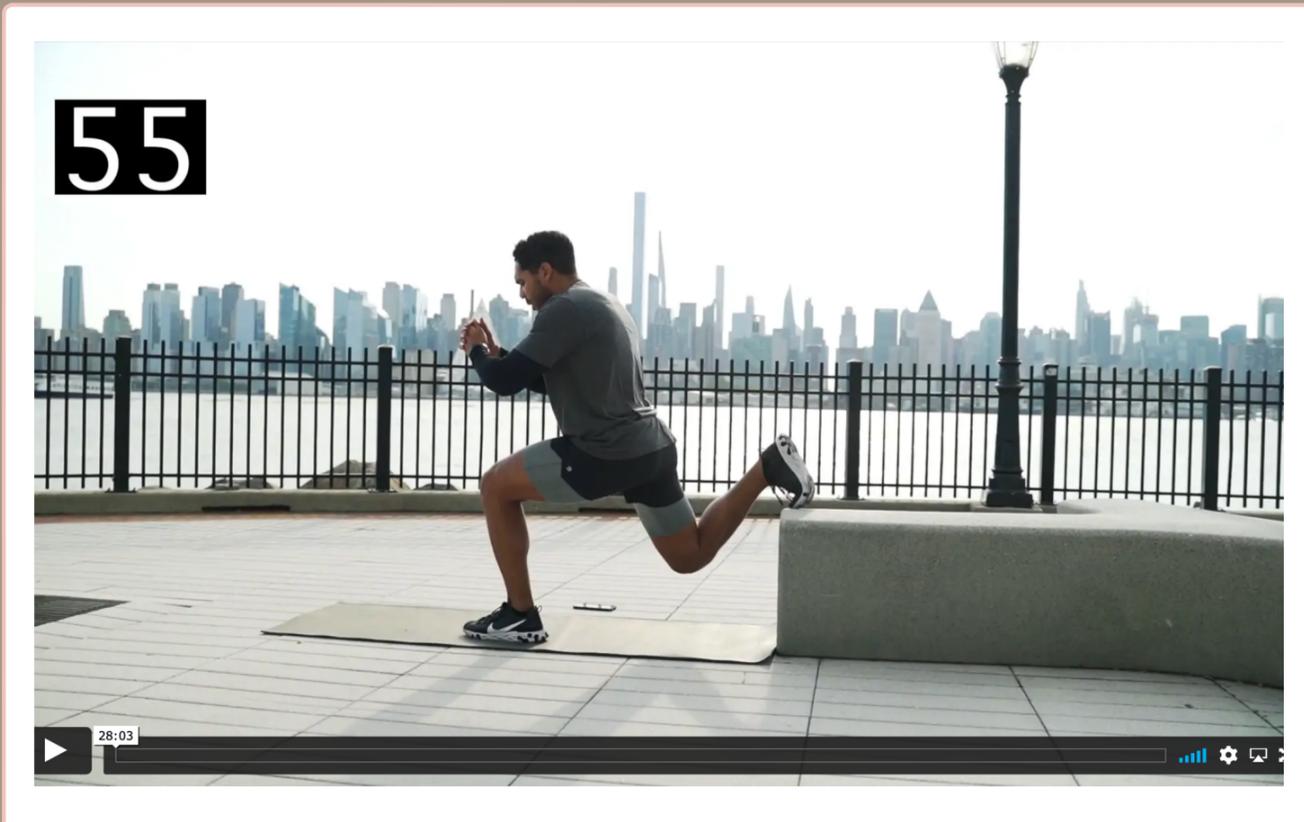
## REST/FITNESS LEVEL

20 seconds on - 10 seconds off  
Rest 30 seconds between each circuit

Beginners: Light weights  
Intermediate: Use both light & moderate weights  
Advanced: Use mod/heavy weights

# LOWER BODY TEMPO

TARGETS: LEGS



1

## SUPERSET

Do these exercises back to back

- Squat (1min)
- Plank push back (1 min)

2

## SINGLE SET

- Bulgarian squat (1 min)

3

## GIANT SET

Perform these back to back

- Lunge kick back (30 sec)
- Kick back (30 sec)
- Single leg deadlifts (30 sec)

4

## SINGLE SET

- Single leg hip thrust (1 min)

5

## GIANT SET

Perform these back to back

- Split lunge (30 sec)
- Static hold lunge (30 sec)
- Partial lunges (30 sec) only one set each side

## REST/FITNESS LEVEL

Because this is a tempo workout, it's important you follow along with Coach AK as he guides you through the speed of each rep, set and resting period.

This is a tough one, but you are tougher! CRUSH IT!



## YOU ARE READY

A lot of times we stop ourselves from exploring ideas and things because WE believe we're under qualified or just 'not ready'. Or maybe the doubt is coming from how others respond to what you're doing. They may not take it serious or believe in you. But this is your reminder that you don't need validation from others to know your worth. Commit to a better life for you because **you** deserve it.

## SURROUND YOURSELF WITH POSITIVE AND DRIVEN PEOPLE



One of the things I love most about Evolve Nation is that it brings people together. More specifically, it connects people who share similar ambitions, one of which is to **evolve**. Although this is virtual for most, it still holds power with how it can shift your mindset and mood. Just by seeing one another post daily, we're reminded that we too have the ability to keep showing. Keep connecting, our community will only continue to grow stronger.

LOVE,

*Coach Heba*

## # 2 MEAL PREP GOAL

It's challenging to do everything all at once especially if you're just getting started with your wellness goals.

SET REALISTIC GOALS (aka measurable goals)

If you've never meal prepped before, don't put yourself under the pressure of having to have all your meals (breakfast to dinner) prepped for the week.

Pick one day of the week to prep 7 meals. For example:

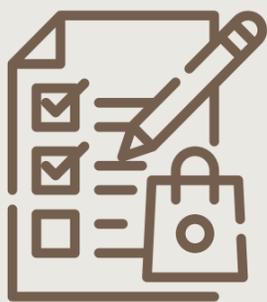
"On Sunday, I'm going to prep all my meals for breakfast"

Once you achieve this goal, move on to the next subgoal...

"Every night I'm going to prep a snack for the next day"

And just like that, step by step, you condition yourself to do the things that were never a habit before. You condition yourself to become more disciplined with your food. Remember, it's not a race, this is your life. Small daily changes will lead to big improvements in your life.

## HOW ELSE CAN YOU MAKE EATING WELL MORE FREQUENT IN YOUR LIFE?



Create a healthier grocery list.

Buy more greens, proteins, fruits and grains. If you don't have healthy food available, how can you eat more of it?



Toss Your Junk Foods

You're worth more than a box of cereal or bag of chips. Out of sight, out of mind. Out smart your old habits!

6 HEALTHY FALL  
Recipes you'll love



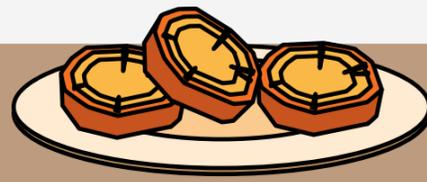
PUMPKIN  
SOUP



PUMPKIN  
SPICE PROATS



ROASTED  
PUMPKIN SEEDS



BAKED SWEET  
POTATOE



PUMPKIN SPICE  
PARFAIT



SQUASH  
SALAD

EVOLVE EATS

# pumpkin soup

4 SERVINGS

## YOU'LL NEED

- 1 TBSP. EXTRA-VIRGIN OLIVE OIL
- 1 LARGE ONION, CHOPPED
- 4 CLOVES GARLIC, MINCED
- 4 LB. PUMPKIN
- 4 C. LOW-SODIUM CHICKEN BROTH
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 1/2 C. COCONUT MILK/CREAM, PLUS MORE FOR GARNISH



## ALL YOU HAVE TO DO

1. In a soup pot over medium heat, heat oil. Add onion and garlic and cook until golden.
2. Then, halve, peel, and scrape out seeds of the pumpkin. Cut into chunks.
3. Add pumpkin chunks and broth to pot. Season with salt & pepper. Bring to a boil, uncovered, then reduce heat to a simmer. Simmer until pumpkin is fork-tender, about 30 minutes ish.
4. Remove pot from heat and, using an immersion blender, blend mixture until smooth. (Or opt 2: let soup cool, then blend in a blender.) Stir in coconut milk and season to taste.
5. To serve, ladle soup into bowls, add a swirl of cream, and garnish with pepper.

Pumpkin soup in the fall is something that never gets old. It's healthy, super creamy, and keeps you cozy. You can use various winter squashes to make this soup but my top two favorite types are sugar pumpkins and kabocha squash.

Some squashes will take longer than others to cook, so be sure to keep the simmer going until the squash is completely softened and fork-tender for the creamiest soup texture.

Usually this recipe calls for heavy cream for extra richness, but I like to skip the dairy and sub with coconut milk. If you want to make it vegetarian swap for vegetable broth.

# Pumpkin Spice Proats

6 SERVINGS

## YOU'LL NEED

- ¼ TEASPOON GROUND ALLSPICE
- ¼ TEASPOON GROUND NUTMEG
- ½ TEASPOON GROUND CINNAMON
- ¼ CUP PACKED TRUVIA SUGAR
- 1 CUP CANNED PUMPKIN PUREE
- 4 ½ CUPS ALMOND MILK
- 1 ½ CUPS OLD FASHION OATS
- 1/2 CHOPPED FRESH APPLE, OPTIONAL
- SUGAR FREE MAPLE SYRUP, OPTIONAL

## ALL YOU HAVE TO DO

1. In a large saucepan over low heat, toast allspice, nutmeg and cinnamon, stirring occasionally until fragrant, about 2 minutes. Stir in truvia sugar, then add pumpkin and stir to combine. Add milk or water, raise heat and bring mixture to a simmer. Stir in oats, and simmer over medium heat until tender but not mushy, about 25 to 30 minutes.
2. Garnish with apple and sugar free syrup if desired.



Apple



Oats



Spices

Start your day right with this filling bowl of oats, berries, blueberry and seeds. It's healthy and packed with nutrients to fuel body and mind

# roasted pumpkin seeds



MAKES 2 CUPS

## YOU'LL NEED

- 2 C. PUMPKIN SEEDS
- 2 TBSP. COCONUT OIL OR GRASS FED BUTTER
- 1 TSP. KOSHER SALT

## ALL YOU HAVE TO DO

1. Preheat oven to 350° and line a baking sheet with parchment or grease with cooking spray. Remove seeds from pumpkin: Scoop them out with a big spoon and place in a colander. Rinse to get rid of any pulp
2. Put the seeds on a paper towels and pat dry thoroughly.
3. In a bowl, toss seeds with coconut oil and salt.
4. Spread seeds on prepared baking sheet and bake, stirring occasionally, until seeds are lightly golden, 10 - 15 minutes ish



Pumpkin



Salt



Coconut oil/butter

Add this to your yogurt or eat them solo. Either way, it's a delicious crunch snack packed with fiber and antioxidants!

# baked sweet potato



## YOU'LL NEED

- SWEET POTATOES
- CHIVES

## TOPPING IDEAS:

- BUTTER/VEGAN BUTTER + CHIVES
- CINNAMON + SF MAPLE SYRUP
- CUP OF GREEK YOGURT OR TZATZIKI
- A SCOOP OF GUACAMOLE
- A DRIZZLE OF AVOCADO CILANTRO LIME DRESSING

ANY OF THESE STUFFING IDEAS!

## ALL YOU HAVE TO DO

1. Preheat the oven to 425°F and place a piece of foil on a baking sheet. Use a fork to poke holes into the sweet potatoes, set them on the baking sheet, and roast for 40 to 50 minutes, or until puffed up and soft inside when poked with a fork.



Pumpkin



Chives



Butter

Serve these as a side dish or stuff them to make them a meal on their own. Plus they're easy to meal prep and have ready for the week!

# Pumpkin Spice Parfait

4 SERVINGS

## YOU'LL NEED

- 1 15-OZ CAN PUMPKIN
- 2 CUPS PLAIN GREEK YOGURT
- 1/2 TSP GROUND CINNAMON
- 1/2 TSP ORANGE ZEST
- 1 1/2 CUPS GRANOLA WITH PUMPKIN SEEDS
- 1/8 TSPN CAYENNE PEPPER
- STEVIA DROPS
- 4 TSP SUGAR FREE MAPLE SYRUP



## ALL YOU HAVE TO DO

1. In a bowl, stir together pumpkin, 1/2 cup of the yogurt, and cinnamon. In another bowl, stir together the remaining yogurt and orange zest. In a third bowl, toss together the granola and cayenne pepper.
2. In four mason jars or parfait glasses, layer half of the pumpkin mixture and a third of the granola. Top with the yogurt mixture, another third of the granola, and the remaining pumpkin mixture. Finish with the remaining granola and drizzle with sugar free maple syrup.



Canned Pumpkin



Sugar free  
maple syrup



Yogurt



Granola

This makes a great snack or meal. It's super filling and high in calories. Definitely try this recipe!

# Maple Roasted Squash Salad

4 SERVINGS

## YOU'LL NEED

- 1 SMALL ACORN SQUASH
- 4 TBS SF MAPLE SYRUP
- 1 CUP POMEGRANATE SEEDS
- 3/4 CUP PUMPKIN SEEDS
- 6 OZ BABY ARUGULA
- 1 OZ FFETA CHEESE (OPTIONAL)

## PROTEIN OPTIONS:

- 10 OZ TOFU/TEMPEH
- 6 OZ GRILLED SHRIMP
- 4 OZ ROASTED CHICKEN
- 5 OZ BAKED SALMON



## ALL YOU HAVE TO DO

1. Pre heat oven to 400° F. Slice acorn squash (use sharp knife). Scoop out seeds and scrape clean. Slice into  $\frac{3}{4}$  inch thick rounds. Place on a parchment paper baking sheet. Do not let any pieces overlap.
2. Brush sf maple syrup over both sides of squash. Bake for 10-15 minutes until the bottom side of squash is nice and golden brown. Flip and bake for another 10-15 minutes. Brush with sf maple syrup a second time right after removing from oven.
3. Set aside to cool.



Squash



Sugar free  
maple syrup



Pomegranate  
Seeds



Arugula

Full of fall flavor, you'll love this sweet salad! It makes for a great meal providing you the healthy carbs and micronutrients you need to keep your energy up!

## # 3 MINDSET GOAL

We all want a better/stronger mindset. This can mean many things, it could mean more focus, less anxiety, better thoughts, less self-doubt -- and in order to achieve that goal, we must DO something that conditions our mindset.

What are some activities you can do to improve your mindset?

There's many ways and that's the great side!

Meditation makes you more calm.

Movement makes you more confident.

Reading makes you more wise.

Writing makes you more articulate.

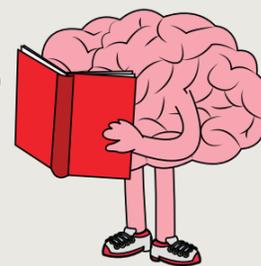
For this month, choose a current read or new read and devote 20 minutes to reading every day.

"But I don't have time, Heba"

The hard truth is: yes we all have many things we want or need to do everyday. But we also all have the ability to FREE UP 20 minutes. Take 20 minutes out from social media, or if you commute on a train/bus, bring a book with you. There are ways to take 20 minutes from your day, find the best time while you're creating your 24 hour schedule (I prefer first thing in the morning or right before bed).

### EVOLVE YOUR MIND

A READ A DAY KEEPS  
THE DISTRACTIONS AWAY



Pick up a book that interests you. Mindset or career related. Something you can learn from right away. This interest will allow you to WANT to keep reading.

Aside from the wisdom, vocabulary and knowledge you take away - you're also teaching yourself how to retain attention on a single task. Many of us are too distracted in life, the act of reading can teach you how to slow down, stay still and execute one thing at a time. Pick your book, share it in our group!