

CLEAN + SEXY

HOLIDAY MINDFUL EATING

KIT



4 Simple Clean Eating Steps

1. Hydrate. Typically you will be dehydrated after a big celebration. Wake up to a room temperature glass of water with lemon. Also, make sure you drink half your body weight in ounces. I suggest filling up your water bottle and sipping it throughout the day.

3. Juice It Up! You can also drink a fresh juice to give yourself a pick me up or to aid in recovery after a big night. **Here's one that is great for hangovers or feeling bloated:**

Recovery Juice

- 2-3 carrots
 - 1 apple (quartered)
 - 1 orange (peeled)
 - 1 Tbsp. fresh parsley (an effective diuretic and aids digestion)
- Juice all ingredients. Drink up!
(makes approx. 16 oz)

2. Get green the morning after. If you overindulged the night before, you will probably wake up craving sugar and simple carbs. Your blood sugar level has dropped dramatically and your body wants another sugary treat. Fight the craving and fill up on healthy proteins and something green to cleanse. Greens will give your liver a rest and supercharge your system with antioxidants. Green powders like barley and wheat grass are effective detox tools for the day after. They help clean out the system. Mix the powder with water and down it twice during the day. Making a green smoothie can also help with hangovers.

Here's my go-to-after-party drink:

Banana Kale Smoothie

- 4-6 kale leaves (including stems), torn into pieces
- 1 frozen banana
- 1 Tbsp. raw almond butter
- 2 cups of unsweetened almond milk (plain)

Blend and drink up! (makes approx. 16 oz)