



Handbook

DOWNLOADABLE!



Welcome 2021!

BB Body Warriors,

As my pace slowed down during quarantine, my awareness and understanding of wellness only deepened. Home workouts became opportunities to find creative ways to break a sweat - kitchen towel burns, bar counter classes, total body sofa burns, and community sweat sessions in my backyard.

The past year redefined what togetherness looks like for all of us. But I felt fortunate to be able to connect with so many women around the world through my fitness app. Staying “safe at home” gave me a chance to spend more time with my family. And more time in the kitchen equated to more mindful meals. Those were the blessings of 2020 for me.

Time used to be the most common challenge women shared with me in regards to maintaining their fitness. Quarantine not only gave us more time, it also taught us that home workouts can be both fun and effective!

Ultimately, 2020 didn't compromise my health and wellness goals. In fact, it reinforced just how important it is for us to care for our bodies, balance our stress, and boost our immunity. Slowing down allowed me to find stillness, meditate, stretch, recover, and focus on valuable “me time.”

I've had so much fun creating my New Year, New Norm program. It's all about target-toning, fat-blasting, and stress-balancing workouts.

This really is the perfect time for a reset!

xoxo,
Brooke



“This year,
self-care is
more important
than ever.”

Happy Anniversary!

We have come so far and shared so many triumphs since we started this journey together—including connecting globally through our live streams—and I'm so grateful for all of you!

Given how difficult the last year has been, the New Year offers a much-needed reason to celebrate our growth, our community, and our path forward together. The support and encouragement we give and receive from each other is truly inspiring.

This year, we're going to keep coming together in our own homes, finding fun new ways to sweat smart, and practicing crucially important self-care. We're also going to introduce new ways to include our families in our health and fitness plans.

One thing I know for sure is that movement has the power to transform our bodies, minds and spirits. So I am honored to share and celebrate BB Body's anniversary with all of you.

Let's make 2021 a year of recovery and renewal!

xoxo,
Brooke



Make This A Year Of Transition & Transformation

Just like a period at the end of a sentence—or an epsom salt bath after the accomplishment of one of our burns—there is something nice about a pause and a fresh start.

That's what I hope this year is for all of us!

YOU ARE ALLOWED TO BE
**BOTH A MASTERPIECE
AND A WORK IN PROGRESS**
SIMULTANEOUSLY.



What To Expect



Success Prep

Take time to set yourself up for success — from creating self-care space and getting organized to stocking up on eating essentials.

We even made you a shopping list!

Joy Bauer's Brainpower Boosters

Learn how to nourish a healthy heart and mind with Joy Bauer's comprehensive guide to eating smart.

Check out her memory-boosting nutrition tips, superfood recommendations, and deliciously healthy recipes!

Daily Workouts

Each day features a different workout designed to maximize results over the next 28 days. Videos are available for all Brooke Burke Body App members—including our 7-day free trial friends—or accessible as a singular program purchase.

New Video Series

New Candlelit Yoga, Dogpound Cardio Burns, Kitchen Bar Burns (barre), and Mini~PE series are all being added to the BB Body app library this year.

Self-Care Guide

Practice mindfulness and self-care with daily routines that proactively support your mental and emotional health, including rest and relaxation to replenish your reserves.

Community Support

Connect, find motivation, and inspire your fellow BB Body Warriors. Bring your friends along, too!

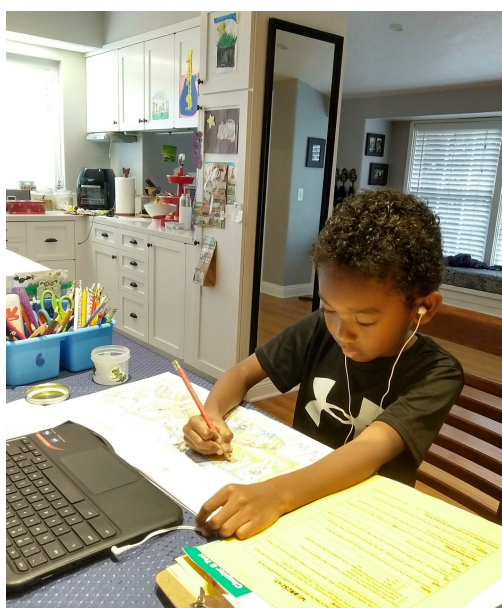
Make sure to tag your posts with #BBNYYN and @brookeburkebody so we can easily find each other!

Transition Your Home

As we all adjust to the new norm of doing more at home, it's time to make room for all the activities we are actually undertaking in our living space.

If the kitchen is our restaurant, let's stock up on healthy choices. If the backyard is our great outdoors, let's get out some games and sports equipment for family fun time. If the bathroom is our spa, let's spruce it up with candles, bath salts, and skin care products.

How our space feels plays a big role in our mindset, motivation and mood. So consciously create boundaries for "me time" and carve out designated spaces for work, school and fitness.



Work Space

A home office is great if you have one, but all you really need is a laptop, a flat surface, and a basket to keep your supplies together (and easy to tuck away).

If possible, find a quiet corner with natural light—perhaps a view into the yard—and add a plant or a vase of hand-picked flowers.

I'm convinced a pretty place improves productivity!

Distance Learning Place

Schooling from home is a challenge for everyone—teachers, students and parents. And kids are easily distracted even in the best of times.

The key is to set them up for success with their own organized, fully stocked, easily accessible workspace.

In addition to books and supplies, make sure they have a pencil sharpener, device charger, and trash can within reach.

Fitness Base

It doesn't require a personal home gym to get your sweat on. All it really takes is an area where you can move and, ideally, store your equipment.

Gather together your yoga mat, a clean towel, some hand weights, and a water bottle, and keep them easily accessible for a convenient workouts anytime.

If you can't find an indoor space, take it outside to a balcony, patio, etc.

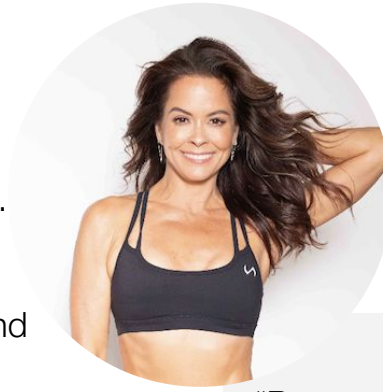
Get Organized

Consider this challenge a commitment to yourself.

First, clean out your closet, fill your fridge with healthy foods, put “me time” on your schedule, and sage the whole house!

Then, read what’s ahead, gather your fitness gear, visualize the process, and take notes on what you may need around you to succeed.

It’s 2021... You got this!



“Preparation is key to getting the most out of the next 28 days”



Stay Active & Healthy Together

Whether we're working from home or homeschooling via virtual classrooms, the important thing is that we are all safe and together.

Staying active and engaged as a family is a great way to make sure our quarantine time is quality time. Get creative! There are plenty of ways to have fun and stay fit wherever we are!



Mini~PE

Let's lead by example. Check out Mini~PE on the BB Body App.



Backyard Activities

Winter or spring, backyard games are always a great way to stay active, blow off some steam, and have a good time with the whole family.



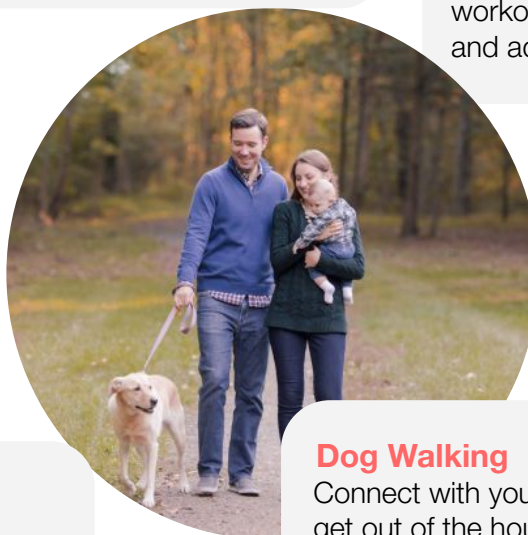
Jump Rope

Squeeze in a quick cardio workout that's fun for kids and adults.



Family Yoga

Get your kids into the practice at an early age. It's not only good for the body, but for the mind as well.



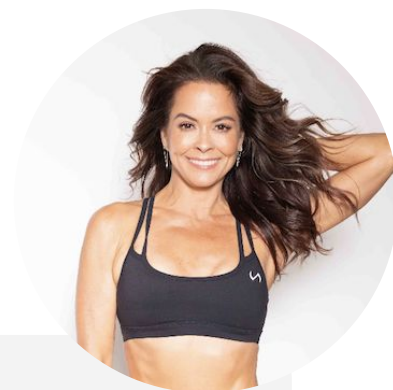
Dog Walking

Connect with your partner or kids *and* get out of the house. The best part is that your four-legged family member gets a little exercise, too.

Embrace Mindful Mondays

Start each week by taking time—*before* your schedule gets busy—to calm and cleanse your mind as well as your body.

Whether you practice yoga, meditation, or even simple breathwork, the important thing is that you find a way to center yourself, focus your intentions, and make conscious choices about the week ahead.



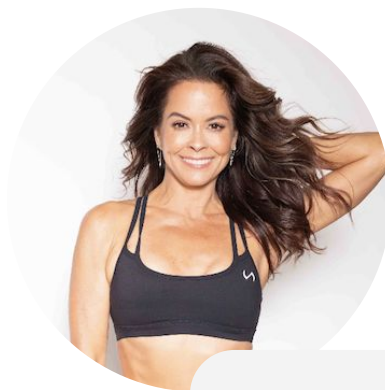
“Make time to refresh, renew, and restore.”



Relax Like You Mean It

Finding a work/life balance is crucial to our physical and mental wellbeing. That concept applies to fitness, too. There's a time to workout and a time to rest.

So light a scented candle, turn on some soothing music, slip into an epsom salt bath, and meditate on the "you" that you are manifesting.



"In stillness we begin to understand the language of our soul. Slow down and listen."

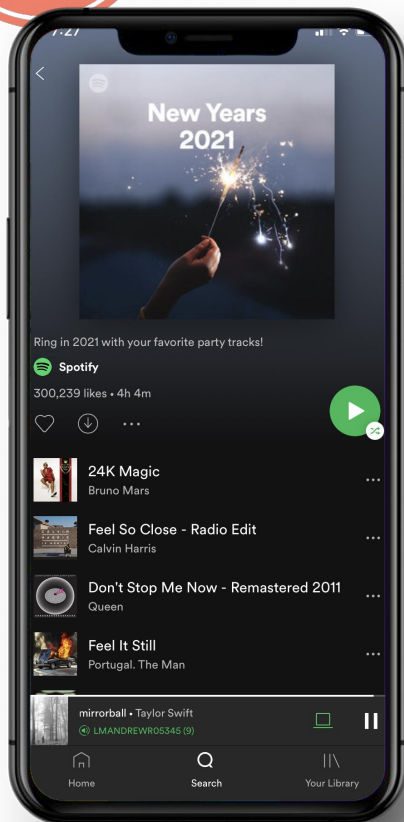


Check Out Brooke's New Year's Spotify Playlist

Listen to my personal New Year's playlist on Spotify and get motivated to get moving!

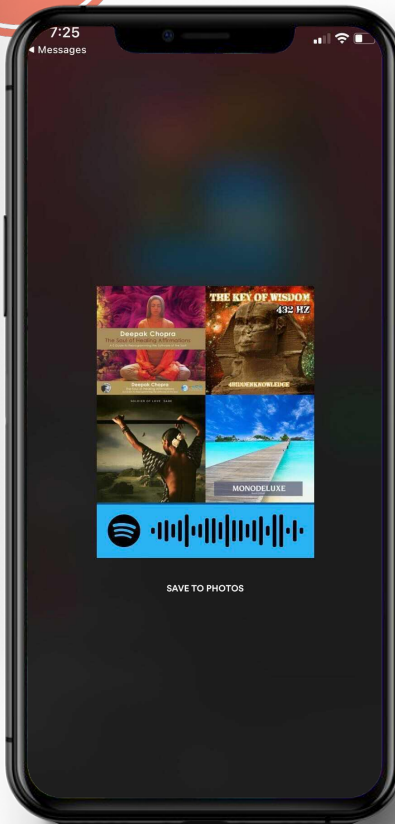
1

Download or open
the Spotify app.



2

Tap "Search" & then tap the
camera icon. Then point your
camera at the image below.



3

Listen to my favorite
songs for jump-starting
the New Year!



Take Advantage Of Intermittent Fasting

Intermittent fasting is becoming increasingly popular as more and more research recognizes its benefits. It's a simple yet powerful concept: Confine eating to an 8-hour window and fast for the remaining 16 hours of the day.

For example, if you eat dinner at 7 pm, your next meal will be at 11:00 am the next morning. This timing cycle essentially tricks your body into burning stored fat.

During a “fasted state” — the hours when your body is not consuming or digesting any food — your body doesn't have a recently consumed meal to use as energy, so it pulls energy from the fat stored in your body instead.

Intermittent fasting trains your body to consume food more efficiently and to burn fat as fuel. Fasting can leave you feeling hungry or fatigued, but by bridging the time with your regular sleep cycle, it is much easier to embrace.



“I can promise you that 90% of getting in shape is what we eat. The rest is about burning fat, building muscle, sculpting and toning.”



Stock Up On Healthy Foods

it is important to stock your pantry and fridge with nutritious whole foods! Ready-made, prepped, easily accessible food is a great way to encourage healthy eating habits. Of course, as we try to limit trips to the store during quarantine, it can be difficult to know what to get that's both healthy and long-lasting. (Yes, you can still buy fresh fruits and veggies! Just choose ones with a longer shelf life, like kale and broccoli.) Meal planning also helps, because you can schedule meals with time-sensitive veggies for the beginning of the week. You can also double-up on fresh cooked meals and freeze half for another time. No matter what you do, the fact that you're cooking and eating healthy is what matters!



CHECKLIST OF APPROVED GROCERIES

VEGETABLES

- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower Rice
- ☐ Celery
- ☐ Cucumbers
- ☐ Garlic
- ☐ Jalapeno (Other Spicy Peppers)
- ☐ Kale
- ☐ Lettuce
- ☐ Onions
- ☐ Tomatoes
- ☐ Zucchini

NUTS, SEEDS, MILK, BUTTER

- ☐ Almond Butter or Cashew Butter
- ☐ Almonds
- ☐ Raw Macadamia Nuts
- ☐ Tahini
- ☐ Unsweetened Coconut Milk or
- ☐ Organic Almond Milk
- ☐ Walnuts

PROTEIN

- ☐ Bacon
- ☐ Canned Tuna
- ☐ Chicken
- ☐ Eggs
- ☐ Beef
- ☐ Lean Ground Beef or Turkey
- ☐ Salmon

FRUIT

- ☐ Avocado
- ☐ Berries
- ☐ Lemon

HERBS & SPICES

- ☐ Basil
- ☐ Cayenne Pepper
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Cumin
- ☐ Garlic Powder
- ☐ Ginger
- ☐ Low Sodium Soy Sauce
- ☐ Mint
- ☐ Parsley
- ☐ Olive Oil
- ☐ Red Pepper Flakes
- ☐ Turmeric

DAIRY

- ☐ Feta Cheese
- ☐ Grass-Fed Butter
- ☐ Low-Fat Mozzarella Cheese
- ☐ Low-Fat Plain Yogurt
- ☐ Parmesan Cheese

DRINKS

- ☐ Coffee
- ☐ Green Tea

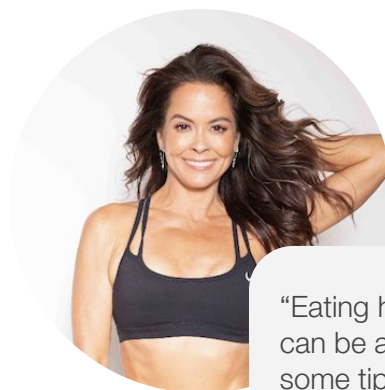
ADDITIONAL ITEMS

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Go Green

We're putting a spin on the popular "Meatless Mondays" craze and with failproof "Go Green Mondays" filled with fresh green foods. And, no, M&M's don't count!

Here are just a few examples of mostly plant-based meals that are simple, fresh, and light. There's no reason to go hungry when you fuel your body with crunchy vegetables, healthy soups, hot green tea, and plenty of water.



"Eating healthy during the holidays can be a real challenge. Here are some tips that can help get you through the holidays without packing on the pounds."



Avocados

Avocados are a great source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta-carotene, and omega-3 fatty acids.

Such a simple fruit that can be used in a variety of ways: on toast, in fresh guacamole, or as part of keto-avocado salad - to mix it up a bit!



Green Soup Puree

Turn leafy greens and other vegetables, like broccoli, peas or cabbage, into a delicious soup puree with the help of an immersion blender, water, and garlic or other spices.

You can grab what you already have on hand and whip up a super quick and simple dish that tastes wonderfully fresh and delicious.



Celery Juice

Did you know that celery juice works as a natural laxative? It can also relax nerves that are sometimes damaged by unhealthy lifestyle and food choices. And because celery is high in calcium, silicon, and vitamin K, drinking celery juice may help strengthen bones.

Juice the entire stalk, without adding anything, and down this life elixir first thing in the morning on an empty stomach. Your body will thank you.



*Wake it up.
Shake it up.
Mix it up.*

Wake It Up: Morning Drinks



Super Fuel Coffee

Ingredients

6 oz of coffee or cold brew
1 tbsp of coconut oil
1 packet of Stevia

Directions

Blend and enjoy!



Coffee with MCT Oil

Ingredients

6 oz cold brew coffee
1 tbsp of MCT oil
1 packet of Stevia or
Lite and Sweet sweetener

Directions

Blend and enjoy!



Coffee with Grass-Fed Butter

Ingredients

6 coffee
1 tbsp of grass-fed butter (Kerrygold)
or full cream
Natural sweetener

Directions

Blend and enjoy!



Chai Tea with Grass-Fed Butter

Super Fuel Coffee

Ingredients

6 oz brewed chai tea
1 tbsp unsweetened coconut milk (Silk)
1 tsp grass fed butter
Pinch of cinnamon
1 cinnamon stick - stir stick
Optional: Stevia or Xlear Lite and
Sweet

Directions

In a mug, stir butter into tea, and top
with cinnamon.
Include Stevia or Lite and Sweet for
added sweetness.

Wake It Up: Morning Drinks



Coconut Green Machine

Ingredients

6 oz cold brew coffee
2 oz Silk unsweetened coconut milk
1 tbsp Matcha powder
1 tbsp MCT oil
1 cup of ice

Directions

Add all ingredients to blender and blend until smooth.



Matcha Latte

Ingredients

6 oz unsweetened nut milk
2 tbsp of Matcha powder
(I use Matcha Collagen Keto Latte)

Directions

Blend and enjoy!



Coconut Chocolate Milk

Ingredients

6 oz unsweetened coconut milk
1 tsp MCT oil
1 tsp cocoa powder
Optional: Stevia

Directions

Combine all ingredients then stir vigorously.

Serve chilled.



Turmeric Almond Milk Latte

Ingredients

1/2 cup canned lite coconut milk
1/2 cup unsweetened almond milk
1 tsp ground turmeric
2 teaspoons honey
1/4 teaspoon ground cinnamon
1/4 teaspoon ground black pepper
pinch of ground ginger

Directions

Whisk together ingredients in a saucepan until heated and mixed, Pour into your favorite mug!

Shake It Up: Shakes



Shake Essentials

I love having a shake to break my fast and ease into the day. These are some of the essentials I always keep on hand for making sublime shakes and some of my favorite recipes.

COLLAGEN PROTEIN POWDER

Collagen is the most abundant protein in the body and supplementing it supports skin, hair, nails and bones. Plus, it comes in tons of yummy-flavored powders!

MATCHA POWDER

In addition to its great taste, Matcha is high in antioxidants, improves attention and memory, and promotes heart health.

MACA

Maca is a cruciferous vegetable superfood. It has an earthy flavor, and is found to increase energy levels, improve mood, and reduce blood pressure, among many other benefits.

DATES

When you need sweet, dates are the most natural and good-for-you way to go.

CINNAMON

Cinnamon is a spice that's always nice, but it also serves a purpose. There's some promise that it can lower blood sugar.

ORGANIC ALMOND BUTTER

Almond butter is the perfect protein-boost to any shake, transforming a drink into a complete meal.

MCT OIL

Medium-chain triglyceride is most commonly extracted from coconut oil. Associated benefits include decreased appetite, an immediate energy boost, and reduced cholesterol levels.

Shake It Up: Shakes



Slim Down Shake

Ingredients

8 oz Organic unsweetened almond milk
1 Scoop vanilla protein powder
1 Tbsp coconut oil or MCT oil
1/2 frozen banana
Tsp almond or cashew butter
1/2 tsp cinnamon
2 pitted dates

Directions

Blend and enjoy!

BB TIP:

Make ice cubes out of coffee and use them in any smoothie for a pick-me-up.



Cinnamon Pear Smoothie

Ingredients

8 oz almond milk
1 scoop protein powder
1/2 tsp cinnamon Frozen cut pears
1 pitted date

Directions

Blend and enjoy!



Breakfast Smoothie

Ingredients

8 oz organic almond milk
1/2 a frozen banana
Handful frozen blueberries
1 tsp of cashew butter
1 tsp MCT oil
1 tsp Cocoa nibs

Directions

Blend and enjoy!

Shake It Up: Shakes



BB Matcha Latte Shake

Ingredients

- 1 cup of almond milk
- 1 scoop of Matcha Latte powder (I love Primal Kitchen Matcha Collagen Keto Latte)
- Generous sprinkle of cinnamon

Directions

Pour all ingredients into a power blender. Blend and do a little shake yourself.

Pour into a tall glass and enjoy!



Protein Power Shake

Ingredients

- 1 scoop collagen powder
- 8 oz organic sweetened almond milk
- 1 tbsp almond butter
- 1/2 frozen banana
- 2-3 pitted dates
- 1 tsp maca powder
- 1 tbsp cacao nibs
- 1 tsp cinnamon seeded dates
- 1 tbsp MCT oil
- 1 tsp honey ice

Directions

Blend and enjoy!

Mix It Up: Cocktails



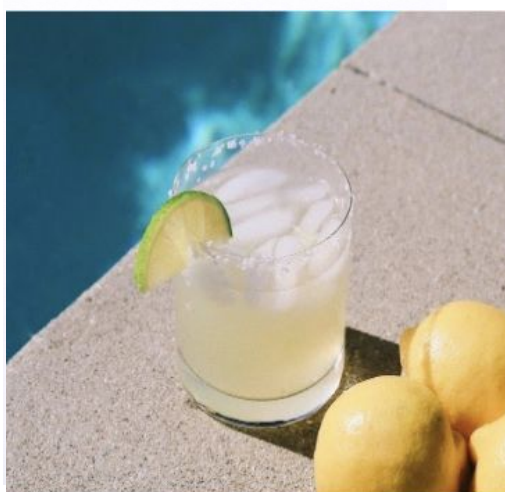
Tequila Pick-Me-Up

Ingredients

1/3 cup freshly squeezed red grapefruit juice
1 oz silver tequila
Coarse sea salt for rim
Grapefruit slice for garnish
1 cup crushed ice

Directions

Pour cold brew and 2 ounces of tequila over ice. Squeeze a wedge of lime to bring out the bright flavor of the tequila.



Tiny Sparkling Margarita

Ingredients

3 ounces lime flavored Perrier
1 oz tequila
1 oz fresh squeezed lime juice
Lime slice garnish
Salt, for rim

Directions

Shake Perrier, tequila & lime juice.
Pour into a chilled glass rimmed with salt.
Lime slice garnish



Vodka Con Agua Mineral

Ingredients

1 oz vodka Perrier or sparkling water
Lime slices
Ice



Be My Corona & Lime

Ingredients

1 1/2 ozs lime juice
1 lime
Zested ginger, grated
1 bottle of Corona Light Beer
Lime slice and mint garnish

Directions

Combine lime juice, grated ginger and lime zest in a glass.
Add beer and stir gently.
Lime wheel and mint garnish

Mix It Up: Cocktails



Minty Mojito

Ingredients

4-6 packets Stevia
1 cup water
5-8 fresh mint leaves
2 oz simple syrup with Stevia
Juice of ½ a lime
1 oz white rum
5 fresh mint leaves
Chilled sparkling water ice

Directions

To make simple syrup, bring water to a boil in a small pot and add stevia.
Stir to dissolve, then remove from heat.
Add mint leaves, then cover to steep for about 30 minutes.
Let simple syrup cool.
In a 12-oz glass, add 2 ounces of simple syrup, 1 ounce of rum, a few fresh mint leaves, and the juice of half a lime, then muddle.
Fill glass with sparkling water and ice, then stir.
Garnish with fresh mint and a lime wedge.



Raspberry Champagne Flute

Ingredients

4 oz Champagne
Raspberries and mint

Directions

Pour chilled Champagne into a glass.
Top with a few raspberries and mint.

Cheers & Enjoy!

*Nutrition Tips &
Healthy Recipes*



Nutrition Expert: Joy Bauer



Joy Bauer, MS, RDN, is the health and nutrition lifestyle expert for the *TODAY* show, host of NBC's *Health + Happiness*, a columnist for *Woman's Day* magazine, and a #1 *New York Times* bestselling author of fourteen books!

Her newest book, *Joy's Superfood! 150 Recipes For Eternal Youth*, features mouthwatering dishes to enhance health, boost energy, and increase longevity.

Learn more at JoyBauer.com.



Age, stress, quality and length of sleep, medications, and of course, nutrition can all influence how well your memory functions. Physiologically, good memory depends on your total number of brain cells (neurons), the smooth flow of communication between the cells and the health of the cells. In many ways, overall health can strongly affect memory. For example, the health of the body's cardiovascular system can affect the performance of brain cells. Every cell in the body needs a steady supply of oxygen and nutrients to stay alive and work properly. Because oxygen and nutrients are carried in the bloodstream, anything that impedes blood flow can negatively affect brain cell function. Simply put, a healthy heart makes for a healthy brain. So it's important to keep blood pressure and cholesterol levels in check and to exercise regularly and not smoke.



A heart-healthy diet is therefore crucial to general health as well as to the health of memory, and compelling research has linked specific foods and their nutrients to the enhancement or preservation of memory.

Nutrition Tips

Memory-Boosting Foods from Joy's New Cookbook: Superfood! 150 Recipes for Eternal Youth

Fatty Fish

Healthy fats are important for a healthy mind. Research suggests that when it comes to food and memory, salmon, herring, mackerel, and sardines - and the generous amounts of omega-3 fats they provide - are a real catch! Strive to eat three 4-ounce servings of fatty fish per week. If that's not realistic, consider using fish oil supplements.



Coffee

Coffee loves you back! Caffeinated coffee has been shown to sharpen a person's focus and memory - effects that may last even longer in women.

Note: Unfiltered coffee (like espresso or French press) contains compounds that can raise cholesterol levels. To be safe, stick with filtered coffee, and add milk and sugar in moderation.



Berries

Berries have some of the highest concentrations of antioxidants of all fruits and are rich in healthy anthocyanins and flavonols, which may help protect against the breakdown of brain cells. Some encouraging studies have suggested diets rich in flavonoids may help reverse memory loss in humans, and blueberries, in particular, have been shown to enhance spatial memory and learning.



More Tips

Leafy greens

Leafy greens like spinach, kale, collard greens, mustard greens, and turnip greens are loaded with folate, which seems to have a direct effect on memory. One study even revealed that foods rich in folic acid, can lower homocysteine levels (an amino acid linked to a higher risk of heart disease) and have a protective effect against memory decline.



More Go-To Superfoods

NUTS

Packed with protein and good for your heart, hazelnuts, walnuts, almonds, or pecans are a perfect snack. Stick to a handful of them, throw into a salad, or get a nut butter to put in your smoothie.

TOMATOES

From cherry to Roma, tomatoes are an ideal source for vitamin C and the lycopene antioxidants. Use tomatoes in a salad or wrap.

LEGUMES

Filled with fiber, folate and plant-based proteins, legumes are found to reduce heart disease.

CRUCIFEROUS VEGETABLES

Think broccoli, brussels sprouts, cabbage, cauliflower, and radishes. Not only are they a great source of fiber, but they are linked to lower rates of some cancers. Steam, sauté or bake.

YOGURT

Full of calcium, protein and probiotics to protect your body. Only go for plain yogurt - no added sugar or fruit. Eat plain or mix with seasonings for a veggie dip.

OLIVE OIL

Consider it a secret sauce. Olive oil is full of monounsaturated fats known to prevent heart disease. Use it to sauté or drizzle as your salad dressing.

WHOLE GRAINS

If you're eating grains, go whole to get both soluble and insoluble fiber, and several B vitamins. Think oatmeal, wheat berries and quinoa.

Loaded Bell Pepper Nachos



Ingredients

- 6 large red, yellow or orange bell peppers
- 1 pound ground turkey (90 to 93% lean)
- 1 taco seasoning packet
- $\frac{3}{4}$ cup black beans, rinsed and drained
- $\frac{3}{4}$ cup canned or frozen sweet yellow corn, drained (thawed, if frozen)
- $\frac{1}{4}$ cup sliced jalapeños, optional
- $\frac{1}{2}$ to 1 cup reduced-fat shredded Mexican Cheese blend
- Mild or spicy salsa
- Light sour cream or non-fat plain Greek yogurt
- Chopped scallions

Preparation

Preheat oven to 375°. Coat a large baking sheet (or 2 standard sheets) with non stick oil spray and set aside.

Remove the stems and seeds from the bell pepper and cut each into quarters. Lay the bell pepper “chips” on the prepared baking sheet(s) in a single layer with their insides facing up.

In a large heated skillet, stir the ground turkey until it’s cooked through and crumbled. Add the taco seasoning along with about $\frac{2}{3}$ cup water and stir. Add the black beans, corn, and jalapeños, if using. Mix until well combined and heated through.

Spoon the turkey-bean mixture over the bell pepper pieces. Sprinkle on the cheese and bake for about 10 minutes, until the cheese is melted.

Remove the baking sheet from the oven and, if desired, top with the salsa, pipe on swirls of the yogurt or sour cream, and garnish with scallions

Slow Cooker Meatballs



Ingredients

- 1 pound ground turkey breast (93% lean)
- ½ cup grated Parmesan
- ½ cup finely chopped fresh parsley
- ⅓ cup “Italian-seasoned” breadcrumbs (preferably whole grain)
- 1 large egg, lightly beaten
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon crushed red pepper flakes (optional, for a bit of heat)
- 2 jars (24 ounces each) of your favorite marinara sauce

Preparation

Mist the bottom of your slow cooker bowl with oil spray.

In a large bowl, combine the turkey, Parmesan, parsley, breadcrumbs, egg, garlic, salt, pepper and optional crushed red pepper flakes. Using your hands, mix ingredients until everything is well combined, being careful not to over-mix or they’ll become too tough.

Once combined, gently roll meatballs between your two hands, forming fluffy golf-ball-size meatballs that are not too tight or compact. As you roll them, gently place them on the bottom of your slow cooker. When all of the meatballs are complete, pour the marinara sauce over them. (Add 1 teaspoon of optional Italian seasoning blend if your marinara sauce is plain and needs some jazzing up, and gently swirl into the sauce only, taking care to not break apart the meatballs). Place the cover on top of your slow cooker, locking it in place, and cook on high for 3 to 4 hours until the meatballs internal temperature is 165°.

Serve with whole-grain pasta, zucchini noodles, or spaghetti squash—and sprinkle on additional Parmesan cheese and red pepper flakes, if desired. Leftovers can be refrigerated for approximately 3 to 4 days, or frozen for approximately 4 to 6 months.

No-Noodle Cheesy Spinach Lasagna



Ingredients

1 medium eggplant (about 1½ pounds), cut in half widthwise and sliced ¼ inch thick lengthwise
3 medium zucchini, cut in half widthwise and sliced ¼ inch thick lengthwise
¼ teaspoon kosher salt
¾ teaspoon ground black pepper, divided
1 (15-ounce) container part-skim ricotta cheese
1 (10-ounce) pack frozen chopped spinach, defrosted and well-drained of excess water
2 large egg whites, beaten
¼ cup chopped fresh basil, plus additional whole leaves for topping
3 cloves garlic, minced (or ½ teaspoon garlic powder)
¼ cup plus 2 tablespoons grated Parmesan cheese, divided
3 cups marinara sauce (store-bought or homemade), divided
1½ cups part-skim shredded mozzarella cheese, divided
¾ cup grape tomatoes, cut in half lengthwise
¼ to ½ teaspoon red pepper flakes (optional)

Preparation

Preheat the oven to 400°F. Mist a 9 by 13-inch baking dish or lasagna pan with nonstick oil spray. Set aside.

Mist 2 baking sheets with non stick oil spray and arrange the eggplant and zucchini in a single layer. Mist the veggies with additional oil spray and sprinkle the salt and ½ teaspoon of the black pepper over the tops. Place in the oven and bake for 20 to 25 minutes, until the vegetables become tender and slightly browned. Remove from the oven and reduce the oven temperature to 350°F.

While the veggies are roasting, in a large bowl, combine the ricotta cheese, drained spinach, egg whites, basil, garlic, ¼ cup of the Parmesan cheese, and the remaining ¼ teaspoon black pepper. Set aside until you're ready to assemble.

To assemble the lasagna: Spread 1 cup of the marinara sauce on the bottom of the prepared baking dish or lasagna pan. Next, add an even layer of roasted eggplant and spread another 1 cup of the sauce across the top, followed by half of the ricotta-spinach mixture (about 1½ cups), ¾ cup of the mozzarella cheese, all of the roasted zucchini (and any leftover eggplant slices), the remaining 1 cup sauce, the remaining ricotta-spinach mixture, and the remaining ¾ cup mozzarella cheese.

Arrange the grape tomatoes and a few whole basil leaves on the top of the lasagna and sprinkle on the remaining 2 tablespoons Parmesan cheese and the red pepper flakes, if using.

Place the lasagna in the oven and bake for 40 minutes. Remove from the oven and allow the lasagna to cool for about 10 minutes before serving.

Learn more at JoyBauer.com.

“Heart-y” Longevity Soup



Ingredients

- 2 cans (15 ounces each) small white beans, rinsed and drained
- 4 cups reduced-sodium vegetable chicken broth, divided
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 2 stalks cup celery, chopped
- 3 medium carrots, chopped
- 1 to 2 cups broccoli florets, chopped
- 1 to 2 cups cauliflower florets, chopped
- 2 cups canned crushed tomatoes
- 1 can (14.5 ounces) can stewed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 fresh rosemary sprigs
- 1 teaspoon kosher salt, plus more to taste
- 2 to 3 handfuls fresh kale or spinach leaves, roughly chopped
- Ground black pepper
- Chopped toasted nuts or seeds for garnish (optional)

Preparation

In a blender, combine 1 can of the white beans with 1 cup of the broth and blend until smooth. Set aside.

Liberally coat a pot with non-stick oil spray and warm over medium heat. Add the onion and garlic and cook until softened, about 5 minutes. Add the celery, carrots, the remaining 3 cups broth, the broccoli, cauliflower, crushed tomatoes, stewed tomatoes, oregano, basil, the second can of beans, the rosemary, and salt. Bring to boil, then reduce heat and simmer, uncovered, for about 25 minutes.

Remove the rosemary sprigs from the pot. Add the pureed white beans from the blender and kale or spinach and simmer for another 10 minutes, or until the greens wilt. Season with additional salt and pepper and top each serving with a sprinkling of nuts or seeds, if desired.



Daily
Journal

Daily Self-Care

✓ Get Your ZZZ's

Build your rest nest and sleep! Nighttime recovery is essential for our bodies to properly recover. The goal is to get 6-8 hours of sleep. Calm nights = intense daily workouts.

✓ Stay Hydrated

Drink a glass of water the first thing in the morning. During the day, have your favorite refillable water bottle with you at all times. Try drinking at least 16 oz during and between each meal.

✓ Crush Your Workout

Let's tone, tighten and slim down together with your daily workout. Push yourself out of your comfort zone and feel the sweat.

✓ Eat Well

The nutrition plan is here to help you! Follow the 16:8 intermittent fasting plan and use the recipes to make sure you nourish your body with the nutrients that you need.

✓ Set Your Intention

Think about your daily goal and how an action today gets you to your longer-term goals.

✓ Practice Gratitude

Every morning, write one thing you are grateful for in that moment.

✓ Stay Positive

Change your inner dialogue. Your body is listening to everything you think. Keep a positive mindset and know that you can achieve anything. You are enough. You got this!

✓ Celebrate Progress

Write one thing every day that made you proud. You can even share with the community with #BBBNYNN so we can celebrate together.

Day 1



"You are never too small to make a difference."

– Greta Thunberg

☐

Get Your ZZZ's

☐

Stay Hydrated

☐

Crush Your Workout

☐

Eat Well

☐

Set Your Intention

☐

Practice Gratitude

☐

Stay Positive

☐

Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 2



"It's not how much you do, but how much love you put into what you do that counts."

– Mother Teresa

☐

Get Your ZZZ's

☐

Stay Hydrated

☐

Crush Your Workout

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Eat Well

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Set Your Intention

☐

Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 3



"We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained."
– Marie Curie

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| <input type="checkbox"/> Stay Hydrated | <input type="checkbox"/> Practice Gratitude |
| <input type="checkbox"/> Crush Your Workout | <input type="checkbox"/> Stay Positive |
| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 4



“Deep down you know exactly what you’re capable of. There’s even moments where you get a glimpse of all the potential you have. You can get there. You just have to be willing to sacrifice the habits, things, and situations that are standing in the way of your success.”

– Tracy McMillan

☐

Get Your ZZZ's

☐

Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

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Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 5



“A one hour workout is 4% of your day, no excuses!”
– Unknown

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| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

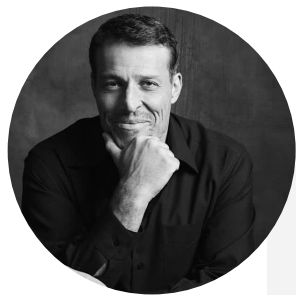
DINNER

I intend to...

I am grateful for...

I celebrate...

Day 6



"If you talk about it, it's a dream, if you envision it, it's possible, but if you schedule it, it's real."
– Tony Robbins

☐

Get Your ZZZ's

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Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

☐

Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 7



“I raise up my voice—not so I can shout, but so those without a voice can be heard... we cannot succeed when half of us are held back.”

– Malala Yousafzai

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Get Your ZZZ's

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Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

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Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 8



“Women have to harness their power—it’s absolutely true. It’s just learning not to take the first no. And if you can’t go straight ahead, you go around the corner.”
– Cher

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| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 9



"We must hold ourselves to a higher standard, never falling below our personal potential. Yes my darling, you are capable."

– Brooke Burke

☐

Get Your ZZZ's

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Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

☐

Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 10



“We need young people with the courage to say, ‘This is our world now, and there are going to be some changes.’”

– Amal Clooney

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| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 11



“Just don’t give up trying to do what you really want to do. Where there is love and inspiration, I don’t think you can go wrong.”

– Ella Fitzgerald

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| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 12



"Instead of looking at the past, I put myself ahead twenty years and try to look at what I need to do now in order to get there then."

– Diana Ross

☐

Get Your ZZZ's

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Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

☐

Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 13



“We’ve begun to raise daughters more like sons, but few have the courage to raise our sons more like our daughters.”
– Gloria Steinem

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Get Your ZZZ's

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Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

☐

Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 14



"Every day is a chance to get stronger, eat better, live healthier, and be the best version of you."

– Unknown

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Get Your ZZZ's

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Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

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Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 15



“Being a true badass has no weight gain or gender requirement—just 100% commitment to greatness.”
– Dwayne Johnson

☐ Get Your ZZZ's

☐ Stay Hydrated

☐ Crush Your Workout

☐ Eat Well

☐ Set Your Intention

☐ Practice Gratitude

☐ Stay Positive

☐ Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 16



"A year from now, you will wish you had started today."
– Karen Lamb

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| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 17



"We're all water from different rivers,
that's why it's so easy to meet; we're all
water in this vast, vast ocean, someday
we'll evaporate together."

– Yoko Ono

☐

Get Your ZZZ's

☐

Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

☐

Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 18



“Success is only meaningful and enjoyable if it feels like your own.”
– Michelle Obama

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| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 19



"If you're tired of starting over, stop giving up."
– Unknown

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MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 20



"When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future."

– Queen Elizabeth II

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| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 21



“There’s more to life than being a passenger.”
– Amelia Earhart

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MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 22



"It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent."

– Madeleine Albright

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Get Your ZZZ's

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Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

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Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 23



"It does not matter how slowly you go
as long as you do not stop."
– Confucius

☐ Get Your ZZZ's

☐ Stay Hydrated

☐ Crush Your Workout

☐ Eat Well

☐ Set Your Intention

☐ Practice Gratitude

☐ Stay Positive

☐ Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 24



“Some women feel the flame, some women become it. Let it burn, baby! Let it burn!”

– Brooke Burke Body

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Get Your ZZZ's

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Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

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Practice Gratitude

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Stay Positive

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Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 25



“Sore today, strong tomorrow.”
– Unknown

☐

Get Your ZZZ's

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Stay Hydrated

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Crush Your Workout

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Eat Well

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Set Your Intention

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Practice Gratitude

☐

Stay Positive

☐

Celebrate Progress

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 26



"I wouldn't ask anyone to do anything I wouldn't do myself."
– Indra Nooyi

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MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 27



"I really think a champion is defined not by their wins but by how they can recover when they fall."
– Serena Williams

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| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...

Day 28



“To be a revolutionary you have to be a human being. You have to care about people who have no power.”
– Jane Fonda

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| <input type="checkbox"/> Eat Well | <input type="checkbox"/> Celebrate Progress |

MORNING DRINK

LUNCH

SNACK

DINNER

I intend to...

I am grateful for...

I celebrate...
