

Love Your Body

Hello Beautiful!

Before we get started, I just want to say that I am so grateful you're here.

When I sat down to create this Love Your Body program I was reminded of how much the theme for this challenge means to me. It's the foundation of why I created Love Yourself Lean in the very beginning. And the fact that we are completing this challenge in February, the Month of Love is creating so much more meaning and deeper feelings of love and connection to YOU.

My mission back when I founded Love Yourself Lean was to guide a community of women to fostering deeper self-love through healthy eating and exercise and to teach the meaning of self-love, deeply, powerfully and masterfully in a way that women could fully receive.

"You yourself, as much as anybody in the entire universe deserve your love and affection." ~ Buddha

During this challenge I want you to love your body every day. Love it for everything it does for you. Love it because it makes you the unique, beautiful, and special woman that you are. Love it on the days when you feel like a rock star and on the days when you need an extra boost of confidence.

Nourish it, because you love it. Work out, because you love it. Live each day with love as your intention. Speak with love. Exude love. Show yourself and everyone around you love – and you'll find happiness, confidence, and success.

You're going to do amazing things over the next 4 weeks and I can't wait to experience it all with you!

~ Courtney

My Intentions & Reflections

Before you read any further, grab a pen and paper!

The theme of this challenge is “Love Your Body” and I want you to reflect on what you love about YOU ~ body, mind, and soul.

You are already so amazing and I want you to take a few moments to recognize that, and then set your intentions for this program! I promise this is going to be one of the most important parts of your journey. There is SO much power in putting pen to paper, so no answering in your head! You’ll want to revisit this!

- 1. Write down 5 things you love about your body. This could be anything from “I love my freckles because they make me unique” to “I love my arms because they allow me to pick up my kids every day” to “I love my cute booty” ;)*
- 2. Write down 5 things you love about your mind and soul. This could be anything from “I love that I’m a caring and compassionate friend” to “I love that I’m taking this time for myself.”*
- 3. Write down five intentions for the Love Your Body Program. What do you want to bring into your life? What can you let go of? Close your eyes and imagine yourself in 4 weeks? How do you feel? Let that vision guide your intentions*

LETTER to You!

When you close your eyes and imagine yourself in 4 weeks, who is that woman looking back at you in the mirror?

How does she feel? Is she confident? Radiant? Successful?

Now, I want you to write a letter to that woman .Tell her how amazing she feels and thank her for everything she's done to love her body and make her dreams come true. That woman is YOU!

Visualize your dreams and make them happen!

My AFFIRMATIONS!

One of my favorite ways to exude love is to take a few minutes each day to jot down affirmations.

Affirmations are so powerful. I discover new ones everywhere ~ in books, in yoga classes., scrolling through Pinterest. Whenever one comes to me, I'll jot it down.

Affirmations allow us to feel present and to connect with ourselves. Whenever you come across an affirmation you love, you can jot it down here and revisit it any time you like!

WRITE DOWN YOUR AFFIRMATIONS HERE:

Daily TO DO's

For the next 4 weeks follow these guidelines. Whether you're following the meal plan, the recipes, or making your own meals, follow these tips!

Include these things every day to show your body love!

- Start your day with [8oz of warm lemon water & the ACV Elixir](#) ~ see the recipe guide
- [Drink at least 90oz of water throughout the day.](#) Add fresh lemon juice to at least half of your intake
 - [Enjoy one Green Smoothie](#) ~ See the recipe guide
 - When your late night sweet tooth kicks in, reach for a cup of herbal tea or kombucha in a wine glass!
 - [Follow your meal plan](#) ~ sticking to your Love Your Body Plan will help you get the best results! Feel free to mix and match the recipes to make the plan work for you.
 - [You can sub in a second smoothie or fresh green juice for in M2 or M4.](#) I'm committed to doing this over the next 4 weeks and will share my favorite fresh juice recipes inside the Facebook community.
 - [4-6 cups veggies.](#) Focus at least 3 cups of deep green veggies like kale, spinach, collard greens, green beans, asparagus, snap peas.
- [3 superfoods a day!](#) I want you fueling your body with the most nutrient-packed superfoods! That's why I put together a list of delicious foods that Love Your Body on page 9! Aim to eat 3 foods from this list every day

Daily TO DO's

- **Complete your Workout and Cardio Challenge everyday!**

Feel free to go on long walks. I also recommend treating yourself to saunas, massages, and foam rolling.

- **Make your bed** ~ Start your day by waking up on the right side of the bed! Trust me...it makes a difference!
- **Set an intention** ~ Choose your intention at the start of each day. Write it down or make a note in your phone.
- **Follow a nighttime routine** ~ This will help you unwind. Light a candle, set your intention for the next day, put out your workout clothes for the morning, take care of your skin, enjoy some tea, read, set your alarm and turn off that phone by 9pm. You need 7-8 hours of sleep! You need to rest and recover to help rid your body of toxins! Beauty rest is the BEST!
- **Check in with the LYL Community!** Accountability is super important. Check in with me and the entire LYL community inside the Facebook group every day for love and support.
- **Shift your thinking** ~ This is a great time to practice positive self-talk. If you catch yourself saying something negative about yourself, correct it. The conversations you have with yourself are the most important!
- **Detox from toxic** ~ Throughout your day, keep your conversations positive and light with everyone around you. If you notice yourself in any toxic conversations, shift them and bring a positive perspective to them. Be a breath of fresh air to everyone around you.

Daily DON'TS

Don't worry, this is just for 30 days! Balance is key.

Added Sugar: *Avoiding added sugar will help you so much for these 4 weeks program! Your blood sugar levels will stay balanced, giving you more energy and keeping your cravings in check. Sugar can be hidden in lots of foods like bread, yogurt, and packaged snacks, so check your labels!*

Fried Food: *This includes sweet potato fries, tempura and anything fried at a restaurant. It can be easy for fried foods to sneak in. Even Brussels sprouts are usually deep fried at most restaurants! Ask for steamed instead. I ditched fried foods last year and I promise this one change makes the biggest difference in how you feel!*

Alcohol: *Yep! During the program, pour yourself a glass of kombucha in a wine glass instead!*

Creamy Dressings: *Instead, whip up your own delicious dressing with lemon, vinegar, and olive oil.*

Dairy: *This includes dairy-based yogurt, ice cream, frozen yogurt, cheese, and whey. There are so many great alternatives like nut milks and coconut yogurt.*

Avoid starches after meal 3: *This means you'll be reaching for lean proteins, veggies, and healthy fats!*

Desserts: *Avoid pastries, cookies, and baked goods. I'll be sharing a few Healthy Desserts recipes with you over the next 4 weeks that you can try on the days you're craving a little sweet treat!*

Daily DON'TS

Chips, Bagels, Pretzels, or Boxed Cereals. You don't need them for the next 4 weeks! You'll be feeling satisfied and energized from all the delicious meals and snacks in the plan.

Soda or Sugary Drinks: Sugary beverages will cause your blood sugar to spike and can lead you to crash later and feel hungrier.

Frozen Dinners: The Tray Dinners in your plan are so much more delicious and packed with nutrients!

Fake Sugars; Splenda, Sweet 'N Low, Equal: After the sweet taste of artificial sweeteners, the brain expects calories to follow. This triggers your body to crave more sugar, increasing your appetite.

Corn, Oats, and Wheat: These are 'healthy', but for the next two weeks I want you to focus on the best detox foods like lean proteins, healthy fats, and lots of veggies.

What about coffee? If you normally drink 2 cups, limit your intake to 1. If you normally have 1 cup, try opting for green or black tea. I recommend you drink it black or with a splash of almond milk.

***"IT'S NOT THAT I CAN'T HAVE IT.
I'M MAKING A HEALTHIER CHOICE NOT TO!"***

Love Your Body with Superfoods

Part of loving your body is nourishing it with the healthiest, most nutrient-packed foods. These are some of my favorite superfoods that deliver major body benefits.

Aim to include at least 3 of these superfoods every day!

MATCHA: *Has been part of the Japanese culture since the 12th century and is one of the most prized beverages in Japan. Matcha green tea differs from regular green tea due to the way the leaves are produced because the leaves are never heated and kept under shade to preserve the natural nutrients found in the leaves.*

It contains over six times the antioxidants in goji berries, seven times the antioxidants in dark chocolate, 17 times more antioxidants than blueberries, and 60 times the antioxidants found in spinach. And that's just in one teaspoon!

Matcha is also a supplement to improve your workouts since it's energizing and anti-inflammatory.

It's five times higher in chlorophyll than regular tea. Chlorophyll is the green pigment found in plants that can help give you clear skin, protect your blood and heart, and also help prevent joint inflammation.

One glass of matcha green tea is equal to the amount of nutrition found in 10 cups of regular green tea.

Matcha has been found to raise metabolism, provide a natural boost of energy and lower anxiety due to the high, raw amounts of L-theanine.

L-theanine is an amino acid that promotes a state of relaxation and is the reason regular green tea is thought of as a calming beverage.

It has a malty, earthy flavor and is perfect in smoothies, bars, and chia pudding and tastes delicious mixed with raw cacao. Add up to 1 tsp. to recipes!

Love Your Body with Superfoods

CACAO: Cacao is the base that chocolate is made from! This powerful superfood contains a concentrated dose of good-for-you nutrients including phytochemicals, vitamins, and sky-high levels of antioxidants. Cacao nibs are the most unprocessed form of cacao; they're literally the ground bean. Both cacao powder (not coco powder) and nibs are filled with minerals and vitamins to help support brain and heart health. Besides trace minerals, cacao is a great source of iron and magnesium. Add cacao to smoothies and baked treats or use it to make a healthy hot chocolate.

Nibs make a great topping for almond or coconut yogurt and they're great in homemade trail mix. Look for raw cacao powder or nibs to get the full benefits of this amazing superfood.

SPIRULINA: Spirulina is a plant-based complete protein, which means it contains all essential amino acids! It's also really high in green power from chlorophyll, making it a superstar for boosting energy levels and keeping your body in an alkaline state. You can use up to 1 tsp. in your smoothie recipe or mix with a glass of unsweetened orange juice.

LEMON: Lemons contain antioxidants and vitamin C, a duo that not only helps increase collagen production – hello, smooth, beautiful, glowing skin – but also contributes to overall immune health! As a total bonus, lemons have an incredibly alkalizing effect on your body, making a squeeze of lemon a day perfect for pH balance. This is especially important if you enjoy a daily cup of coffee or the occasional cocktail. Try adding 1/2 lemon to 8 oz. of water.

BERRIES: Berries are high in antioxidants like resveratrol. They also contain fiber to keep you feeling satisfied! Blueberries are one of my favorite berries because they're ranked number one in antioxidant power. Blueberries are packed with good-for-you nutrients, minerals, and anti-inflammatory properties. Berries are high in vitamin C, which is great for your immune system and skin.

Love Your Body with Superfoods

TURMERIC: This powerful root contains both anti-inflammatory and antioxidant properties, which are both great to ease sore muscles. Turmeric is one of the top ingredients in immune boosting shots and juices. Turmeric adds an earthy, rich flavor and golden color to veggies, scrambles, chicken, soups, and even juices and smoothies! I definitely noticed smoother, more radiant skin from a daily dose of turmeric. Use about 1 to 2-inch pieces of fresh turmeric root in homemade juices. It's very easy to find in powder and liquid form too. Remember, just like with other herbs and spices, turmeric contains concentrated flavor and potent qualities.

A little bit a day is all you need to love your body!

CINNAMON: This potent spice has been shown to help metabolize fat while balancing blood sugar levels. It's great in just about anything, from fruit to coffee and even in baked goods. And of course, your ACV Elixir! Up to 1 tsp. a day is all you need!

KELP + SEAWEED: Sea veggies are rich in minerals such as magnesium, potassium, iron, iodine, and calcium. They also contain vitamins A, C, B6, and K. Seaweed is nature's richest source of iodine, which is helpful for thyroid health, and contains a good amount of protein. Adding sea veggies to your salads or steamed veggies not only adds a delicious, savory flavor, but it's great for overall health, immune function, and for glowing skin, hair, and eyes.

FRESH HERBS: Parsley, Basil, Dill, Thyme, Cilantro, Mint & Rosemary!
Fresh herbs have powerful cleansing and detoxing properties and have been used for centuries for their potent medicinal qualities. They add deep, fresh, and earthy flavors to just about anything. When using fresh herbs – whether in juices or cooking – a little goes a long way!

Love Your Body with Superfoods

LEAFY GREENS: Kale, arugula, spinach, & collard greens!

Greens really do make you beautiful, inside and out. Raw greens not only alkalize your beautiful body, but they're also incredibly nutrient dense. Their high dose of vitamins helps you stay healthy and energized. All dark, leafy greens are nutrient powerhouses.

Green juice, smoothies, raw salads, and steamed, baked, or grilled veggies are all amazing ways to get your green power!

COCONUT: Coconut water, coconut oil, coconut milk, and dried coconut!

Coconut meat, milk and oil contain healthy medium chained fatty acids that are great for your skin and overall health. These healthy fats are easily metabolized by your body for a boost of energy. Coconut oil is also one of the best oils to use when cooking due to its high smoke point; it stays stable under high temperatures! Coconut water and fresh coconut flesh from baby coconuts are also rich in potassium and are a wonderful way to hydrate your body. Smoothies, salads, snacks, baked goods, and raw treats ~ coconut is a truly delicious way to love your body!

HEMP SEEDS: Protein-packed hemp seeds add a mild, nutty flavor while delivering tons of nutrients! Hemp seeds are a complete, plant-based protein that love your body with all essential amino acids. They also contain the ideal ratio of essential fatty acids omega-3 and omega-6. Hemp seeds are great for muscle repair, workout recovery, and gorgeous skin, hair, and nails. Add 1 Tbsp. to your smoothie for a boost!

CHIA SEEDS: I love including chia seeds in so many different recipes! These tiny seeds are high in essential fatty acids like heart-healthy Omega 3. They add a tasty crunch and create a hydrating gel that works wonders as a thickener in smoothies or puddings. Thanks to their high protein and fiber content, these ancient seeds are also super satiating. Add 1 Tbsp. chia seeds to your smoothies!

Love Your Body with Superfoods

PINK HIMALAYAN SALT: Unlike regular table salt, pink Himalayan salt is pure, unprocessed, and straight from the earth. It's brimming with trace essential minerals like magnesium and potassium. These can help prevent muscle cramping and are great for active lifestyles. Since it's been dried naturally by the sun, Himalayan salt contains a stronger, more satisfying flavor than table salt, so you can use less!

GOJI BERRIES: These small dried berries are considered the most nutritionally dense fruit on the planet and contain superstar antioxidant powers. They've been used in Asian medicine for centuries to increase longevity and aid in immune health. They contain all 18 essential amino acids as well as high doses of vitamins including more vitamin C! They make a delicious topping on yogurt. I also love them mixed into trail mix, energy bites, home-made protein bars or fresh granola cereal!

APPLE CIDER VINEGAR: Your daily ACV Elixir is one of the best ways to Love Your Body! Raw apple cider vinegar is alkalizing, helps with digestion, and can help with fat metabolism. In addition to your morning metabolism boosting drink, it's a tasty vinegar to use for salad dressings. Look for raw, unfiltered apple cider vinegar to get the most benefits.

AVOCADO: Avocados are a delicious and satisfying source of healthy fats along with vitamins C, K, and B6. Healthy mono-unsaturated fatty acids found in avocados are amazing for your skin, hair, and nails. This fruit (yes, it's technically a fruit!) is great in smoothies, salads, veggie dishes, dressings, and dips. Just remember, like nuts, avocados are very nutrient dense and a little goes a long way.

ALMONDS: Almonds deliver lots of Vitamin E, which gives you beautiful, glowing skin. They're also high in magnesium, phosphorus, zinc, folic acid, protein, fiber and healthy fats. Toss a few tablespoons in your smoothies or snack on them as an afternoon snack!

Love Your Body with Superfoods

CAYENNE PEPPER: Peppers are one of the richest sources of Vitamin C. All hot peppers contain capsaicin, a compound known for its ability to regulate body temperature, improve circulation, and boost metabolism. Add a pinch of ground cayenne pepper to your soups, baked veggies, and your ACV Elixir!

GARLIC: Aside from making everything taste amazing, garlic contains a host of beneficial nutrients that Love Your Body! Garlic has sulfur-containing compounds that aid in the detox process. Studies also show that it helps protect you from colds!

LENTILS: Lentils are part of the Fabaceae botanical family which also consists of soy beans, black beans, kidney beans, white beans, pinto beans and peanuts to name a few. Lentils are small disk shaped seeds and come in a variety of colors – yellow, orange-red, green, brown, and black. They are a nutritional powerhouse. One cup cooked delivers 16 grams of fiber, 18 grams of protein and is a good source of manganese, thiamin, iron, phosphorus, potassium, and copper.

QUINOA: With a mild, nutty flavor and a texture similar to that of couscous or rice, quinoa, (pronounced KEEN-wa.) is actually related to leafy green vegetables like kale and Swiss chard. But leafy greens lack the dense protein content of the quinoa seed, and it's this unique nutritional makeup that makes it so special. First and foremost, quinoa is one of the only grains or seeds that provide the nine essential amino acids our bodies can't produce themselves. Quinoa is most noted for its large amount of lysine, the amino acid most directly responsible for tissue growth and repair. The seeds are also very high in fiber, iron, magnesium, and manganese. Quinoa comes in three varieties—white, red, and black—all of which are extremely versatile and can be prepared in a variety of ways.

Nutritional Yeast: Yellow in color, nutritional yeast comes in flakes, granules or a powder-like form. It has a nutty, cheesy flavor and is often used to emulate cheese in vegan dishes, thicken sauces and dressings, and act as an additional boost in nutrients because it's filled with B vitamins!

Ways to Love Your SPACE

~ de-clutter your closet ~

It's so freeing to let go of possessions you no longer need! Go through your closet and think about what you really wear. Are you holding onto jeans from a decade ago? Or how about a dress you'll never wear again? Those have got to go girl! If you're not sure about an item, ask yourself these important questions: Have I worn it in the last year? If I went shopping today, would I buy it? And most importantly, do I feel confident in it? If the answers are yes, rock it! If not, it's time to let it go. Instead of throwing out these items, donate them!

~ organize your workout gear ~

Now that you've cleaned out your closet, think about what apparel makes you feel the most confident. What inspires you for your workout? What will motivate you to run that extra mile or do that extra rep? Put those clothes front and center! Create a space in your closet where you can set out your favorite yoga pants, tanks, sports bras, sneakers, and socks. This can be a shelf or a bin. This makes it so easy to grab your gear when you're running out the door.

~ clean out your pantry + fridge ~

Take this time to go through your pantry and fridge. For each item, ask yourself, "Does this help me reach my goals this year?" If the answer is no, it's time to toss it or donate non-perishables. If it's something your husband or kids can't live without, move it to a different cabinet that you don't open every day. If you find something that will help you, like a blender or food processor, buried in the back of your cabinets, bring those front and center in easily accessible spots. And stock your kitchen with items that will help you stay healthy and organized.

Ways to Love Your SPACE

~ go through your food containers ~

Does anyone else have a drawer full of Tupperware with mismatched lids? This is the perfect time to organize it! It will help you stay on track and make Meal Prep Sundays a breeze! You can also set aside mason jars for LYL approved dressings.

~ clean out your car ~

Throw out or donate any clutter in your car and treat yourself to a car wash!

~ organize your make-up and skin care storage area ~

Trust me, you'll feel amazing after and inspired to start taking better care of your skin.

~ make space in your home for positivity! ~

Now that you've decluttered, you'll have more space for the things that will help you reach your goals and feel your best.

~ daily workout space ~

If the space is there, you'll do it! It actually doesn't have to be an entire room or big space. I just set up a small area with a mat, an exercise ball, a kettlebell, and dumbbells.

~ journal ~

Set aside a special place to keep your journal and area where you can sit and write your goals and intentions.

Show Your SPACE Love

~ meditation or inspiration spot ~

I LOVE to start each day with a few minutes of meditation to set my intentions for the day. I have a meditation area in my office. All it takes is a corner or nook in your living room or bedroom. Frame some of your favorite inspirational quotes to hang on the wall. I use a whiteboard to write some of my favorite quotes. Add candles, incense, or a diffuser, crystals, and objects or souvenirs with special meaning to you. You can also bring in your phone with a playlist of inspiring music.

~ family picture wall ~

Print out some of your favorite pictures of friends and family that inspire you and create a picture wall. We created this in our home over the holidays and it brings so much positivity and joy into my life

**CLUTTER IS THE PHYSICAL MANIFESTATION OF
UNMADE DECISIONS FUELED BY PROCRASTINATION**

~ Christina Scalise

Ways to Love Your MIND

~ free your mind of negativity ~

Worries and doubts happen to all of us but the more you allow negative thinking in, the less productive and passionate you become – and you deserve to be the truly productive, passionate, and amazing woman that you are.

I challenge you to pick up a pen and write down five things that you're going to let go from your mind during 4 weeks program .This could be anything that doesn't serve you – toxic thoughts and conversations, negative self-talk, fears that are holding you back from achieving your dreams. Anytime you find these thoughts popping into your mind, think back to this list and your intention to let it go. The more you release negativity and worry, the more space you have to embrace new challenges, positivity, and love!

~ live with intention ~

For the next 30 days, wake up a little earlier and open your new journal while you sip your coffee or tea. Then write down three positive intentions for the day. Close your eyes and think about what you need for the day and what others in your life need from you.

Are you feeling like you need to challenge yourself and say yes to a new adventure? Do you need to be kinder to yourself and show yourself grace? Does a friend or family member need a little extra love and support? Let that guide your intentions. Doing this will make you feel strong and prepared to handle anything that comes your way for the rest of the day!

Way to Love Your MIND

SET YOUR INTENTIONS

Now write down a few clear and concise ideas or mantras you may want to focus on during this challenge. These thoughts are your intentions!

When you begin setting your intentions, think of things that will bring you closer to your best self. When you're living in the most positive version of your life, you'll invite all of that joy you just imagined into your everyday. Intend on things that will put you on course for achieving all of your dreams in the coming weeks.

DON'T STRESS ABOUT YOUR RESULTS

Finally, remove yourself from the idea that results are your only measurement of success. Remind yourself to trust the process and that's when your true growth will occur! Your story is so beautiful, be proud of it! Your success will come in many forms, so be mindful of the little ways you can acknowledge it.

Take time each day to feel grateful and to give yourself meaningful compliments. You are beautiful in so many ways, ALWAYS remember that. And continue to live presently. You can't change the past and you can't direct the future...so live as your best self in the present!

**"WHEN YOU HAVE CLARITY OF INTENTION,
THE UNIVERSE CONSPIRES WITH YOU TO MAKE IT HAPPEN!"**

~ Fabienne Fredrickson

Love Your Body Q & A

Can I mix in my own meals & recipes from other Love Yourself Lean programs?

Of course! The meals in in this 4-week plan are just suggestions for you. Do what works with you and your lifestyle! Just make sure to follow the 'Daily Do's & Don'ts list' and you'll be set!

I'm headed to the grocery store... how much of everything do I need? Depending on if you're doing the plan alone, or with someone else, 2 bags of lemons, a bag of apples, a bundle of kale, a bag of carrots, and several cartons of almond milk should be sufficient. This is flexible for you and your needs.

Can I drink other LYL smoothies? YES! I included some new smoothie recipes in this plan but you can sub in any smoothie you enjoy from previous plans.

What if I don't see a food group listed on the plan?

I created the recipes for this plan based o superfoods hat are low in sugar and will help you heal and nourish your body. It's not that the foods that aren't included are bad, I've just removed them for this plan to help you get the best results. Stay within your recommended food groups and you'll feel amazing!

Can I have coffee?

YES! I recommend black coffee or espresso with a splash of almond or coconut milk. Try cutting your normal caffeine consumption in half over the next two weeks. If you normally have just a cup, try having some green tea or black tea instead.

When should I eat my meals?

Depending on your schedule, space your meals out by about three-four hours. Remember to have water with lemon with you at all times and sip all day!

Love Your Body Q & A

What will my results be? Will I lose weight?

This plan is amazing for de-bloating, cleansing your system, refreshing your energy, and giving your body a reboot. Your weight loss results will vary depending on your food and lifestyle habits prior to the start of this plan.

The biggest difference will be:

- you'll feel lighter*
- your energy levels will be up*
- you'll sleep better*
- you'll be more alert*
- your digestive tract will feel light*
- your skin will look fresh and glowing*
- you'll feel happier and positive*

I CAN'T WAIT TO SEE YOUR LOVE YOUR BODY CHECK-IN'S!

*PS... Remember to post all your check-in pics on Instagram ~
@courtney_rowsell #LOVEYOURBODY*