

~ One Week Differently ~ Alexa Nehter, Yoga Teacher & Holistic Health Coach, <http://www.alexanehter.com>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
High Life Practice	<p>Mindful Mantra: I love myself and accept myself unconditionally.</p> <p><input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement</p>	<p>Mindful Mantra: I am grateful for the little things in life.</p> <p><input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement</p>	<p>Mindful Mantra: I elevate others.</p> <p><input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement</p>	<p>Mindful Mantra: My challenges are my greatest teachers.</p> <p><input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement</p>	<p>Mindful Mantra: What I believe I receive.</p> <p><input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement</p>	<p>Mindful Mantra: I love my life and my life loves me.</p> <p><input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement</p>	<p>Mindful Mantra: When I slow down I allow life to work on my behalf.</p> <p><input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement</p>
Breakfast	Morning Elixir before Breakfast. Juice or Green Smoothie or Apple with amaranth porridge (made with almond milk)	Morning Elixir before Breakfast. Juice or Green Smoothie or 2 scrambled eggs with mushrooms, onion & heaps of spinach	Morning Elixir before Breakfast. Juice or Green Smoothie or Morning salad with 1/2 avocado, sliced tomato, squeezed lemon & a pinch of Himalayan sea salt	Morning Elixir before Breakfast. Juice or Green Smoothie or 2 eggs with carrots, capsicum, a handful of seeds & spinach	Morning Elixir before Breakfast. Juice or Green Smoothie or 3 small almond meal pancakes (egg, almond milk, stevia) with berries & shredded coconut	Morning Elixir before Breakfast. Juice or Green Smoothie or 1 grapefruit + kiwi + 1 apple, breakfast salad with coconut shaves, lemon juice and a hint of honey	Let your intuition tell you what your body, mind and soul needs today.
Lunch	Red potatoes (with or without) Salmon, lemon juice & Veggies of choice	Quinoa, egg & walnut salad (1-2 eggs)	Organic chicken or fish with lettuce, cucumber, mushrooms, roasted pumpkin & olive oil - apple cider vinegar - lemon juice dressing	(Smoked fish) salad with spinach, lettuce, carrots, potato cuts & walnuts	Salad with 1/2 - 1 avocado, 2 eggs, steamed veggies + lemon dressing	Brown rice with Salmon, lemon juice & Veggies of choice	Take time to prepare your food. Enjoy the creative process of cooking and eating.
Dinner	150g organic chicken, fish or red veggies grilled with olive oil & herbs (thyme, oregano etc.) with steamed asparagus spears & wilted spinach	50g smoked salmon or veggie stir fry with rice and sliced tomato salsa	Roasted beet root and yam, marinated in lots of herbs (mint, turmeric, coriander) with steamed asparagus & a rocket, tomato, radish salad	150g coconut crusted chicken / or an egg with chickpea-cauliflower mash & green salad	150g Moroccan-spiced chicken breast with 1/2 cup quinoa, seed mix, grapefruit & cabbage slices	1 sliced red capsicum with 1 tbsp. almond butter	Breathe deeply 10 times before you begin to eat your meal. Chew your food 15 times and explore the different tastes of your meal.
Liquid Love	Lemon juice/apple cider vinegar & stevia 2 lit. water, 2 cups lemon water & dandelion or green tea	Lemon juice/apple cider vinegar & stevia , 2 lit. water, 2 cups lemon water & dandelion or green tea	Lemon juice/apple cider vinegar & stevia , 2 lit. water, 2 cups lemon water & dandelion or green tea	Lemon juice/apple cider vinegar & stevia , 2 lit. water, 2 cups lemon water & dandelion or green tea	Lemon juice/apple cider vinegar & stevia , 2 lit. water, 2 cups lemon water & dandelion or green tea	Lemon juice/apple cider vinegar & stevia , 2 lit. water, 2 cups lemon water & dandelion or green tea	Lemon juice/apple cider vinegar & stevia , 2 lit. water, 2 cups lemon water & dandelion or green tea
Snacks	Apple + almond spread	Cacao hot chocolate with almond milk	Alexa's Green wave smoothie	Carrot and Celery sticks with homemade hummus	Boiled egg with mustard	Cacao hot chocolate with almond milk	Fruit of choice + green tea

~ DAILY HIGH LIFE PLANNER & LOG ~
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Love Life Practice	Mindful Mantra: <input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement:	Mindful Mantra: <input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement:	Mindful Mantra: <input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement:	Mindful Mantra: <input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement:	Mindful Mantra: <input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement:	Mindful Mantra: <input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement:	Mindful Mantra: <input type="checkbox"/> Gratitude notes <input type="checkbox"/> Success notes <input type="checkbox"/> Sleep ____ <input type="checkbox"/> Movement:
Breakfast							
Lunch							
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Snacks							