

30 DAYS OF SELF LOVE

Healthy Mind, Body, + Soul Challenge

DAY 1 Download the Red Mountain app & try preparing 1 new recipe.	DAY 2 Clean-out your pantry & get rid of anything that may tempt you to get off-track with your health goals.	DAY 3 Create your vision statement by downloading Dr. Kim's printable worksheet.	DAY 4 Go on a 10-minute walk after dinner.	DAY 5 Practice goal visualization: Buy a great outfit for yourself in your goal size.
DAY 6 Write down 3 positive affirmations. <i>Example</i> I am capable of success. I am worthy of good things. I am proud of myself.	DAY 7 Meal prep for the week ahead using recipes from our ebook, <i>Cooking the RM Way</i> .	DAY 8 Create a mood board. Include quotes, 'goal pictures,' and symbols as a reminder of what you're pursuing.	DAY 9 Spend 5 minutes visualizing your actual moment of success to reaffirm your goal & strengthen your will to overcome adversity.	DAY 10 Engage in a random act of kindness.
DAY 11 Treat yourself to a Med Spa service like a RM Signature Facial	DAY 12 Eat a salad with homemade salad dressing: Citrus Ginger Dressing ● <i>Recipe on the back</i>	DAY 13 Write down 5 things you love about yourself. <i>Example</i> I love my smile. I love my ambitiousness.	DAY 14 Treat yourself to a healthy dessert: Meringue Cookies ● <i>Recipe on the back</i>	DAY 15 Prepare your favorite healthy meal using recipes from our ebook, <i>Easy Gourmet Recipes</i> .
DAY 16 Do these exercises: 30-second plank 20 squats 15 crunches	DAY 17 Text or call a loved one and share words of encouragement with them.	DAY 18 Engage in 20 minutes of light exercise from video series, <i>RM Guide to Fitness</i> .	DAY 19 Make these protein pancakes for breakfast. ● <i>Recipe on the back</i>	DAY 20 Wake up early & enjoy a cup of coffee or tea while watching the sun rise.
DAY 21 Spend 30 minutes practicing self-care. <i>Example</i> Take a bath Do a face mask Paint your nails	DAY 22 Do one thing that you've been putting off. <i>Example</i> Donate clothes you no longer wear. Clean out your fridge. Get your car washed.	DAY 23 Engage in 20 minutes of light exercise. Try the Deck of Cards Workout Circuit.	DAY 24 Have a technology-free day.	DAY 25 Compliment a stranger.
DAY 26 Write down 5 things you are grateful for.	DAY 27 Begin your day with a 20-minute exercise routine from video series, <i>RM Guide to Fitness</i> .	DAY 28 Treat yourself to Strawberry Margarita Mocktail ● <i>Recipe on the back</i>	DAY 29 Write down 3 fears and how you can overcome each of them.	DAY 30 Try a new recipe: Buffalo Cauliflower Bites ● <i>Recipe on the back</i>

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Recipes

DAY 12

Citrus Ginger Dressing



Ingredients

3 tbsp orange juice
1 tsp apple cider vinegar
1 Tbsp liquid aminos
Ground ginger (to taste)
Salt & pepper (to taste)
Stevia (to taste)

Directions

Combine spices with liquid ingredients. Warm slightly to enhance the flavors.

DAY 14

Meringue Cookies



Ingredients

6 egg whites (from fresh eggs)
1 tsp lemon juice
½ serving of 1 RM Vanilla Protein Drink
6 Tbsp Swerve® Confectioners Sugar

Directions

Preheat the oven to 210°F. Prepare a cookie sheet by lining with parchment paper. Whisk/whip the egg whites with a squeeze of lemon in a metal or glass bowl until you see stiff peaks. Beat in Swerve® Confectioners Sugar for approximately 15 seconds, being careful not to over-mix. With a piping bag (or plastic snack bag with a corner snipped off), pipe out 1-inch wide dollops onto the lined cookie sheet. Bake cookies for 45 minutes. When done, turn off the oven and allow the cookies to cool completely.

DAY 19

Protein Pancakes



Ingredients

1 RM Vanilla Shake (powder)
1 organic egg white (medium-large)
Pinch of cinnamon
½ tsp of water (if desired)
Walden Farms Pancake Syrup

Directions

Mix the ingredients in a bowl using a spoon or a mini whisk. Place pan on the stove on medium heat and then place the batter in the pan. Let the pancake sit for about 2-3 minutes on one side, flip it, and then let it sit on the other side for another 2-3 minutes*. Top with Walden Farms pancake syrup if desired.

**Depending on the pan and heat used, the timing might be slightly different.*

DAY 28

Strawberry Margarita Mocktail



Ingredients

2 cups strawberries
Juice of 2 oranges
½ cup sparkling water
¼ cup lime juice
Ice
Lime for garnish

Directions

Prepare ingredients by washing the strawberries & squeezing necessary fruit juice. Place the strawberries, orange juice, sparkling water, lime juice and ice into your blender. Blend on medium-high; add in ice as necessary to achieve desired consistency. Pour the mixture into glasses, garnish with a lime, and serve.

DAY 30

Buffalo Cauliflower Bites



Ingredients

3 cups cauliflower florets
1 tsp garlic powder
⅔ cup Frank's RedHot® Sauce
¼ cup water
Salt and pepper (to taste)

Directions

Preheat your oven to 425 F. In a large bowl, mix together garlic powder, salt, pepper, hot sauce, and water. Add the cauliflower florets to the bowl and toss them to coat. Spread the marinated cauliflower florets on a baking sheet prepared with parchment paper. Arrange them in a single layer. Bake cauliflower for about 20 minutes. Then, remove cauliflower from the oven and drizzle more hot sauce onto florets (if desired). Return to oven and broil for another 20 minutes, flipping once halfway through. When done, serve hot with approved dressings such as Walden