

The 90 Day Mind Body And Food Plan That Will Absolutely Change Your Life

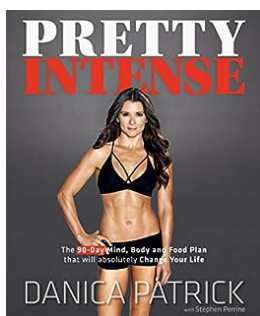
WEEK 1 - 4

MEAL 1 730am	MEAL 2 1030am	MEAL 3 130pm	SNACK 4pm
4 egg whites	1 skinless chicken breast	1 skinless chicken breast	1 tbsp all natural peanut butter + celery sticks
2 whole eggs	1 cup broccoli, cooked	1/2 cup mixed veggies	or
1 cup oatmeal		1/2 cup oatmeal	handful of almonds + celery sticks
MEAL 4 530pm	MEAL 5 post-workout 730pm	MEAL 6 930pm	
6 oz ahi tuna steak	1 scoop whey protein	1 skinless chicken breast	
1/2 cup oatmeal	1 cup oatmeal	1 cup broccoli, cooked	
	1 medium banana	1/2 avocado	
			EST. TOTALS calories: 2,500 calories protein: 220 g carbs: 200 g fat: 40 g

Are you ready to embark on a life-changing journey? If you've been struggling with a lack of energy, poor eating habits, and feeling disconnected from your body and mind, then this 90-day mind body and food plan is exactly what you need. Designed to transform your life from the inside out, this comprehensive plan will provide you with the tools and strategies to achieve optimal health and well-being.

What is the 90 Day Mind Body And Food Plan?

The 90-day mind body and food plan is a holistic approach to wellness that focuses on nourishing your body, mind, and spirit. It takes into account the interconnectedness of these aspects and provides you with a roadmap to achieve balance and harmony in your life. This plan combines mindful eating, regular exercise, and mental practices to help you make sustainable lifestyle changes.



Pretty Intense: The 90-Day Mind, Body and Food Plan that will absolutely Change Your Life

by Danica Patrick (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 69612 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 304 pages
Screen Reader : Supported



Why Does It Take 90 Days?

Changing habits and transforming your life doesn't happen overnight. It requires time and commitment. Research suggests that it takes approximately 66 days for a new behavior to become automatic. By committing to a 90-day plan, you give yourself ample time to establish healthy habits and overcome any obstacles that might come your way.

The Benefits of the 90 Day Mind Body And Food Plan

The benefits of following this 90-day plan are numerous and far-reaching. Here are just a few of the positive changes you can expect to experience:

- Increased energy levels
- Improved mental clarity and focus
- Weight loss and improved body composition
- Reduced stress and anxiety
- Better sleep quality
- Enhanced overall well-being

How Does It Work?

The 90-day mind body and food plan is divided into three phases, each lasting 30 days. Let's take a closer look at each phase:

Phase 1: Mindset Shift

The first phase focuses on creating a positive mindset and setting clear intentions for your wellness journey. During this phase, you'll work on cultivating self-awareness, practicing gratitude, and developing a growth mindset. You'll also learn how to set realistic goals that align with your values and aspirations.

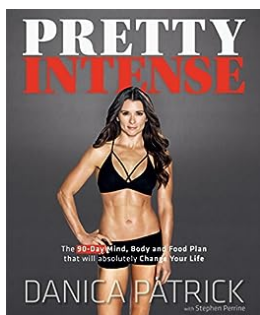
Phase 2: Nourishment

In the second phase, you'll dive into the world of nourishing foods. You'll learn how to make healthier food choices, create balanced meals, and develop a healthier relationship with food. This phase will empower you to listen to your body's hunger and fullness cues, and make mindful eating a natural part of your daily routine.

Phase 3: Movement and Integration

The final phase is all about incorporating regular physical activity into your life. You'll explore different forms of exercise and find enjoyable ways to move your body. Additionally, you'll learn how to integrate all the knowledge and skills acquired throughout the plan into your everyday life, ensuring long-term success.

The 90-day mind body and food plan is an incredible opportunity to revamp your life and achieve optimal wellness. By dedicating yourself to this plan, you'll experience an incredible transformation that will positively impact your mind, body, and overall well-being. So, are you ready to take the first step towards a healthier, happier you?



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America's NASCAR standout offers a 90-day program to sculpt your body, calm your mind, and achieve your greatest goals

Everything Danica Patrick does is Pretty Intense. A top athlete in her field, not to mention a fan favorite and the first woman to rule in her male-dominated sport,

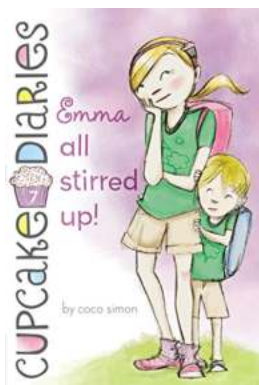
Danica approaches every aspect of life with the utmost intensity. Now, she shows you how you can apply her daily principles and transform your life for the better--and have fun while doing it.

Danica's 90-day high-intensity workout, protein-rich, paleo-inspired eating plan, and mental-conditioning program will get you leaner, stronger, and healthier than you've ever been before. By mixing full-body training and stretching exercises, her accessible workouts hit the holy trinity of fitness: strength, endurance, and flexibility. Bolstered by a customized eating plan for all-day energy, her program will also help you cultivate a mindset for limitless success. You will learn to aim your sights high, confront challenges and setbacks with confidence, and cross the finish line every time. Whether your goal is a stronger core, better skills in the kitchen, or a promotion at work, Danica's Pretty Intense plan will help you reach your highest potential.



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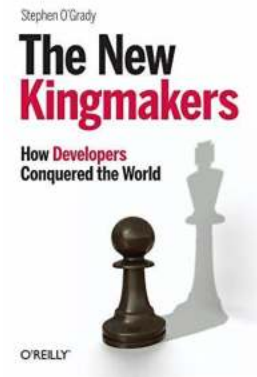
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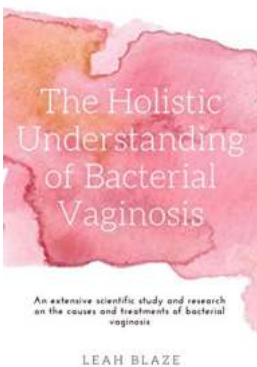
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Are you ready to embark on a culinary journey that combines mouth-watering flavors with a guilt-free dining experience? Look no further! In this article, we will unveil ten...



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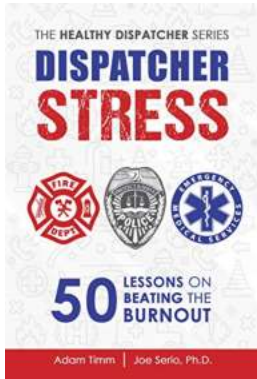
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