



# Wellbeats™

## Nourish Your Everyday Challenge

Not sure how to cook nutritious meals? Struggling with eating “the right” foods? No matter where you are, this 2-week challenge is a quick way to learn the basics of healthy eating and nutrition. All classes are taught with a simple, easy-to-follow approach so you can take action right away. No more second guessing or feeling stuck, our top nutrition experts will teach you all the tools and tips you need to maintain a healthy lifestyle. Every day you will learn something new - whether it's master portion control, what to eat after a workout, healthy snack ideas, cooking tips, and so much more. By the end of this challenge, you will confidently be ready to nourish your everyday.

Share your meals with us on Instagram or Facebook so we can give you a virtual high-five using **#WellbeatsNourish**



|        | DAY 1  | DAY 2  | DAY 3   | DAY 4   | DAY 5   | DAY 6   | DAY 7  |
|--------|--|--|---|---|---|---|--|
| WEEK 1 | <p><b>Nourishing vs. Eating</b><br/>Nourish<br/>9 min</p>  | <p><b>A Beginner's Guide to Macros</b><br/>Nourish<br/>4 min</p> | <p><b>How to Read a Nutrition Label</b><br/>Nourish<br/>3 min</p> | <p><b>How to Master Portion Control</b><br/>Nourish<br/>3 min</p> | <p><b>Gut Health 101</b><br/>Nourish<br/>5 min</p> <p><b>AND</b></p> <p><b>Cooking to Improve Gut Health</b><br/>Nourish<br/>10 min</p> | <p><b>Anti-Inflammatory Foods</b><br/>Nourish<br/>5 min</p> <p><b>AND</b></p> <p><b>Cooking to Reduce Inflammation</b><br/>Nourish<br/>11 min</p> | <p><b>What to Eat After a Workout</b><br/>Nourish<br/>7 min</p> <p><b>OR</b></p> <p><b>Fueling for Your Run</b><br/>Nourish<br/>14 min</p> |
| WEEK 2 | <p><b>Breakfast: Start Your Day Right</b><br/>Nourish<br/>2 min</p> <p><b>OR</b></p> <p><b>Protein Pancakes Recipe</b><br/>Nourish<br/>2 min</p> | <p><b>10 Easy Snacks for On-the-Go</b><br/>Nourish<br/>5 min</p> | <p><b>Eat Better, Sleep Better</b><br/>Nourish<br/>4 min</p>      | <p><b>Cooking with Oil</b><br/>Nourish<br/>6 min</p>              | <p><b>Cooking with Healthy Fats</b><br/>Nourish<br/>8 min</p>   | <p><b>Anti-Aging Foods</b><br/>Nourish<br/>3 min</p> <p><b>OR</b></p> <p><b>Sharpen Your Knife Skills</b><br/>Nourish<br/>21 min</p>              | <p><b>Smoothie Basics</b><br/>Nourish<br/>5 min</p> <p><b>OR</b></p> <p><b>Fresh Start Smoothie Bowl Recipe</b><br/>Nourish<br/>2 min</p>  |