

## NATURAL BEAUTY MONTH

# Step 1: Weekly Routine for Essential Nutrition

SAT	SUN	<p><i>Add these extra items to your normal routine to pack in a lot of goodness in very little time.</i></p> <p><i>Take on wrinkles, skin tone, skin plumpness and dryness, lifeless hair, brittle nails, and overall glow! Get radiant skin, glossy hair and strong nails with this weekly beauty routine!</i></p>				
Buy shopping list items for week	Get used to the new routine					
Try the new habits one time	Set up your items for tomorrow AM, so it's easy					
** Eat whatever else you like **						
BREAKFAST	BREAKFAST	MON	TUES	WED	THUR	FRI
Print recipe for <a href="#">green smoothie</a>	Drink 1 glass of green smoothie	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Drink 1 glass of <a href="#">green smoothie</a>		Drink 1 glass of green smoothie	Drink 1 glass of green smoothie	Drink 1 glass of green smoothie	Drink 1 glass of green smoothie	Drink 1 glass of green smoothie
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Include: 2 <a href="#">brazil nuts</a> 1 <a href="#">red pepper</a>	Include: 2 brazil nuts 1 red pepper	Include: 2 brazil nuts 1 red pepper	Include: 2 brazil nuts 1 red pepper	Include: 2 brazil nuts 1 red pepper	Include: 2 brazil nuts 1 red pepper	Include: 2 brazil nuts 1 red pepper
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Include <a href="#">salmon</a>	OTHER	OTHER	OTHER	OTHER	OTHER	OTHER
Dry brush	Dry brush					
Decide on a permanent spot for dry brush next to shower						
Buy a dry brush						
Print instructions for <a href="#">how to dry brush</a>						

## SHOPPING LIST: Week 1

- 1 dry brush
- 2 fillets wild salmon
- 7 red ramiro/romano red peppers
- 2 bags spinach
- 3 cucumbers
- 7 small avocados (or 3 large)
- 7 oranges
- 7 limes
- 4 x 1 litres coconut water
- 1 small package chia seeds
- 2 small packages ground flax seeds
- 1 package pumpkin seeds
- 1 package brazil nuts

### \*\*ADD BEAUTY ITEMS TO USUAL DIET

These daily habits are meant to be eaten in addition to whatever else you are eating now. For example, this does NOT suggest you only eat a green smoothie for breakfast. Eat the beauty items PLUS whatever else you like.



IT'S NATURAL BEAUTY MONTH AT:

**The Curious Giraffe**  
*Habits for Radiant Well-Being*

[www.curiousgiraffe.co.uk](http://www.curiousgiraffe.co.uk)