

THE Great Vibes GUIDE



Part One

5 Tips to Great Vibes

- 1. HYDRATE:** BANISH PLATEAUS, FLUSH OUT TOXINS, AND ADD A HEALTHY GLOW TO YOUR SKIN.
ADD GREENS INTO YOUR DAILY EATING LIFESTYLE. GREENS WILL LEAVE YOU FEELING ENERGIZED, RADIANT, AND POWERFUL IN YOUR BODY, YOUR THOUGHTS, AND YOUR RELATIONSHIPS.
- 2. GREENS:** ADD GREENS INTO YOUR DAILY EATING LIFESTYLE. GREENS WILL LEAVE YOU FEELING ENERGIZED, RADIANT, AND POWERFUL IN YOUR BODY, YOUR THOUGHTS, AND YOUR RELATIONSHIPS.
- 3. SELF-CARE** TO THRIVE YOU MUST CARE FOR YOURSELF, FIRST AND FOREMOST.
MY FAVORITE WAY? BODY SCRUBS & HOT YOGA.
- 4. BREATHE** SHALLOW & QUICK BREATHS LEAD TO HIGH STRESS LEVELS IN THE BODY. WANT THAT GONE? PRACTICE EVEN INHALES & EXHALES. CLOSE YOUR EYES AND RECONNECT YOUR BODY TO YOUR MIND.
- 5. GIVE LESS** LET YOURSELF DROP THE OVERWHELMING NEED TO CONTROL. OBSESSING & OVER ANALYZING ONLY LEADS TO STRESS AND FEELING LET DOWN. MOVE INTO EVERY SITUATION WITH AN OPENNESS FOR WHAT IS TO COME.

Dirty Dozen

• EAT ORGANIC IF POSSIBLE •

APPLES	PEACHES
CELERY	POTATOES
CHERRY TOMATOES	SNAP PEAS
CUCUMBERS	SPINACH
GRAPES	STRAWBERRIES
NECTARINES	SWEET BELL PEPPERS

+ HOT PEPPERS &
KALE / COLLARD GREENS

Clean Fifteen

• SAFE TO EAT NON-ORGANIC •

ASPARAGUS	GRAPEFRUIT
AVOCADOS	KIWI
CABBAGE	MANGOES
CANTALOUPE	ONIONS
CAULIFLOWER	PAPAYAS
EGGPLANT	PINEAPPLES

SWEET CORN
SWEET PEAS (FROZEN)
SWEET POTATOES

• PRINT • CUT OUT • TAKE WITH YOU SHOPPING •