

21 DAY CHALLENGE

Handbook

DOWNLOADABLE!



Welcome Summer!

Hello BB Body Family!

This is your time to reset and recharge and reimagine your personal potential. My new *21-Day Fitness Challenge* is the ideal program to crush your summer health and wellness goals, focusing on both fitness & mindfulness. Let's get intentional!

Over the next three weeks, I will guide you through workouts and mindfulness practices designed to not only strengthen your self-confidence, but also your mental resilience. This challenge is all about community, connection and consciousness. Together, we will redefine your wellness goals and strengthen your body confidence to meet your personal potential. So get ready to sweat, stretch and breathe your way to a healthier, more mindful, you.

In the spirit of connection, we will hold each other accountable and stay motivated through weekly LIVE Zoom classes, our first series of digital meetups, and social media sharing. Let's celebrate each other and be ready for a powerful and insightful new season of well-being.

So, discover my favorite finds, inspirational playlists, new fitness sets, and join me for treehouse-time meditations.

My girlfriend, Chef Giovanna, has provided us with 21 NEW mindful recipes to fuel your body & soul!

Let's make this a summer of new beginnings and let go of old patterns. Through daily meditation, we will retrain our brain and develop new habits to change our perspective and meet and complete our wellness goals.

I'm so excited to spend the next three weeks together and welcome you into my Malibu world of wellness.

XO,

Brooke & the BB Body Family



What's New at BB Body



21-Day Challenge

Our new summer challenge is here... packed with 3 weeks of workouts – including LIVE classes, morning movement, and treehouse yoga – daily meditation, mindful meals, FIT-spo, and a community of support, encouragement, and accountability!

Soul Creek Wellness

Soul Creek is now open: a playground for self-care where guests can nurture in nature with Brooke during transformational day-treats and multi-day retreats.

21 Recipes +

Enjoy 21 mouth-watering recipes from BB Body friend, Chef Giovanna Mosconi, eat healthy and meet your fitness goals. Plus, there's a bonus recipe for a detox soup that will help you jump start your summer.

Join Brooke in Person!

Brooke has partnered with the incomparable Yogando Retreats to bring wellness, luxury and travel together through exclusive 5-star experiences around the globe. Book your journey now.

Upcoming Retreats: Carefree, AZ | Costa Rica | Malibu

Weekly LIVE Zoom Classes + Digital Hangouts + Q&As

Now you can join Brooke from anywhere in the world for these live classes.

Transform Your Body & Mind in 21 Days!

Just 20 Minutes a Day - 5 Days a Week

Fitness is rarely an isolated journey, so let's take this one on together with the support and spirit of sisterhood. Let's start the summer right!

*Start
the summer
strong &
fierce!*

Program includes:

- 15 Workout Videos to Sculpt, Strengthen & Reshape Your Body (All Under 30 Mins)
- 3 Weekly LIVE Zoom Classes
- First-Ever LIVE Digital Hangouts w/Brooke + Q&A
- Downloadable Accountability Worksheets, Wellness Tips & FITspo
- Brooke's Summer Must-Haves + Discount Codes
- Go Green Cleanse + Tech Detox
- Daily Meditation Practice
- 21 New Mindful Recipes from Chef Giovanna Mosconi





Greetings from Soul Creek



NEW Treehouse Yoga & Daily Meditation Morning Movement.

Nestled in the sacred grounds of Serra Retreat in Malibu, California, where the mountains meet the sea, is Brooke's Soul Creek Wellness – a private sanctuary designed to curate mindful experiences and opportunities to nurture in nature.

As a special treat, the *21-Day Challenge* includes treehouse yoga among the treetops.

Daily Mantras

- I am strong
- I am worthy
- I protect my boundaries
- I am capable
- I deserve this work out
- I create space for myself
- I make myself a priority
- I am beauty
- I am present
- I am aligned with my full potential
- I am love
- I am connected to mother nature
- I am conscious
- I am evolving
- I have everything I need
- I am here now
- I see me in every moment

LIVE Zoom Classes

Join me and experience BB Body classes LIVE from my place to yours with friends and fellow warriors from Malibu and around the globe.

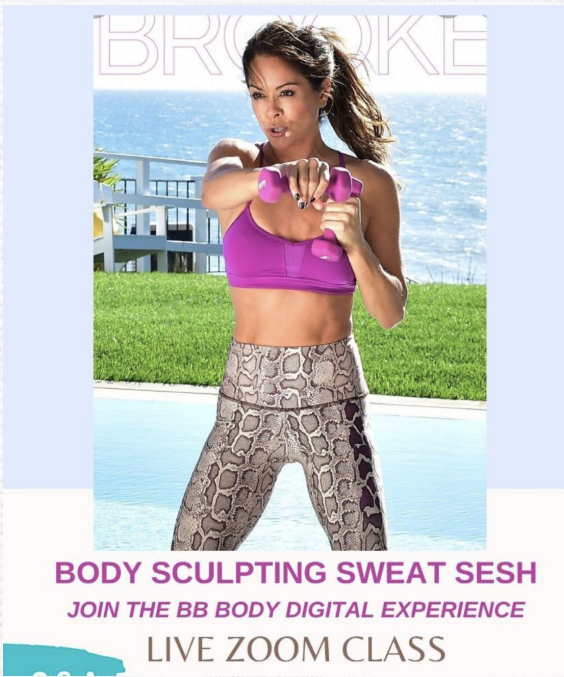
Brooke Burke Body is about so much more than an exercise app. It's a real-life manifestation of my passion for self-care, fitness, and well-being—both physical and emotional. But what I love most about it, is that it has truly developed into an amazing community of like-minded warriors who are there for each other.

I love the BB body community connection and our LIVE weekly Zoom Classes & intimate Q&A's.

Every day, I find inspiration and motivation (and perspiration) through my connection to all of you and your connections with each other. It's so powerful and amazing to be on this journey together with you.

XOXO,

-Brooke



Book classes, events & retreats on BrookeBurke.com

TIP:
Now you can book LIVE Classes & Retreats online at BrookeBurke.com.

Embark on a wellness journey.
Transform your body, mind and spirit with the best home workout plan for women from health & wellness guru, Brooke Burke.

Get the Fitness App | 7-Day Free Trial

Digital Classes
Access inspiration and motivation – anytime, anywhere.

Get the Fitness App

4.8 Rating
4.5 Rating

Available on: amazon fire tv chromecast android tv ROKU SAMSUNG VIZIO

Sweat Smart
Minimize your time. Maximize your results.
Boost your strength, health, and confidence by working out smarter instead of harder – no gym, special equipment, or major time commitment required!

Sweat Smart with Brooke Burke

Experience LIVE Classes, Retreats & Workshops
Feel the collective energy in person with classes and special events on the scenic rooftop of Rafi Lounge in Malibu, holistic multi-day wellness retreats, or arrange Private Workout Sessions for you and your crew.

Wellness Retreats
Fitness Fridays LIVE Stream
Zoom Workouts (Live)

Private Workout Sessions
Live, Deep Wellness Workshops
In-person Mindful Fitness Classes

Find a Class, Retreat or Workshop

All In-Person Fitness Classes Media Events Private Workout Sessions Retreats Zoom Classes Select Date Range

Sat 17 Jun	Souful Saturday: Body Sculpting Booty Burn + Soundbath Meditation VIP Experience 10:00am - 11:30am PST Sat, June 17, 2023 Soul Creek Wellness, Malibu, CA	DETAILS SIGN UP
Mon 19 Jun	Rafi Lounge Sweat Temple – HOT Booty Sculpt In-Person 9:30am - 10:30am PST Mon, June 19, 2023 22741 Pacific Coast Hwy, Malibu, CA	DETAILS SIGN UP
Wed 21 Jun	Rafi Lounge – Body Sculpting Booty Burn In-Person 10:30am - 11:30am PST Wed, June 21, 2023 22741 Pacific Coast Hwy, Malibu, CA	DETAILS SIGN UP
Thu 22 Jun	Soul Creek Wellness: Yin-Yang Breathwork Journey w/ Brooke & Lane Jaffe In-Person 6:00pm - 8:00pm PST Thu, June 22, 2023 Soul Creek Wellness, Malibu, CA	DETAILS SIGN UP
Fri 23 Jun	Soul Creek Wellness Fitness Friday VIP Experience 10:00am - 12:00pm PST Fri, June 23, 2023 Soul Creek Wellness, Malibu, CA	DETAILS SIGN UP
24-25 Jun	Transformational Breathwork Teacher Training w/ Lane Jaffe & Brooke Burke 9:00am - 6:00pm PST Sat, June 24, 2023 22741 Pacific Coast Hwy, Malibu, CA	DETAILS SIGN UP

Summer Must-Haves!

Here are a few of my favorite items for the summer.



Bala Ankle Weights



Longevity Superfood Blend



Tru Niagen Supplements



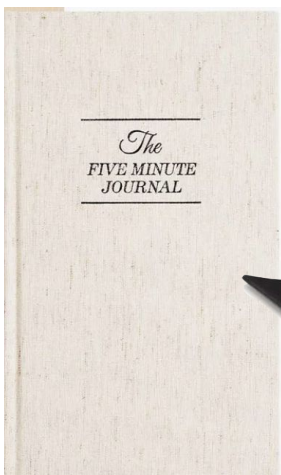
Ketone - IQ

Skechers Summer 2023 Apparel



Brooke Burke Body Subscription

Apple & Google Play Stores, Roku, Samsung TV, Vizio TVs, Apple TV, Amazon Fire, Chromecast



5 Minute Journal & Cards



BB Body Yoga Mats

What's in My Beach Bag?

These are some of my favorites finds for staying focused, fit and fabulous!



Vogue & Better Magazines



Nude Envie Lip gloss

Indeed Nano Bronzing Drops



La Roche-Posay Sun Screen



Magic Mind



BB Body Hat



Coconut Oil



Book: Mediterranean Summer



BB Body Water Bottle and Hat

Skin Fitness

Keep your skin looking young, fresh and moisturized this summer.



Knesko Face Masks



Baboosh Body Wrap



Neom Body Butter



Thera H2O Pitcher



Hydraluron Moisture Jelly



Thera Tri Lite Polychromatic Red Light & Near Infrared Pad



Kayo Firming Serum & Detox Mask



Therasage Copper Vegan Dry Brush with Handle

Sweet Summer Savings

Up to 40% off Retail

Enjoy these sweet deals!



20% off Ketone - IQ

Go to: HVMN.com/BrookeBurke



21% off Tru Niagen

Go to: Truniagen.com

Use promo code: Brooke 21 at checkout.



20% of Magic Mind

Go to: magicmind.com/BROOKEB20



21% off Therasage Copper Vegan Dry Brush with Handle

Go to: therasage.com

Use promo code: BB 21 at checkout



40% off Longevity Superfood Blend

Go to: longevitybybrookeburkebody.com

Meditate to Elevate!

It takes 21 days to form a new habit.

Center yourself in the now.

Meditation is the practice of training the mind in order to induce a state of relaxation, focus, and inner peace. A daily meditation practice helps control our thoughts, emotions & inner dialogue to positively retrain our brain & elevate our well-being.

We meditate, not to find peace, but to meet reality. The practice of meditation can take many forms, including silence, prayer, visualization, and breathing exercises. The main goal of meditation is to stay present and focused on the current moment, rather than dwelling on past experiences or worrying about the future.

Let's begin each day with a mindful meditation practice, step into the powerful present & focus on our daily goals.

Personally, I like musical guided meditations. Here is my [mediation playlist](#).

Through this daily commitment, you will develop a deeper sense of personal awareness and spiritual connection. In the space of stillness, you will find your strength.

(Friendly reminder: Do the morning movement program every day!)



Benefits of Meditation!



Make meditation a habit.

Forming new habits is easier than we think. We actually do it all the time. When school starts, we shift our morning schedule to get everyone ready on time. When our kids' extracurricular activities change, we adjust our afternoon routine to manage new pick-ups and drop-offs. We don't give it much thought... when we are meeting other people's needs.

Perhaps the reason we so easily accommodate change for others, but not ourselves, is because we view self-care as optional. That's where we need to shift our mindset.

It takes three weeks to establish a new habit, which is exactly the length of my new *21-Day Fitness Challenge*. And one of the healthy habits we'll be creating is a daily meditation practice. Trust me on this one, the mind and body benefits are incredible.

Meditation helps decrease stress, control anxiety, and improve sleep. It helps lengthen attention span, reduce age-related memory loss, and promote emotional health. It can even help manage pain, lower blood pressure, and support recovery. Most importantly, meditation fosters kindness. And the world can always use more kindness!

In just three weeks, we can absolutely replace our unhealthy habits with healthy ones. We can reshape our bodies and reconnect with our authentic ourselves. We can fold fitness into our daily routine and discover the power of nutritious (and delicious) food. And we can embrace mindful meditation that will help us stay centered and focused.

Give yourself three weeks and experience the magic of meditation, mindfulness, and me-time.

Detox Mind & Body

Embrace Mindful Mondays.

Begin each week by making time & creating space to connect with intention.

Let's detox the mind by clearing out stale thoughts and negative chatter to make room for more positivity and self love. An intentional daily meditation practice will help you develop more clarity and a deeper understanding of where you are and where you are going this week. Join me for the daily treehouse mediation program and soon this will become a part of your natural routine.

Go Green

Give your body a break by going green for the day. (Green M&Ms don't count.) It's an opportunity to taste mother nature and deepen your awareness of the nutritional choices you're making. Remember to increase your water intake today and stay hydrated. Most of the time, hunger equals dehydration.

Drink Your Body Weight (lbs) in Water (oz.)

One of the most important steps to a healthy, effective detox is hydration. Drinking plenty of water supports your body's natural detoxification process, which helps maintain blood volume, supporting the transport of nutrients and oxygen throughout your body and the elimination of waste products from your body.

Take a Tech Break

Practice saying NO to distractions to free up more time to say yes for what serves you.

Taking a break from technology will strengthen your wellness goals. It may be the challenging, but sometimes we have to get uncomfortable to create change and serve our highest well-being. Start small by beginning with six hours during the day. That means no social surfing, no texting, no TV, or any other digital distractions. I suggest putting your phone on do not disturb – you certainly deserve a break. Detoxing the mind, body, and spirit will nourish your soul.



Practice Morning Mindfulness!

Let's begin each day together!

Set yourself up for success first thing in the morning by taking some me-time before the inevitable interruptions and distractions of the day begin!

"If you do what you've always done, you will be who you have always been." New actions create new habits. New habits create lasting change.

Incorporate morning meditation and movement into your daily routine and it will soon become a meaningful practice.



- Listen to a meditative morning playlist.
- Check in with yourself – mind, body, and soul.
- Find and focus on morning moments of gratitude.
- Warm up your muscles with some stretching.
- Set a positive intention for the day.

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.”



GO Green

Mondays are the perfect days to “Go Green” with fresh, delicious, and nutritious veggies and fruits. Check out your local farmer’s market or organic food store and stock up!

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.



“Here are some tips that can help you stay fit this summer.”



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.

Drink Your Body Weight in Oz.



“To keep our bodies hydrated and healthy, we should be drinking .5 to 1 ounce of water for every pound of our body weight – daily!”

- It hydrates your body.
- It improves brain function.
- It increases energy.
- It cleanses & detoxifies.
- It aids weight loss.



Morning Detox Tea



“I love to relax with a good hot cup of tea. Not only is tea naturally detoxifying, but the ritual of waiting for the water to boil calms me. This is one you can easily make in the morning or at night.”

Ingredients

- 2 cups water
- 1 inch ginger, peeled and thinly sliced
- 1 large lemon, juice of
- ¼ teaspoon turmeric (optional)
- pinch of cayenne (optional)
- ¼ teaspoon raw, coconut or organic sugar

Directions

- Prep the ginger by using a vegetable peeler to remove the outer skin and thinly slice with a sharp knife.
- Using a small pot or kettle, add the water, ginger, lemon juice, turmeric and cayenne, give a good stir.
- Place over medium-low to low heat and warm until steam comes up or whistle blows on the kettle.
- Let rest for 5 minutes, pour into individual cups, add a little sweetener, and enjoy.

Experience the Magic 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."



Crank Up

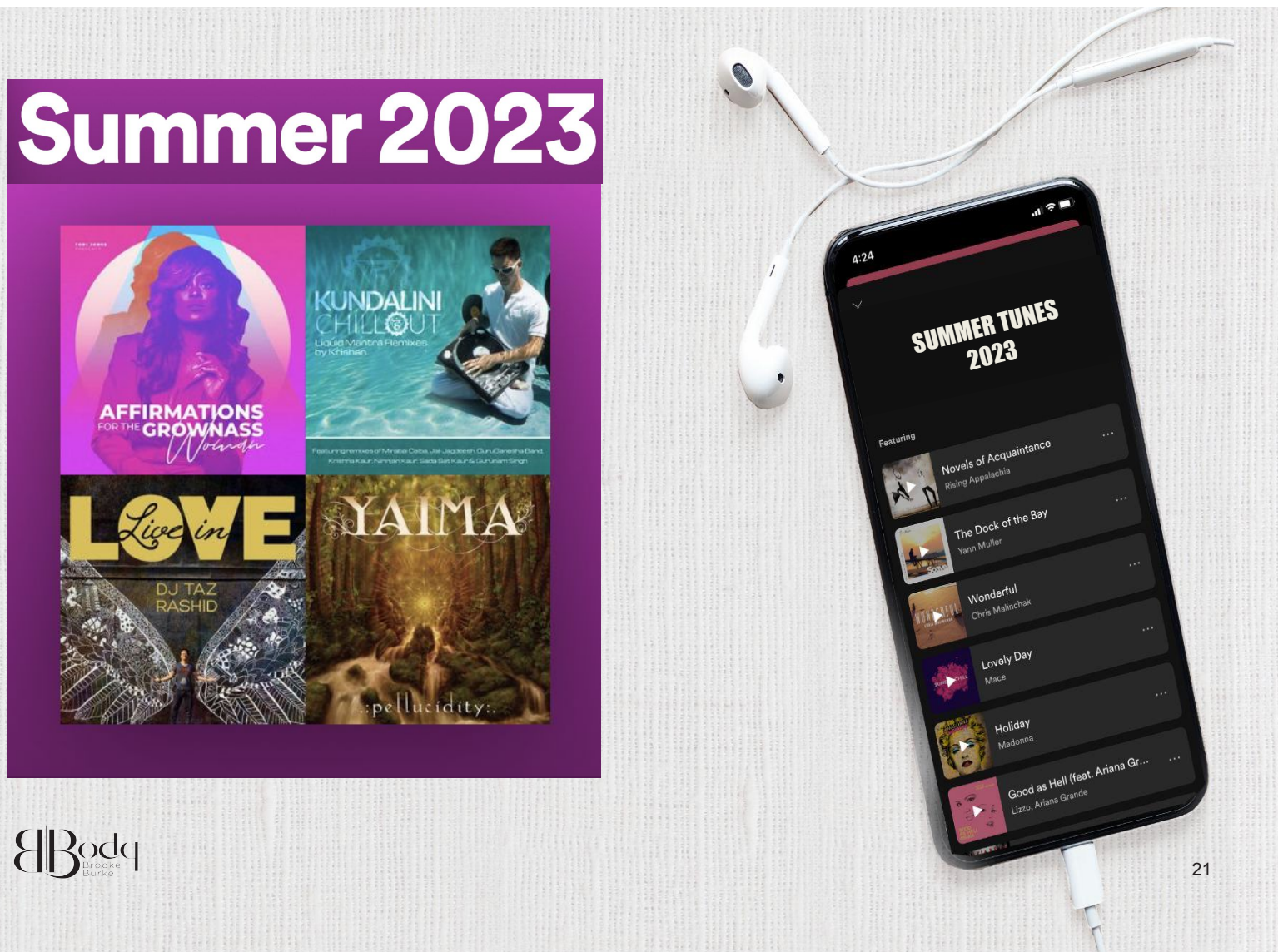
Brooke's Summer Soundtracks!

Music has the power to calm us down, make us move, and renew our spirit. Check out the [The 21-Day Challenge Summer Playlist](#) or go to [Brooke Burke's profile](#) on Spotify for more tracks.

Here are some playlist themes you could make to get into the groove of summer:

- Summer Playlist
- Meditative Playlist
- Workout Playlist
- Entertaining Playlist
- Create Your Own Playlist

Once you have muscle memory on your favorite workout programs. Turn down my audio & crank up your own musical vibe. No one gets your groove better than you!



Nutritious Recipes



Recipes from our friend, Chef Giovanna Mosconi!
[#thechefsdaughternyc](#)

Malibu Mediterranean Recipes: A healthy and pleasure induced way of eating!

I designed these seasonal, clean, Mediterranean recipes to support our ever-changing lifestyles and nutritional needs. I believe that following recipes, based on a Mediterranean Diet, will help you enjoy food and health without deprivation. It is an honor to share my creations with the Brooke Burke Body community - a like-minded group of people committed to fitness and wellness.

During this challenge, let's be open to the changes our body experiences from season to season like environment, activity level, stress, and hormones. It is important to check in with your body, listen to it, and make nourishing choices that give you pleasure and promote good health. Let's also lean into Mother Nature this summer and rely on produce closer to the source for maximum nutrition. I challenge you to fill your kitchens with healthy produce and commit to not buying processed foods.

Combining these recipes with the BB BODY fitness challenges will enhance your success. The more mindful you are when you move and eat, the more you will learn about your body and the activities and foods it needs. I believe food and movement, together, have the power to heal!

You deserve well-being and taking care of YOU should be a priority every season!

Green Detox Soup



Ingredients

3 tablespoons extra virgin olive oil
1 leek, top removed and white stalk finely chopped
1 medium onion, finely chopped
1 shallot, finely chopped
2 stalks celery, chopped
1 fennel bulb, finely chopped- including the stems (fronds reserved)
1 zucchini, chopped
1 cup green peas
1 head butter lettuce, chopped
4 cups vegetable or chicken broth
1/2 teaspoon fennel seeds
salt and freshly ground pepper, to season
1 tablespoon butter (optional)

Direction

- 3 tablespoons extra virgin olive oil
- 1 leek, top removed and white stalk finely chopped
- 1 medium onion, finely chopped
- 1 shallot, finely chopped
- 2 stalks celery, chopped
- 1 fennel bulb, finely chopped- including the stems (fronds reserved)
- 1 zucchini, chopped
- 1 cup green peas
- 1 head butter lettuce, chopped
- 4 cups vegetable or chicken broth
- 1/2 teaspoon fennel seeds
- salt and freshly ground pepper, to season
- 1 tablespoon butter (optional)

Tip

- Clean the leek very well after you cut the dark green leaves from the top. I always find a lot of dirt on my leeks.
- If you don't have one of the vegetables, simply substitute it with another green like broccoli, asparagus, spinach or kale!

Egg & Avocado Toast



Explode your taste buds with this Open Face Egg & Avocado Toast! Food should heal us and give us pleasure - and this Egg Toast does the trick!

Ingredients

2 slices of multigrain bread, or bread of your choice
1 avocado
1/2 lemon, juiced
pinch of Calabrian pepperoncino
1-2 tbsp. extra virgin olive oil
sprinkle of coarse sea salt
touch of freshly ground pepper
2 organic eggs
fresh chives, chopped fine
pecorino Romano cheese, shaved (optional)
6 asparagus spears, trimmed - peeled at the bottom and blanched

Directions

- Toast the bread.
- While the bread toasts, cut the avocado in half. Scoop it out using a spoon and place it into a mortar. If you do not have a mortar, use a small bowl.
- Add the lemon juice, pepperoncini, oil, salt and pepper. Mash together until you form a spreadable paste.
- Heat a medium pan coated with oil. Add the eggs and fry until the whites have set and the yolks are runny. Season with salt and pepper. Add fresh chives.
- To Assemble: Place the toast on a plate. Spread the avocado mash on top. Place the fried egg over it. Add the asparagus spears. If you would like, pour a little more Calabrian pepperoncini on top and shave some Pecorino Romano cheese.

Oven Baked Olives



Ingredients

2 cups of assorted olives
1 rind from an orange
2 garlic cloves, chopped
2 tbsp olive oil
a sprinkle of dried oregano

Directions

- Place the olives, orange rind, and garlic in a cast iron pan.
- Drizzle some oil and sprinkle with oregano.
- Bake in a 450F oven until the olives sizzle, about 15 minutes.
- Serve immediately and enjoy the delicious flavor.

Oven Baked Olives are the perfect Mediterranean Diet appetizer, especially when you have last minute guests and want to serve them something a little special. This takes less than five minutes to assemble. I also make this for myself, as I love snacking on olives!

Pinzimonio



Pinzimonio is simply a dish combining fresh vegetables which are to be dipped in olive oil. To make Pinzimonio, you can experiment and use your favorite vegetables, or try my recipe. All you need is some good quality olive oil, some flaky sea salt, fresh herbs and some freshly ground cracked pepper and presto – and you got yourself a delicious appetizer that will satisfy all your guests and is friendly on the waistline. Who knew dipping raw veggies in liquid gold could be so heavenly.

Ingredients

Vegetables- of your choice or feel free to use my favorite combination below, which is very colorful)

Persian cucumbers

fennel

radicchio

endive

carrots

radish

high quality extra virgin olive oil (do not skimp on this one)

balsamic vinegar

fresh herbs such as rosemary, oregano, basil, parsley and mint.

sea salt

freshly ground cracked pepper

Directions

- Wash and dry your vegetables.
- Cut them into long pieces. I like to make my cuts consistent for aesthetic purposes. Remember, we eat with our eyes first.
- Arrange the vegetables on a large tray, cutting board, platter, or a standing container.
- Drizzle the olive oil, also known as liquid gold, into small serving bowls. Add some balsamic vinegar.
- Sprinkle some sea salt and cracked pepper into each one. I add fresh herbs too.
- Serve and enjoy one of my favorite snacks.

Asparagus Soup



Why should you make this healthy and delicious soup? It has tons of health benefits, and if you're looking to lose weight and lower your blood pressure, asparagus is a good choice for you. It's low in calories and a great source of nutrients, including fiber, folate and vitamins A, C and K. This soup is not only delicious, it is packed with essential vitamins, minerals and antioxidants.

Ingredients

- 3 garlic cloves, whole
- 1 leek, chopped
- 1 small onion, chopped
- 1/2 fennel bulb chopped, (I include stems and fronds- why waste?)
- 1 parsnip, chopped
- 2 cups asparagus, chopped
- 1 large handful arugula
- 1 lemon, juiced
- 4 cups vegetable or chicken broth
- Salt and pepper, to season

Directions

- In a large soup pot, heat up the olive oil, and sauté the leeks, onions and fennel until translucent.
- Add the parsnip and cook until softened.
- Drop in the asparagus and continue to cook for another 5 minutes.
- Add the arugula and lemon juice.
- Fill the pot with the broth and bring to a boil. Reduce the heat and cook for 15- 20 minutes more.
- Remove from heat to blend. I like using an immersion blender. Blend until creamy. If you think your soup is too thick, you can always add a little more broth or even some water to thin it out.
- Serve as a first course or as an entire meal.

Chickpea Soup



Ingredients

3 tbsp extra virgin olive oil (I use as needed without measuring.)
1 onion, diced
1 carrot, diced
1 celery diced
salt & pepper, to season
3 whole garlic cloves, crushed
1 bay leaf
2 sprigs fresh rosemary, chopped
4 sage leaves, chopped
2 - 15 ounce cans of chickpeas or use dried chickpeas (but make sure you allot enough time for them to soak)
4 cups vegetable broth
lemon juice, optional
3 tablespoons pancetta (optional)

Directions

- In a large Dutch oven or heavy cooking pot, heat the olive oil over medium-high heat. Add the onion, carrots and celery, and cook until slightly softened. Season with salt and pepper. (Approximately 5-8 minutes.)
- Add garlic, bay leaf, rosemary, and sage.
- Add about 20 ounces of chickpeas – reserving the remaining portion. Cook for 5 more minutes, tossing regularly.
- Add 4 cups of hot vegetable broth to the pot. Bring to a boil for 5 minutes, then reduce the heat to medium-low and cook for about 30 minutes.
- Remove from heat and blend ingredients until smooth and creamy. Add the remaining chickpeas and stir.
- Squeeze a little lemon juice on top. Serve immediately and enjoy.
- It tastes even better the next day!

Heirloom Tomato Salad



Ingredients

3 cups heirloom tomatoes (choose the freshest ones you can find)
2 radishes, sliced
Persian cucumber, sliced
1/2 avocado chopped, peeled and pitted
1/4 red onion, finely chopped
1 tablespoon capers, rinsed and dried
1 tablespoon, balsamic vinegar
Sea Salt and freshly ground pepper
3 tablespoons extra virgin olive oil
1/4 cup fresh basil, chopped
a few sprigs of mint, torn

Directions

- Rinse and dry your tomatoes.
- Chop the tomatoes using a serrated knife and place in a gorgeous, inspiring salad bowl.
- Add the radish, cucumbers avocado, onion and capers
- In a separate bowl, combine the vinegar, salt and pepper. Mix together. Slowly drizzle in your olive oil and whisk until you have a dressing.
- Pour over the tomato salad. Add fresh herbs and toss together gently.
- I love adding a basil sprig to each plate to accentuate the beauty of this dish

It's tomato season and if you are lucky enough like me to have a girlfriend like Brooke Burke, who has her own garden, you can pick tomatoes right from your backyard. Do not refrigerate your tomatoes. Instead, get a beautiful clear bowl for them and display them as a centerpiece in your kitchen. Since there are many types of heirloom tomatoes, choose a colorful variety that will make your plates colorful. Enjoy the symphony of these summer flavors.

Tri Colore Salad



Ingredients

4 heads endive, washed, dried and trimmed. Separate each head into 6 spears (total of 24), coarsely chop the remaining spears into 1/4 inch ribbons
1 head Radicchio, washed, dried, cored and coarsely chopped into 1/4 inch ribbons
4 cups baby arugula, washed and dried
4 fresh tomatoes, cut into 6 wedges each
3 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
Salt and freshly ground pepper
Shaved Parmigiano- Reggiano, optional

Directions

- Arrange the endive spears around the rim of 4 chilled plates (6 spears per plate).
- Combine all 3 lettuces in a large mixing bowl.
- Add a tomato wedge in between each endive spear on each serving dish
- In a small bowl, mix together the oil, vinegar, salt, pepper and pour over the salad. Toss to combine.
- Place each portion of salad in the middle of the serving dish, surrounded by endive spears and tomato wedges. Optional: Add some shavings of Parmigiano- Reggiano to top. You can also add protein of your choice.
- Serve immediately.

This classic, vibrant, colorful red, white and green salad, copies the colors of the Italian flag. It is full of flavor and a delicious way to start any Mediterranean meal! You can also add protein to it such as salmon, chicken, steak or eggs to make it a complete meal.

Healthy Veggie Grain Bowl



Ingredients

- 1 eggplant, chopped
- 1 tps. salt
- 1 box farro, 17.6 ounces
- 1 parsnip, chopped
- 2 zucchini, chopped
- 2 sweet potatoes, peeled and chopped
- 5 sprigs fresh rosemary, chopped
- 1 onion, diced
- 1 carrot, diced
- 2 celery sticks, diced
- 1 15.5 oz can of chickpeas, rinsed & drained
- 2 cups arugula
- Extra virgin olive oil, as much as you need
- salt and pepper to season

Directions

- Preheat oven to 425°F.
- Place the eggplant in a large bowl and add salt. Mix together and let sit for 45 minutes to 1 hour.
- Rinse the eggplant under cold water and pat dry with a towel to extract as much liquid as possible.
- Follow the directions on the box and cook the farro. When done, set aside.
- In a large baking pan coated with oil, add the eggplant, parsnip, zucchini, and sweet potatoes.
- Season with salt and pepper. Drizzle with 2-3 tablespoons of olive oil and add the rosemary. Mix together until well coated. Bake in the oven for 30-40 minutes, or until done.
- Meanwhile, heat 2 tablespoons of oil in a large sauté pan over medium high heat.
- Add the onions and cook until translucent. Add the carrots and celery and cook until softened.
- Add the chickpeas and the farro. Mix together. Add the roasted vegetables to the pan and continue to mix.
- Throw some arugula on top, mix together and serve.

Grilled Vegetables



Ingredients

- 2 bulbs fennel, sliced vertically into 1/2 inch thick slices
- 1 head radicchio, separated into leaves
- 2 zucchini, sliced lengthwise 1/3 inch thick slices
- 2 Sicilian eggplant, sliced lengthwise 1/2 inch thick slices
- 1 red onion, sliced vertically into 1/2 inch thick slices
- 6 Portobello mushrooms, sliced
- 1 bunch (1-pound) asparagus, trimmed
- 1/4 cup extra virgin olive oil, plus 3 tablespoons
- Salt and freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 1 teaspoon shallot, minced
- 1 garlic clove, minced
- 3 stalks finely chopped fresh rosemary leaves, plus a few sprigs for garnishing
- 3 stalks finely chopped thyme leaves

Directions

- Heat a grill or grill pan over medium-high heat.
- Place the vegetables in a large bowl and drizzle the olive oil on top.
- Season generously with salt and pepper.
- Once the grill is hot enough, place the vegetables on it and let them get a little charred. (Do not move them around.) After about 2-4 minutes, turn over and lightly char the other side until tender.
- Depending on the size of your grill, you may have to do this step in batches.
- In a small bowl, mix the remaining oil, vinegar, shallot, garlic and herbs. Season with salt and pepper and combine.
- Arrange the vegetables on a large platter or bowl, and drizzle with the balsamic vinaigrette. You can also skip the marinade and eat them straight from the grill.

Garnish with a few sprigs of rosemary and Buon Appetito!

Sauteed Zucchini



Ingredients

2 tablespoons extra virgin olive oil
1/2 onion, diced
3 zucchini squash, quartered
salt and pepper to season

Directions

- Heat the oil in a large pan over medium heat. You want enough room to not crowd the zucchini.
- When hot, add the onion and sauté for until soft and translucent.
- Add the zucchini, salt and pepper and cook until the squash is tender

Zucchini is in season, and this is such an easy dish to prepare. Enjoy this low carb veggie delight.

Braised Fennel



This simple recipe may be one of my favorites because I am a fennel addict, and although I eat my fennel raw most of the time, braising these beautiful bulbs adds a heavenly experience to any meal. This makes the perfect side dish.

Ingredients

2 fennel bulbs, stems cut off, fronds reserved, cored and cut into 1-inch thick wedges
1 shallot, cut into 1-inch thick wedges
1/4 cup olive oil
1/4 cup wine
sea salt and freshly ground pepper
2 tablespoons fresh lemon juice

Directions

- In a large pan, heat the oil over medium-high heat until hot. Add the fennel and shallots and cook until translucent and slightly browned.
- Heat the oil in a large skillet with a tight-fitting lid over medium-high heat until very hot but not smoking. Add the fennel and cook, stirring once, until the fennel is browned, about 7 minutes.
- Add wine to the skillet and using a wooden spoon, scraped up any brown bits from the bottom.
- Season with salt and pepper and add 1/4 cup water.
- Cover pan and reduce heat. Cook for about 10 minutes or until soft.
- Slowly simmer until the fennel is very soft. You may need to add more wine or water during the process if it all absorbs. Check as you go along.
- Add the lemon juice and stir it in. Remove from pan and place on a platter or in a bowl. Garnish with fennel fronds.

Lentil Arugula Salad with Grilled Shrimp



Ingredients

1 pound of grilled shrimp
Salt and pepper, to season
3 tablespoons olive oil
1 tablespoon lemon
1 tablespoon white wine
1 pinch of dried oregano
1 cup of steamed lentils (Cook your own according to the package directions, or buy packaged steamed lentils to save time.)
3 cups arugula
1/2 avocado chopped, peeled and pitted

The Dressing

3 tablespoons olive oil
1 tablespoon lemon
1 teaspoon fresh parsley, chopped

Optional: Shaved Parmesan cheese (amount varies, depending on what you like)
Salt and Pepper to taste

Directions

- To Grill the Shrimp: Preheat your grill pan. Season the shrimp with salt and pepper, and marinate with the oil, lemon, and oregano. Once the pan is hot, grill your shrimp on both sides, approximately for 1-3 minutes until pink and cooked on each side.
- To Steam the Lentils: If cooking the lentils, either follow the package directions or make my recipe. First, carefully sort through the lentils to remove any bits of debris, and gently rinse with water. Add 3 cups of water to a large sauce pan and pour in 1 cup of lentils. Bring to a boil. Cover and reduce heat. Simmer until the lentils are cooked for about 15-20 minutes.
- Assembly: Place the the arugula, steamed lentils and avocado in a large mixing bowl. Add the shrimp to the salad. in a separate bowl, add your lemon and oil, and mix together until combined. Drizzle over the salad and season with some salt and pepper to taste. Plate and serve immediately. Optional: Shave a few pieces of Parmigiano-Reggiano cheese onto the salad and enjoy!

Spaghetti Al Limone



Get ready to cook the signature pasta dish of the Amalfi Coast-Spaghetti al Limone. It is a life changing experience, and now you bring the Amalfi Coast magic right into your kitchen with easy to make, hassle free recipe. Make it at your next summer dinner party and serve your guests a meal that they will remember forever.

Ingredients

1 pound spaghetti or spaghetti
1/4 cup olive oil, and more as needed
1 garlic, sliced too thin
1/4 red chili, sliced
1 handful chopped parsley, reserve a little for the end to garnish
Fine Sea salt and freshly ground pepper, to season
1-2 tablespoons unsalted butter
1/2 lemon, juice and zest
1/2 cup grated Parmigiano-Reggiano and/or Pecorino Romano
cheese, and more if you wish at the end.
1/3 cup chopped fresh basil leaves

Directions

- Cook the pasta until al dente in a large pot of salted, boiling water. Follow the directions on the box. Reserve 1-2 cups of the cooking water.
- Right before the pasta is about ready, make the sauce. Combine the olive oil, garlic and chili pepper, in a large enough sauce pan to hold the cooked pasta, and sweat over medium-low heat. This combination will give the oil a magical flavor.
- Using tongs, transfer the cooked pasta to the sauce pan and if the pasta drips with water, this is a good thing. If needed, add some of the reserved cooking water. Season with a little salt and pepper. Stir gently to coat the pasta in the oil.
- Add the butter and allow it to melt, giving the sauce creamy consistency.
- Squeeze the lemon on top of the pasta. Toss gently to coat.
- Drop in the parsley and grated cheese and stir until combined. You should notice the sauce has thickened. Add a little more pasta water if needed. Turn off the heat.
- Garnish with fresh lemon zest, basil and parsley. Add a little more cheese on top if you wish and enjoy a beautiful pasta dish.

Mediterranean Grilled Chicken Plate



Ingredients

8 Chicken Breasts, thinly pounded
Sea Salt and freshly ground pepper, to season
Pinch of red chili flakes
Pinch of paprika,
1 teaspoon dried oregano
Extra virgin olive oil, 1/4 cup divided - plus more
2 lemons, divided
2 shallots, 1 cut in wedges, 1 diced
2 lemons, 1 juiced - the other cut in wedges
1 carrot, peeled and diced
1 celery, diced
1 cup bulgur, cooked
fresh basil leaves
fresh mint leaves (I get mine from Brooke Burke's garden!)
1 zucchini, sliced in rounds
2 cups sliced mushrooms
1 teaspoon balsamic glaze
Tri color salad (See above recipe.)

Directions

- Wash and thoroughly dry the chicken and place in a large bowl.
- Season the chicken on all sides with salt, pepper, chili flakes, paprika, oregano, 2 tablespoons olive oil and 1/2 lemon juiced. How much of each? As much as you want – I eye it, but I provided suggestions above if you prefer exact amounts.
- Heat the remaining 2 tablespoons of oil in a medium saucepan, and sauté the diced shallots until soft. Add the carrots and celery and continue to cook until softened. Season with salt and pepper
- Add the cooked bulgur to the pot and mix together. Drizzle a little more oil and season to taste. Put heat on low and let it slowly cook together. Tear off some fresh basil and mint leaves and mix it in.
- Heat oven to 325 degrees F.
- Heat a grill pan over high heat. Once hot, add the marinated chicken and shallot wedges. Grill on each side - about 5 minutes each. (I grilled mine in batches. When one batch is done, add it to a baking dish and pop in the oven). As soon as all the chicken is cooked, place them in an oven safe pan and pop them straight into the oven.
- Marinate the zucchini rounds in olive oil, the remaining lemon juice and season with salt and pepper.
- Grill zucchini on both sides. Then add to the pan with chicken and continue to heat in the oven.
- Marinate the mushrooms with a drizzle of olive oil, a drizzle of balsamic glaze, salt and pepper. Add to the grill pan until cooked. The mushrooms will cook quickly.
- Prepare a Tri Colore salad – use the previous recipe.

Tuscan Chicken



This is a weekday favorite of mine, because it so easy to whip up and it makes a very pleasurable meal. Transform an ordinary chicken dinner into a Mediterranean delight with this recipe. Get ready for your kitchen to awaken your senses and radiate the smell of beautiful fresh herbs.

Ingredients

- 1 whole chicken, cut up into 8 pieces
- Salt and pepper
- 1/2 cup all-purpose flour
- 1/4 cup extra virgin olive oil
- 1/2 cup red wine
- 1/2 cup chicken stock
- 1 cup mixed olives, such as Kalamata and Castelvetrano
- 1 cup cherry tomatoes, blanched and peeled
- 1 handful sage, chopped
- 1 handful rosemary, chopped
- 1 handful parsley, chopped

Directions

To blanch tomatoes:

- Fill a pot with water and bring to a boil.
- Drop the tomatoes in and after 1 minute, remove them and place in ice bath.
Peel off skin and slice in half.
- Preheat the oven to 350 F.
- Wash and pat dry your chicken.
- Season it with salt and pepper.
- Coat each chicken piece in flour, shaking off any excess.
- In a large skillet, heat the olive oil and brown. This may be easier to do in batches, depending on the size of the pan.
- Brown it for 2-3 minutes on each side, or until golden brown.
- Add the wine and stock and raise the heat until it reduces by half.
- Transfer the chicken onto a baking dish and add the olives, tomatoes and herbs on top.
- Bake uncovered until done, approximately 30-40 minutes. This depends on the size of chicken.
- Make sure you turn the chicken over half way through the cooking time.
- Serve immediately, and garnish with a little fresh parsley.

Broiled Filet of Sole



Ingredients

14 thin fillets of sole
4 tablespoons of extra virgin olive oil
1 1/4 teaspoon sea salt
1/2 teaspoon freshly ground pepper
12 sprigs of fresh thyme
Lemon wedges, optional

Directions

- Preheat broiler. Wash and dry the fish. Arrange the filets on a baking sheet.
- Season the fish with oil, salt and pepper. Place three sprigs of thyme under each filet.
- Place under the broiler, and broil without turning for 3 minutes, or until fish flakes easily when pierced with a fork. Remove from heat.
- Carefully remove the delicate filets from the dish. Strain any remaining juice from the pan and pour over fish.
- Optional: Squeeze some fresh lemon on top. Serve immediately!

This recipe provides for a quick but impressive, healthy and satisfying Mediterranean meal. Filet of Sole is a thin and tender fish that cooks quickly.

LA LA Land Fish



Ingredients

4 fillets of fresh white fish (I like to use sole, snapper, or tilapia.)
1/2 cup all-purpose flour for coating
Salt and freshly ground pepper
1/4 cup extra virgin olive oil,
1 tablespoon garlic, chopped
1 tablespoon capers, drained and rinsed
1/2 cup grape tomatoes
1/4 cup gaeta olives, sliced
Seafood (optional 4-8 mussels, 4-8 clams and 4-8 shrimp) *Make sure to clean the seafood.
1/2 cup white wine
1 cup fish stock or water
Handful of freshly chopped Italian parsley

Directions

- Lightly coat the fish on both sides with the flour, shaking off any excess.
- Heat the oil and garlic in a medium pan over medium-high heat. Add the fish and sear it on both sides.
- Add the capers tomatoes and olives.
- Optional: Add seafood.
- Add the stock and wine and let simmer for 10 minutes
- Garnish with fresh parsley and serve.

Make healthy white fish & seafood with tomatoes capers, olives and parsley within 10 minutes. The perfect meal for someone who wants to eat healthy, and enjoy a restaurant quality meal.

Broiled Salmon



Ingredients

- 4 (6-8 ounces) salmon filet
- 4 tablespoons extra virgin olive oil
- Sea salt and freshly ground pepper, to season
- 12 sprigs fresh thyme

Directions

- Preheat broiler. Place the salmon on a baking sheet.
- Season the fish with oil, a pinch of salt and a pinch of pepper.
- Place three sprigs of thyme under each fish.
- Place under broiler, and broil without turning for about 8 minutes or until fish flakes easily when pierced with a fork. (Cooking time varies depending how you prefer your fish prepared.) Remove from heat and serve! If adding some of my secret sauce, add it now. You can find it in the next recipe.)

There is no other meal that I cook more than this one. I make it once a week. It's not only healthy and satisfying, but it's uniquely delicious when cooked properly. Anytime I make this for Brooke and her family they are always convinced I have some special secret in my preparation because it comes out so tasty, but the truth is the only secret I have is that I buy the freshest piece of salmon. I keep it simple and usually serve this with a green vegetable and salad.

When broiling fish, there is no reason to turn it over during the process. Ideally, you want to cook the salmon until it is browned on top and slightly undercooked in the middle. Cooking time varies depending on the size of the fish and how cooked you prefer it. For a more rare version, cooking time runs approximately 8 minutes or less. If you prefer it more cooked, turn off the oven and keep the fish in there for another 3-5 minutes.

The Chef Daughter's Secret Sauce



Ingredients

6 tbsp. extra virgin olive oil
3 tbsp. hot water
2 lemons, juiced
1 tbsp. garlic, minced
1 tbsp. fresh Italian parsley, chopped
1 tbsp. fresh oregano, chopped
sea salt and freshly pepper, to season

Directions

Pour the olive oil into a pot over simmering water.

Whisk in the water and lemon juice until they gently simmer.

Add the lemon, garlic, parsley, and oregano and simmer for 3-5 minutes, continuing to whisk.

Season to taste with salt and pepper and remove sauce from the simmer water and set aside.

Drizzle on top of main dish and enjoy.

The secret you have been waiting for: **Salmoriglio**.

Start with a very high quality fresh fish and combine it with this ancient Sicilian marinade for a restaurant-quality meal that is so delicious and healthy, you will crave it over and over again. You can use Salmoriglio on any type of grilled fish, meat, or vegetable, so experiment with it!

The best part is that it is very quick to make, so whip some up and pass this vibrant condiment around the table. It's even great to schmear on toasted bread.

Grilled Steak



The summer months are perfect for grilling meats. For the days you are craving a beautiful piece of red meat - here it is! This cut should be tender since it is from the short loin, the most tender part of beef. When choosing a steak, make sure the color is red, as brown is an indicator that the meat is old. On a high-quality cut of beef like this one, you don't need much seasoning to make it taste good. Pour yourself a glass of red wine and enjoy one of life's greatest pleasures – meal time! Serve with salad and some grilled veggies.

Ingredients

4 New York Strip steaks, 1-2 inch thick
salt and freshly ground pepper
1/3 cup extra virgin olive oil
fresh sage, rosemary and thyme, chopped

Directions

- Trim steaks of any exterior fat and pat dry with paper towels.
- Season both sides of steak generously with salt and pepper.
- Coat on both sides with olive oil.
- Heat the grill. Lightly grease your steaks with the oil. If you do not have one, you can also use a shallow baking dish or cast-iron pan, but note the fat will not excrete as the surface will not drain like a broiler pan will.
- Grill your steaks by placing them on the rack on each side for 3-4 minutes. Cooking time will vary depending on how you prefer your steak. A rare steak will have red juices, a medium steak will have clear juices, and a well-done steak will have brown juices. Grilled to your liking.
- Before serving, allow the meat to rest for about 5 minutes, so that the juices stop running.
- Add the herbs to the oil and drizzle on top. You can also use my secret sauce instead. (See above recipe.)

Berry Fruit Salad



Ingredients

- 2 cups sliced strawberries
- 3 cups blueberries
- 2 cups raspberries
- 1 cup blackberries
- 1 handful fresh mint, minced
- 3 tablespoons honey
- 3 tablespoons fresh lemon juice

Directions

- Arrange fruit and mint into a large chilled clear bowl.
- In another bowl, whisk together with love the honey and lemon. Drizzle over the fruit and lightly toss to combine
- Serve immediately! I love adding mint sprigs on top and lemon around the plate.

Craving a little dessert? We have got you covered with the perfect summer medley of antioxidant berries. It's healthy and refreshing – perfect for the hot days ahead and our 21-Day Fitness Challenge.



21 DAY
CHALLENGE

Daily
Journal

21 DAY

CHALLENGE

Gratitude

Use your morning movement program to begin each day in GRATITUDE. What we appreciate, appreciates. Write three things that you are grateful for today.

Letting Go

What can you say goodbye to in order to create more space for newness? Write three things that you can let go of, that are not in alignment with your wellness vision.

Celebrate

You're winning!
Write down three things that you are proud of today, that's worth celebrating.

CHANGE

Developing new patterns. It takes 21 days for a NEW habit to stick. Consistency will allow you to create new habits. Do something different every day. It's the only way to change.

CONNECT

Each daily practice allows you an opportunity to become more connected to yourself. Through mindful meditation you will begin to listen and understand your personal potential.

COMMUNITY

The BB Body family is there to support, encourage & challenge you to complete this program. We are in this together. Community matters.

CREATIVITY

This 21-Day program was choreographed to keep you engaged & excited. Stay stimulated with our new sets, new recipes, new moves & NEW possibilities.

CHOREOGRAPH

This season, everything is possible if you create your wellness vision. Through daily mind body & spirit practices you will find your rhythm to dance though your best self ever!

CONSCIOUSNESS

You will finish this program with a deeper awareness of self. You will be better because of it. The daily programs will shift your energy & elevate your well-being. In 21 days you will make better lifestyle choices & interact with your body in meaningful ways.

Meditation = Consciousness

DAY 1

People do not decide their futures. They decide their habits. And their habits decide their future.

- | | |
|--|--|
| <input type="checkbox"/> Schedule ME-Time | <input type="checkbox"/> Stay Hydrated |
| <input type="checkbox"/> Set Your Intentions | <input type="checkbox"/> Practice Gratitude |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Positive Inner Dialogue |
| <input type="checkbox"/> Mindful Nutrition | <input type="checkbox"/> Celebrate Progress |

Today I meditated for...

Today I discovered...

Today I let go of...

I intend to...

I am grateful for...

I celebrate...

DAY 2

Self-care is to *love* my body enough to keep showing up day after day. On the tired days, on the hormonal days, on the sore days, and the weak ones too. I am learning to celebrate both my strengths and weaknesses. I meet my body with *love* and respect because it's the only place I have to *live*.

- | | |
|--|--|
| <input type="checkbox"/> Schedule ME-Time | <input type="checkbox"/> Stay Hydrated |
| <input type="checkbox"/> Set Your Intentions | <input type="checkbox"/> Practice Gratitude |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Positive Inner Dialogue |
| <input type="checkbox"/> Mindful Nutrition | <input type="checkbox"/> Celebrate Progress |

Today I meditated for...

Today I discovered...

What I did different today...

I intend to...

I am grateful for...

I celebrate...

DAY 3

Protect your boundaries.

- | | |
|--|--|
| <input type="checkbox"/> Schedule ME-Time | <input type="checkbox"/> Stay Hydrated |
| <input type="checkbox"/> Set Your Intentions | <input type="checkbox"/> Practice Gratitude |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Positive Inner Dialogue |
| <input type="checkbox"/> Mindful Nutrition | <input type="checkbox"/> Celebrate Progress |

Time spent on self-care...

One thing I did different today...

Today I meditated for...

I intend to...

I am grateful for...

I celebrate...

DAY 4

*MOVE different because
you want different*

- | | |
|--|--|
| <input type="checkbox"/> Schedule ME-Time | <input type="checkbox"/> Stay Hydrated |
| <input type="checkbox"/> Set Your Intentions | <input type="checkbox"/> Practice Gratitude |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Positive Inner Dialogue |
| <input type="checkbox"/> Mindful Nutrition | <input type="checkbox"/> Celebrate Progress |

One thing I did different today...

Time spent on self-care

Personal Mantra...

I intend to...

I am grateful for...

I celebrate...

DAY 5

*Hold SPACE for Yourself!
You're worth it!*

- | | |
|--|--|
| <input type="checkbox"/> Schedule ME-Time | <input type="checkbox"/> Stay Hydrated |
| <input type="checkbox"/> Set Your Intentions | <input type="checkbox"/> Practice Gratitude |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Positive Inner Dialogue |
| <input type="checkbox"/> Mindful Nutrition | <input type="checkbox"/> Celebrate Progress |

Time spent on self-care...

Tech-break commitment...

Personal Mantra...

I intend to...

I am grateful for...

I celebrate...

DAY 6

Meditate. Elevate.

- | | |
|--|--|
| <input type="checkbox"/> Schedule ME-Time | <input type="checkbox"/> Stay Hydrated |
| <input type="checkbox"/> Set Your Intentions | <input type="checkbox"/> Practice Gratitude |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Positive Inner Dialogue |
| <input type="checkbox"/> Mindful Nutrition | <input type="checkbox"/> Celebrate Progress |

Meditation discovery...

Mantra Manifesto...

What I learned today...

I intend to...

I am grateful for...

I celebrate...

DAY 7

“Dear God, thank you for this beautiful body. It’s the only place I have to live.” - BB

- | | |
|--|--|
| <input type="checkbox"/> Schedule ME-Time | <input type="checkbox"/> Stay Hydrated |
| <input type="checkbox"/> Set Your Intentions | <input type="checkbox"/> Practice Gratitude |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Positive Inner Dialogue |
| <input type="checkbox"/> Mindful Nutrition | <input type="checkbox"/> Celebrate Progress |

Morning Mantra...

Time spent on self-love...

3 personal compliments...

I intend to...

I am grateful for...

I celebrate...

*Thanks for
Joining Us*

*You're allowed to be a work in progress and a
masterpiece simultaneously.*

Enjoy your summer. Let it burn!!!

XoXo ~ Brooke