



SPRING INTO WELLNESS

**NOURISH, ENERGIZE,
AND THRIVE!**

INSPIRATION:

"Spring is the time of plans and projects." – Leo Tolstoy

Let this season of renewal inspire you to refresh your health and embrace new habits that energize your body and mind! Here are some things we're loving this month:



GODDESS ENERGY SMOOTHIE:

Ingredients:

- 1 cup spinach
- ½ frozen banana
- ½ cup pineapple chunks
- 1 tbsp chia seeds
- 1 cup unsweetened almond milk
- ½ tsp fresh grated ginger

Instructions:

Blend all ingredients until smooth.
Pour into a glass and enjoy the refreshing
boost of vitamins and fiber!



LEMON HERB GRILLED SALMON:

Ingredients:

- 2 salmon fillets (~1 lb total)
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp sea salt
- ½ tsp black pepper

Instructions:

1. Preheat grill or stovetop pan over medium-high heat.
2. In a small bowl, whisk together olive oil, lemon juice, garlic powder, oregano, salt, and pepper.
3. Brush salmon fillets with the mixture and let marinate for 10 minutes.
4. Grill salmon for 4-5 minutes per side until cooked through.
5. Serve with steamed asparagus and quinoa for a balanced, protein-rich meal.



GROW YOUR SAVINGS:

As we welcome March and the promise of spring, it's an ideal time to refresh our financial well-being. Here is a tip to help you spring-clean your finances:

Automate Savings

Set up automatic transfers to your savings or investment accounts. Automating your savings helps you build a financial cushion without the need for constant attention, making it easier to achieve your financial goals.



GREEN CHAKRA MEDITATION:

The heart chakra, or Anahata, is associated with love, compassion, and emotional balance. Engaging in a heart chakra meditation can help open your heart to both giving and receiving love and light.

Steps:

1. Find a comfortable position: sit or lie down in a quiet space where you won't be disturbed. Close your eyes and take a few deep breaths to center yourself.
2. Focus on Your Heart Center: Place your attention on the center of your chest, where your heart resides.
3. Visualize Green Light: Imagine a vibrant green light glowing in your heart center. With each inhale, see this light grow brighter; with each exhale, feel it expanding, filling your chest with warmth and love.
4. Conclude the Meditation: Gently bring your awareness back to the present moment. Take a deep breath, open your eyes, and carry the sense of love and compassion with you throughout your day.





SALAD BAR RECIPE HACK:

Ready-to-Use Stir-Fry Mix

Save time and add variety to your stir-fries by using pre-prepped vegetables, grain, and protein from the salad bar.

Select Your Veggies:

Visit the salad bar and choose a mix of vegetables suitable for stir-frying, such as bell peppers, broccoli florets, snap peas, mushrooms, and onions.

Grab your Grain: The salad bar often has healthy grains like quinoa or brown rice. Choose your favorite to serve with your stir-fry.

Pick Your Protein: Opt for a pre-cooked lean protein like chicken breast, tofu, or shrimp.

Stir-Fry: Heat a tablespoon of olive oil in a large pan or wok over medium-high heat. Add the salad bar vegetables. Stir-fry for 3-5 minutes until they are tender-crisp. Toss with the cooked protein and your favorite sauce and heat through.

Combine and Serve: serve over brown rice or quinoa for a balanced meal. This hack allows you to enjoy a colorful and nutritious stir-fry without the hassle of washing and chopping vegetables or cooking rice and protein, which weeknight dinners both quick and healthy!

