

# #SamilyselfLOVEchallenge



## February 2018

Dear Samily,

Happy February and welcome to another fitness and health challenge!!

Whenever I think of February I immediately think of Valentines Day and I thought this V-day should be about all about us! *But Sam, isn't that selfish?!*

No way! Self love is one of the most important loves and is never selfish. Of course we can honor our loved ones and celebrate the day however, I want you to challenge yourself to make this month about YOU! Your fitness, health and overall goals. When was the last time you put your needs first? I know for myself I am always making sure everyone around me is taken care of and I can tend to put my needs aside. When I do this it can result in skipping workouts, meal preps and just quiet time for "me". Listen, in all honesty feeling burnt out and low energy won't do you or anyone else any favors. So lets embrace this love month and treat ourselves like the Queen's we are by taking on this challenge together!

Self- esteem means knowing you are  
the dream

Oprah Winfrey

# FEB #SamilyselfLOVEchallenge

4	Do my Booty Workout	5	Be vegetarian for a day	6	Go to bed before 10 #beautysleep	7	Make pretty water*	8	My lower abs workout	9	Fruit protein smoothie*	10	Have a spa night*
11	Take a bubble bath	12	Encourage a friend	13	Healthy Valentines day snacks*	14	Write yourself a love note	15	Eat vegetables with every meal	16	Morning cardio	17	Watch a netflix documentary
18	Garlic Kale Chips *	19	Chia seed pudding*	20	Read a book all snuggled up	21	Be vegan for a day	22	Meditate	23	Be positive all day	24	My intense abs workout
25	Declutter & donate	26	Early morning stretch	27	Overnight oats*	28	Share a selfie with #SamilyselfLOVEchallenge and tell us what your favorite part of the challenge was!!	1	Watch a TED TALK	2	Green juice smoothie*	3	Drink 8 glasses of water

# Recipes /Directions

Feel free to use your favorite recipes however I have included some of mine :)

xoxo Sammy

## Day 2: Green Juice Smoothie

- Mixed Greens (I love Kale and Spinach)
- Celery or Avocado
- 1 Red Apple
- Lemon Squeeze
- 1/2 Frozen Banana
- Water

## Day 7: Pretty water

- Lemon
- Grapefruit
- Strawberries
- Pitcher of Ice Water

## Day 9: Fruit Protein Smoothie

- Chocolate Protein Powder (I use plant based)
- Unsweetened Almond Milk (Pea milk or coconut milk)
- Strawberries
- Frozen Banana
- Scoop of almond butter

## Day 10: Spa Night Pamper your sexy self! I love to make body scrubs and light candles!

### Body Scrub:

-Coconut Oil + Turbinado Sugar (I mix in a bowl and use in the shower or bath). Scrubs away all dead skin and you will feel baby smooth! Plus it smells amazing!

## Day 13: Healthy Valentines day snacks (will be posted on my youtube channel Feb 12)

## Day 18: Garlic Kale Chips

- Line a baking sheet with parchment paper, and fresh washed kale
- Season with Garlic Salt (you can do salt and pepper if you don't have GS) & a touch of olive oil
- Preheat oven to 300 and bake for 10 - 15 min, then flip and bake for another 10- 15 min.

## Day 19: Chia Seed Pudding

### Mix:

- 1/4 Cup of Chia seeds
- 1 Cup of Almond Milk (or your choice of milk)
- Cover + leave in a jar overnight (I use mason jar)

In the morning mix around, then top with honey + fresh fruit, enjoy!

## Day 27: Overnight Oats

In a mason jar (or small glass) Add ingredients in this order:

- 1 Cup of rolled oats (I use Trader Joe's Brand)
- 2 Tablespoons of Chia seeds
- 1/2 cup of Unsweetened almond milk
- Honey (to your liking)
- Frozen Blueberries (or your fav frozen fruit)
- Top with coconut chips (optional)
- Leave overnight (covered if you want I usually don't b/c I can never find them LOL)
- in AM before eating pour just a tad bit of milk, mix around and enjoy! (this helps it taste yummy + not super dry!)