

Bikini Glow

from head to toe... a ten-day kick-start to glisten from the inside out

Day 1

CHALLENGE:

Eat something green with every meal today.

IDEAS: M1- Green Smoothie
M2: Green Apple + Nut Butter
M3: Spinach Salad
M4: Cucumber + Hummus
M5: sides - Zucchini + Asparagus

CHECK-IN:

#BikiniGlow
#BikiniGoGreen

Day 2

CHALLENGE:

Drink half your body weight (in oz.) in water. Everytime you use the bathroom, pay yourself \$1 toward a new bikini.

GOAL: Can you earn at least \$10 today??

CHECK-IN:

#BikiniGlow
#BikiniPeePee

Day 3

CHALLENGE:

Read your labels! Stay away from anything with added sugar today.

STEER CLEAR: maltose, sucrose, high fructose corn syrup, molasses, cane/raw sugar, corn sweetener, syrup, honey or fruit juice concentrates.

CHECK-IN:

#BikiniGlow
#BikiniSugarless

Day 4

CHALLENGE:

Bake a clean treat tonight! Try clean sweeteners like applesauce, raw honey, coconut sugar, or 100% pure maple syrup.

IDEA: Healthy Chocolate Chip Cookies
seashellsandsitups.com

CHECK-IN:

#BikiniGlow
#BikiniTreat

Day 5

CHALLENGE:

Eat clean, whole foods all day. Nothing processed, packaged, or out of a box/can!

DEFINITION: food that has been processed as little as possible; free from additives/artificial substances.

CHECK-IN:

#BikiniGlow
#BikiniUnprocessed

Day 6

CHALLENGE:

Flush out toxins & aid digestion by drinking a glass of warm water with lemon this morning on an empty stomach.

TIP: Rinse mouth after to avoid acidity on enamel

CHECK-IN:

#BikiniGlow
#BikiniFlush

Day 7

CHALLENGE:

Research farmers markets in your area & plan to visit one this week to stock up on local fruits and veggies.

TIP: Use <http://www.localharvest.org> to find a market near you

CHECK-IN:

#BikiniGlow
#BikiniShopLocal

Day 8

CHALLENGE:

Snuggle up with a spot of decaf tea tonight. Look for something with chamomile & lavender to promote calming & relaxation.

FAV: Yogi Calming Tea + Bigelow Chamomile Mint

CHECK-IN:

#BikiniGlow
#BikiniSnuggles

Day 9

CHALLENGE:

Perform a random act of kindness. Nothing fills a heart more than doing things for others.

IDEAS: Leave a note on someone's car, give a stranger a compliment, donate to charity, send a mil. care package...

CHECK-IN:

#BikiniGlow
#BikiniKindness

Day 10

CHALLENGE:

Add chia seeds to two glasses of water today.

WHY: Chia seeds are packed with a powerful nutritional punch! They are full of antioxidants, fiber, Omega-3s, protein, and several other important micronutrients.

CHECK-IN:

#BikiniGlow
#BikiniChia

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Hosted by Arielle, Shelley, Shelby & Jen

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