

Fuel Your Soul

1- DAY JUMPSTART TO A HEALTHIER
BODY, MIND & SPIRIT



ABOUT JENNIFER CAT



- PROFESSIONAL BIO -

DEGREES & CERTIFICATIONS

M.A. Psychology

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First, thanks for stopping by! I'm Jen - a mom to identical twins and a health counselor who has over 15 years of experience in psychology and nutrition. My journey started back in my early 20s to find ways to help manage my anxiety, migraines and hormonal issues. After healing many of the health challenges I had faced all of my life, I was thrown a curve ball and got pregnant with twins! Needless to say a lot of these issues came back for me PLUS with the added challenge of adjusting to motherhood!

As I started to acclimate to mom life - I found new ways to use my background in psych and health and have made it my mission to share all that I have learned, and continue to learn - to support other moms who desire to get healthier as they navigate their motherhood journey.

Join me at JenniferCat.com to find ways to live with more intention in motherhood, health & life... I hope to see you there!

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WHAT'S INCLUDED:

WELCOME

MORNING ROUTINE

INTENTIONS + AFFIRMATIONS

FUEL YOUR SOUL: SAMPLE MENU

EVENING ROUTINE

BATHS + OILS

RECIPES

SHOP THE FAVORITES TO NOURISH YOUR BODY, MIND & SPIRIT



Welcome!

If you are feeling sluggish, over ate the day before or just feeling not like yourself, this guide will help you connect back to your body, mind and spirit in just one day.

It is easy to put your own health last on the list when you are taking care of everything else, for everyone else. But it is essential to step up your self-care game so you can get out of the survival mode and truly thrive in your life. It is not always going to be easy to make this time for yourself, but I promise the more you get used to making the time, the more you will not only crave it, you will see how truly necessary it is for your physical and mental health.

I created this one day cleanse with you in mind. The busy, never stopping mom who has little to no time. It is not meant to take a ton of time out of your day and you won't spend hours in the kitchen doing meal prep. I want things to be easy and doable so you can actually accomplish your health goals! If you can't do EVERYTHING suggested in here in one day, no stress, do what you can and what feels right for YOU.

Feel free to mix up the recipes to make them your own. Create your own affirmations and find what relaxes you best - and be sure to do it at the end the day!

**Remember if you can, also unplug from social media. When you disconnect from that world, you free up a lot of time and space to spend quality time with yourself. It helps restore your body, mind and soul.
Something every mom not only deserves, but needs!**

Morning Routine

As a busy mom, it is not always easy to spend some quality time on yourself in the mornings. I don't know about you, but most of my mornings are me waking up because I hear my boys crying or talking in their room! So I ask you to spend a minute, as you are getting up out of bed - and even running to bathroom - to just think of what you want the day to FEEL like. Set an intention and affirmation, this is something you can do just in your mind. If you have a minute to write it down or stick it in your phone, that is great too! The point is to start your day with a thought that will uplift you and set the tone for what you want it to be like, so when the day starts to get out of control crazy, which it most likely will, you have something to ground yourself with.

This does take some practice, you can easily say something in the morning and it be out of your head when the kids start testing your patience. But the more you do it, the more the affirmations and intentions will pop in your head from the morning and you will be able to find your center and focus.

Here are some examples, but feel free to come up with whatever is right for you that day!

BONUS, if you have a few extra minutes, write out a grateful list. Just put down two to three things that you are grateful for on a piece of paper or in your journal. This can be anything. Just let your heart guide you. It will help you get in the moment and realize how much you truly have in your life.

Intentions & Affirmations

Today, I will be fully present and in the moment with my family

I am making my self-care a priority

I am calm and patient throughout my day

I forget those things that are behind me, including my shortcomings in the area of spiritual, diet and exercise. I am pressing toward what lies ahead; a bright future filled with health in my spirit, soul and body.

I purify myself from everything that contaminates my body and spirit

I have the power to change my life. I can learn a new way of living because I have a spirit of wisdom and understanding

I actively strive for health in my spirit, soul and body



TIP: The day you choose to commit to following the cleanse, try to set the intention and affirmation to focus on your health and wellbeing.

Fuel Your Soul

Start the day by drinking lemon water, you can also add apple cider vinegar (ACV), if you are not used to ACV, start with a ¼ teaspoon in your lemon water. The first cup of water you consume (8-10oz), should be warm water with lemon. The rest of the day be sure to consume about 80oz of water to help cleanse your system. Feel free to add in lemon throughout the day as well!

Foods you consume this day, should be light and refreshing. They should make you feel energized. I have laid out a sample meal plan below, with some recipes for you to start.

Remember, this is a guideline, make it your own, listen to your body and do what you feel YOU need that day



SAMPLE MENU

Breakfast Mixed Green Salad and Eggs

Snack: Nuts & fresh fruit and veggies (ex. Plate of cut up carrots, peppers, strawberries and apple with a side of raw or lightly salted nuts - almonds, cashews)

Lunch: Roasted Vegetable Soup (recipe) with a Green Juice OR Smoothie

Snack: Protein Shake (ideally, after having a workout)

Dinner: Mexican Quinoa Salad

Sweet Treat: Chocolate Energy Bites or Dark 72% or higher Dark Chocolate



Evening Routine

I find the evenings are a much easier time for me to have a self-care routine. Once I know the kids are in bed, I know I can now devote some time to myself. Please note that if you have a newborn or infant with a sporadic sleep schedule, it may take some time before you can establish a routine for yourself before bed. Don't beat yourself up over it. The best thing to do is plan something out and if it happens your little one sleeps long enough for you to do it, be thankful! Don't get mad you couldn't do what you wanted for yourself that day, that will not help anything.

Motherhood is about learning how to constantly adjust your schedule throughout the day. Things get easier as you go. But give yourself credit for wanting to take time for yourself and planning it out. Small steps are what help you have long term results.

In the evening, settle in early and do a couple of things which you find relaxing. Curl up with a good book, drink a calming tea, you could even watch an uplifting movie or documentary. Do something that makes you feel calm, centered and happy. **This might be something for your to journal out: What makes you feel calm? What brings you the most joy?**



Baths & Oils

EPSOM BATH & ESSENTIAL OILS

An epsom bath is a great way to relax both the body and mind. Epsom salts help to flush out toxins from your cells, relieves stress and soothes aching and sore muscles.

You can enjoy your bath with just the salts or you can add in a couple of drops of your favorite essential oil.

If you like the calming smell of essential oils but do not want to have them on your skin you can use a diffuser. This is something I do many week nights to help unwind and reduce stress. If you already have essential oils but looking for an affordable diffuser you can check out the end of this guide for products I recommend!



ESSENTIAL OILS & BLENDS FOR SOUL & SPIRIT

Frankincense

Myrrh

Cinnamon

Clove

Cypress

Thieves

Valor

Stress Away



ESSENTIAL OILS FOR CALMING BODY & MIND

Clary Sage

Lavender

Vetiver

Ylang Ylang

Lemon

Jasmine

German Chamomile



DIFFUSER RECIPES

RELAXATION BEFORE BED

4 Drops Lavender

4 Drops Stress away

HEALTH BOOSTER (IMMUNE SUPPORT)

4 Drops Thieves

2 Frankincense

***Suggested Young Living Essential Oil Blends or Revive Essential Oils*

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Read & Journal

One of the best ways to get in touch with your spiritual connection is to journal. As you did in the beginning of the day, sit down and write out a couple of things you feel grateful for that day. Below are a couple of other journal prompts you can follow as well. See what comes through for you as you write, be aware of the feeling and emotions that come up for you.

Make a list of 30 things that light you up

If your body could talk, what would it say to you?

What do you love about your life, right now?

If you read the Bible or a Devotional you can journal what came up for you when you read the passage.

BOOK RECOMMENDATIONS

Pressing Pause

100 Days of Brave

Bebe Day by Day

There's No Such Thing as Bad Weather



A wooden cutting board is filled with fresh ingredients. In the foreground, two large, dark purple blackberries are prominent. Behind them, there are several walnuts and almonds. To the right, there are slices of white cheese. In the background, there are more fruits, including what looks like a peach or nectarine, and some green herbs. The overall scene is bright and fresh, suggesting a healthy meal or snack preparation.

Recipes

BREAKFAST SALAD

INGREDIENTS

1 ½ Cups Organic Spring Mix Greens

~5 Cherry Tomatoes

2 Slices Nitrate Free Bacon (Cook Crispy So It Is Easy To Break Apart)

½ Avocado -Sliced

~ 2 Tbsp of Red Onion Diced

DRESSING

Juice from ½ a lemon

1 tbsp. of Olive Oil or Avocado Oil

Pink Himalayan Salt - to taste





SPINACH COLADA

INGREDIENTS

1 Cup Spinach (Organic)

1 Cup Coconut Water (If Too Sweet for You Cut With Plain Water)

1 Cup Frozen Pineapple

½ Cup Frozen Peaches

½ Tablespoon Coconut Oil



DIRECTIONS

Combine all ingredients in high speed blender

Looking for a great blender? I recommend the Nutribullet, Ninja or Vitamix! All are great and give you options for different uses and more importantly price points! Never let the cost get in the way – you can always go with the cheaper option and still make a great smoothie! =)

BEGINNER GREEN JUICE

INGREDIENTS

3 Cups Spinach
1 Orange
2 Apple (suggested granny smith)
2 Carrots
½ Lemon

DIRECTIONS

Juice all ingredients, following instructions on your particular juicer

Be sure to strain all pulp from drink before enjoying!

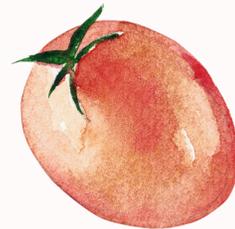
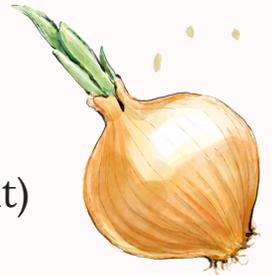
If you don't have a juicer, I highly recommend the Breville!



ROASTED VEGETABLE PUREE/SOUP

INGREDIENTS

- 1 Small Eggplant
- 1 Medium Zucchini
- 1 Chopped Onion (Red or Vidalia)
- 4 cloves of garlic
- 8oz Jar Roasted Red Peppers (fire roasted works great)
- 2 Tablespoons of Juice from Roasted Red Peppers
- 1 Cup Organic Vegetable or Chicken Broth
- 1 16oz Can Diced Tomatoes
- ½ Tbsp Dried Parsley
- ½ Tsp Dried Basil
- 3 Tbsp Grated Parmesan Cheese
- ¼ Tsp Red Pepper Flakes
- Olive Oil
- Salt And Pepper



DIRECTIONS

Preheat Oven 350

Chop Eggplant, Zucchini Garlic and Onion and combine with olive oil, dried basil and parsley, (1 Tbsp) parmesan and salt and pepper. Roast in oven until vegetables are tender

Combine roasted vegetables, roasted red peppers, diced tomato, remaining parmesan, red pepper flakes and broth in a high speed blender under smooth and thick

Heat in pot on stove or store in refrigerator

MEXICAN QUINOA SALAD

INGREDIENTS

- 1 Cup Cooked Quinoa
- 1 Can Rinsed Black Beans (Use BPA Free Canned Beans)
- $\frac{3}{4}$ Cup Sweet Corn
- 2 Tablespoons Fresh Cilantro
- Juice of 1 Lim
- $\frac{1}{4}$ Teaspoon Cumin
- Teaspoon Chili Powder
- Pink Himalayan Salt To Taste



DIRECTIONS

Mix all ingredients in bowl and stir

Optional: Top with Guacamole and chopped cherry tomatoes



CHOCOLATE ENERGY BITES

INGREDIENTS

$\frac{3}{4}$ Cups Rolled Oats

$\frac{1}{4}$ cup Flax (ground)

$\frac{1}{2}$ cup shredded coconut + extra for rolling

$\frac{1}{4}$ cup cacao powder

$\frac{1}{2}$ cup cashew butter

$\frac{1}{4}$ cup maple syrup

Pinch of salt (if nut butter is unsalted, otherwise omit)

$\frac{1}{2}$ cup mini chocolate chips

DIRECTIONS

Measure out all ingredients in a bowl, stir until well blended

Scoop using your melon baller or spoon, roll into balls

Roll in coconut shredded coconut

Let set in fridge for about 20-30 mins



- Shop -

FAVORITE THINGS

*all of the favorite products reommended throughout the cleanse
book + more to help you nourish your body, mind & spirit*



KITCHEN & PANTRY



Nutribullet Blender

Breville Juicer

Pink Himalayan Salt

Raw Cacao Powder

SELF-CARE

Epsom Salts

Diffuser for EOs

Body Oil

for diffuser use: Revive Essential Oils

for topical or diffuser use: Young Living Essential Oils



BOOKS

Pressing Pause

100 Days of Brave

Bebe By Day

There's no Thing as Bad Weather

Journals



EASY SHOPPING! JUST CLICK LINKS TO PURCHASE!

DISCLAIMER

If you have any of the following medical issues you should not take part in a cleanse or detox and should speak with your physician before making any dietary changes:

Raised Blood Pressure

Heart Disease

Hypoglycemia

Diabetic

Insulin Resistance

Kidney Disease

Ulcers

Pregnant

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