

# Day 1



When you wake up this morning, start your day with a list of five things you are thankful for. Don't be sarcastic; (yes, I'm in your head) be sincere.

## Mantra

Be *positive*. This means that every (EVERY) time you think something negative, don't scold yourself, but try to find something positive to say in place of it. For example – “Oh my god, could you walk any slower?! Ok, but you do have a nice butt so I don't mind being back here for a little longer.”

## *Detox smoothie start to your day*

1/2 cup Greek yogurt  
1 mango, chopped  
1 peach, chopped  
1 nectarine, chopped  
1/2 cup blueberries, fresh or frozen

## *Yoga*

Every day you will get a new heart opening yoga pose. It doesn't matter if you are a seasoned pro or a yoga newbie – just give these a try. When you get up in the morning and just before bed, hold each pose for a breath or two. If it feels good, hang out there for a while and see what happens. Be aware of what's going on in your body. It shouldn't hurt so if it does – stop doing that right away!

The poses are selected to alleviate the kinds of strain your body undergoes when you sit at the computer all day. Do this pose today, then tomorrow start with this one and do the new one too. Every day you will add another pose to your routine.



## Child's Pose

Fold your legs under you (if you feel uncomfortable, spread your knees a little) and lean forward until your forehead touches the floor. Stretch your arms out in front of you and relax. Breathe deeply. Walk your fingers over to the left and right for a yummy side stretch.

## Random act of kindness

Start your work day on a positive note. Send someone an email thanking them for something they did or complementing them on a job well done.

## Meals

This is not a diet plan, but to feel better, I encourage you to eat healthy food. This means no sugar, processed foods and junk food. Stick to wholesome meals that your gran would recognize. Get 7 servings of fruit and veg every day (the smoothies really help to rack these up) and no more than 2 alcoholic drinks a day.

Don't give up coffee during this week; the withdrawals will not make you happier – that's a battle for another time, but ease up on the consumption.

I will be sharing some healthy recipes as suggestions, but don't feel you have to stick to these. Eat, drink and be merry, but eat whole, healthy foods and drink in moderation.

**Breakfast:** Yay! It's Breakfast Burrito Day! Recipe [here](#).

**Lunch:** [Healthy cheese and tomato sandwich](#)

**Dinner:** [Potato Rosti with Sprouted Lentils](#). Turn on some music, pour yourself a beer or a glass of wine and cook yourself a really nice meal. You deserve it.



## Activity

Make your own sprouts today. If you start today, you'll have fresh, organic sprouts in three or four days. Using this method, you can make your own fresh sprouts whenever you want. You can see the DIY file [here](#). Have some fun! Make a pillow fort, eat an ice cream, play 'the floor is lava' or have a ten minute dance party.

## 10-minute guided meditation

End your day with a 10 minute guided meditation. Still your chattering mind and prepare for a good night's sleep with this easy [10 minute meditation](#).