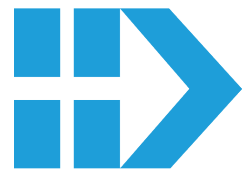


2025



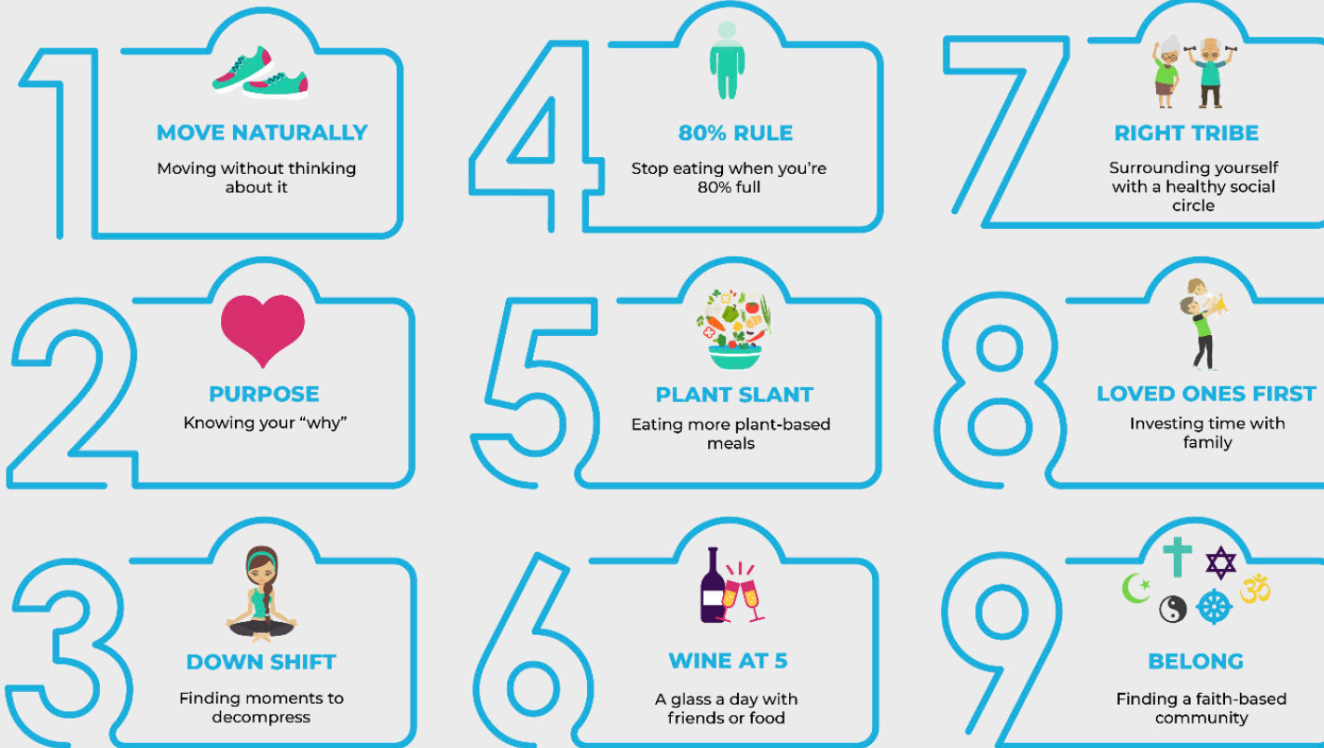
HAWAIIAN DREDGING
CONSTRUCTION COMPANY, INC.

OLA

CHALLENGE

Blue Zone Power 9®

Live Longer by Applying These Nine
Healthy Lifestyle Habits



TOTAL**WELLNESS**



Ola means ***life, health, and well-being!*** As a proud Blue Zone employer, the Ola Challenge is designed to inspire healthier lifestyle habits and encourage the practice of the Power 9—proven principles to help you live longer, better.

There are two ways to participate in the Ola Challenge:

1

OPTION 1: INDIVIDUAL PARTICIPATION

Join on your own by completing the exercise and nutrition challenges, and by staying engaged in a “moai” or wellness group of your choice.

2

OPTION 2: TEAM PARTICIPATION

Form a team of 3–5 members to complete the challenges together. Each team must designate a Team Leader and choose a Team Name. Team members will report their weekly points to the Team Leader, who will then submit the total points for the group.

Weekly points must be emailed to Anuheia Aina at aaaina@hdcc.com each Monday.

NO MORE EXCUSES, IT'S TIME TO PUT YOUR WORDS INTO ACTION.

We've all said it, "I don't have the time to exercise" or "it's too expensive to eat healthy." But now's the time to leave the excuses behind and step into a better version of you with **HAWAIIAN DREDGING CONSTRUCTION COMPANY'S OLA CHALLENGE!**



The Ola challenge encourages you to push your limits and break out of your comfort zone to make lasting changes. With three challenge levels to choose from, everyone may participate, regardless of their level of wellness experience.



This is a kākou thing! Take advantage of this opportunity to make positive changes in your life and reap the benefits for years to come.



All materials provided are for informational purposes only and should not be construed as medical advice or instruction. Consult with your physician before starting any exercise or nutrition program.

DETAILS:

- ▶ 8-week long challenge (June 2 - July 25)
- ▶ Participate in a Team or Individual basis
- ▶ Compete for WELLNESS BRAGGING RIGHTS

HOW IT WORKS:

During the work week, participants will be challenged to perform a daily exercise and nutritional task.

POINTS:

- ▶ You earn 1 point for each task successfully performed (1 for the exercise task and 1 for the nutritional task. Maximum 2 points per day).
- ▶ If you do not successfully perform a task, you will earn 0 points.
- ▶ You can also earn an extra 1 point by participating in other Wellness program activities (Pickleball, Basketball, Line Dance, or Strength and Conditioning).

ACTIVE RECOVERY:

Every person needs rest. That's why weekends are focused on active recovery. Active recovery activities are completely optional and yields no additional points.

RESOURCES:

- ▶ Use this calendar for easy personal tracking.
- ▶ At the completion of each week, tally your points and record them on your tracking sheet or your team's tracking sheet and email them to Anuheia Aina every Monday.
- ▶ Failure to submit your points by the given deadline will result in 0 points earned for the week.



CAN

1. You can divide tasks throughout the day, i.e., if the task is to do 30 squats, you can do 10 in the morning, 10 at lunch, and 10 after work.
2. You can modify any tasks due to physical limitations, dietary restrictions, or physician's recommendations.
3. While on PTO you may continue to participate; however, you must submit your points by the deadline. If you prefer not to submit points while on PTO, your team will be awarded a handicap (given full points for any day missed) in your absence. Team members should coordinate with each other to responsibly submit their points.

NO CAN



1. You can't make-up tasks for any days lost.
2. You can't perform any task for your team member(s).
3. You can't do every level of active exercise for extra points.
The maximum you can earn is 2 points per day.

JUNE 2025 | BLOCK 1 & 2 | LEGS AND CORE

BO - Beginner Ola MO - Moderate Ola AO - Advanced Ola

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
EXERCISE BO - 15 Chair squats MO - 20 Squats AO - 25 Jump squats	EXERCISE BO - 30 Sec. Mod. Plank MO - 30 Sec. Plank AO - 40 Sec. Plank w/ Alt. Leg Lift	EXERCISE BO - 20 Chair Squats MO - 25 Squats AO - 30 Jump squats	EXERCISE BO - 35 Sec. Mod. Plank MO - 40 Sec. Plank AO - 50 Sec. Plank w/ Alt. Leg Lift	EXERCISE BO - 25 Chair Squats MO - 30 Squats AO - 35 Jump squats	**Optional Active Recovery
NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	Sunday 8 REST Total Weekly Points:_____
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14
EXERCISE BO - 40 Sec. Mod. Plank MO - 50 Sec. Plank AO - 60 Sec. Plank w/ Alt. Leg Lift	EXERCISE BO - 25 Chair Squats MO - 30 Squats AO - 35 Jump squats	EXERCISE BO - 40 Sec. Mod. Plank MO - 60 Sec. Plank AO - 70 Sec. Plank w/ Alt. Leg Lift	EXERCISE BO - 30 Chair squats MO - 35 Squats AO - 40 Jump squats	EXERCISE BO - 45 Sec. Mod. Plank MO - 70 Sec. Plank AO - 80 Sec.	**Optional Active Recovery
NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	NUTRITION 1 - Eat 3 srv. fruits or veggies 2 - Eat healthy snacks 3 - Do both POINTS EARNED: 0 1 2	Sunday 15 REST Total Weekly Points:_____

Each level of exercise and nutrition is equal to 1 point. Only 1 exercise and 1 nutritional task may be completed daily, which equals a maximum of 2 points per day. No partial points may be earned.

**Optional Active Recovery: Meditate for 30 minutes + Watch "Live to 100: Secrets of the Blue Zones" on Netflix

WEEK 1 AND WEEK 2 | EXERCISE: SQUATS BODY PART: LEGS

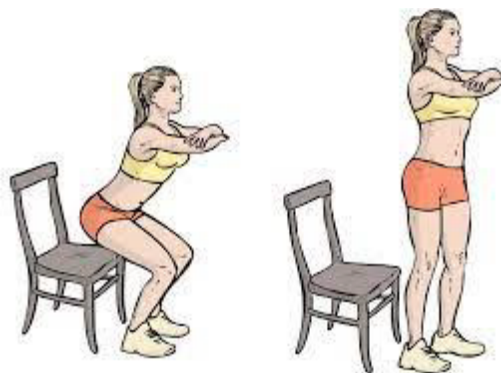
Benefits of Squats:

Squats are one of the most effective functional movements that strengthen the muscles of the legs, glutes, hips, and core. It can also contribute to better posture, increased flexibility, and boost confidence. Squat to perform daily tasks with ease and safety!

INSTRUCTIONS:

1. Stand with your feet a little wider than shoulder-width apart. Your knees should be soft, and toes turned slightly outward.
2. Initiate the movement by inhaling, bend your knees, and slowly press your hips back.
3. Keep your hips back while your knees begin to bend, lowering your glutes toward the floor.
4. Continue to lower down until your hips are just below your knees.
(Note: If you have difficulty reaching this range of motion, lower until your thighs are parallel to the floor or you've reached a comfortable range of motion.)
5. Driving through your heels, lift your body back to standing

CHAIR SQUAT



SQUAT



JUMP SQUAT

SQUAT DO'S AND DON'TS

DO'S:

- Do keep your chest up
- Do engage your core
- Do step wide enough for full range of motion
- Do keep your non-lunging leg straight

DON'TS:

- Don't allow your knees to collapse inward
- Don't round your back
- Don't rush the movement
- Don't step too narrow
- Don't shift weight to the toes

WEEK 1 AND WEEK 2 | EXERCISE: PLANK BODY PART: CORE

Benefits of Squats:

One of the most efficient and effective core exercises is the plank. The plank activates your entire core musculature (transverse abdominis, rectus abdominis, obliques, erector spinae, multifidus, and glutes) and engages up to 20 muscles. When compared to a traditional crunch that activates only six to seven muscles, the plank takes the win. Plank your way to improve posture and balance while decreasing your risk of lower back injuries.

INSTRUCTIONS:

1. Lie face-down on a mat or carpeted floor.
2. Come up onto your forearms and lift your chest off the floor. Make sure your elbows are aligned with your shoulders.
3. Lift your hips off the floor, maintaining a straight line from head to heels (modified variations: straight from head to knees).
4. Press into the mat with your forearms, actively drawing your belly button toward your spine and squeezing your glutes.
5. Hold position for time.
(Note: If doing the plank with hip extensions, boost your body up to push up position and lift your right knee to your right elbow, lower leg back down to the starting plank position, and repeat on the left side.)

MODIFIED PLANK



PLANK



PLANK W/ ALTERNATING LEG LIFT

PLANK DO'S AND DON'TS

DO'S:

- Do keep your body in a straight line
- Do engage your core
- Do keep your shoulders stacked over your elbows or wrists
- Do breathe steadily

DON'TS:

- Don't let your hips drop or sag
- Don't raise your butt too high
- Don't let your head hang
- Don't hold your breath
- Don't lock your knees or elbows

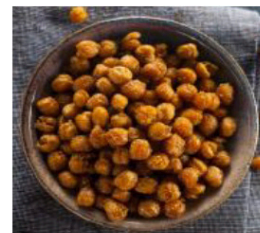
WEEK 1 AND WEEK 2 | NUTRITION

NUTRITION GOALS

1. Eat 3 servings of fruits or vegetables
2. Eat healthy snacks
3. Do both 1 & 2

5 Reasons Why Fruits and Vegetables Are Important

- 1** A growing body of research proves that fruits and vegetables are critical to promoting good health.
It helps reduce your risk of: heart disease, high blood pressure, type II diabetes and certain cancers.
- 2**
- 3** Fruits and vegetables have many important phytochemicals that help “fight” to protect your health.
Because they’re low in calories and high in fiber, fruits and vegetables can help you control your weight.
- 4**
- 5** Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.



WHOLESUME OPTIONS

SWEET

- Banana slices drizzled with dark chocolate
- Apple slices with almond or peanut butter
- Cottage cheese with fresh fruit
- Chia seed pudding with fresh fruit
- Greek yogurt with fresh fruit

SALTY

- Hard-boiled egg with a dash of salt or everything bagel seasoning
- Hummus and vegetables (ie. cucumber, carrot, bell pepper)
- Salted pumpkin or sunflower seeds
- Corn chips and guacamole
- Kale chips
- Edamame with sea salt

CRUNCHY

- Rice cakes with nut butter or avocado
- Raw vegetable sticks
- Raw mixed nuts
- Spiced roasted chickpeas
- Roasted seaweed (preferably sushi nori with no added oil or salt)

JUNE 2025 | BLOCK 3 & 4 | LEGS AND ARMS

BO - Beginner Ola MO - Moderate Ola AO - Advanced Ola

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21
EXERCISE BO - 15 Stationary lunges w/ chair assist MO - 20 Stationary lunges AO - 25 Walking lunges (with or without weighted object) NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 20 Prayer shoulder press MO - 20 Seated shoulder press w/ object AO - 20 Standing shoulder press w/ object NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 20 Stationary lunges w/ chair assist MO - 25 Stationary lunges AO - 30 Walking lunges (with or without weighted object) NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 30 Prayer shoulder press MO - 30 Seated shoulder press w/ object AO - 30 Standing shoulder press w/ object NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 25 Stationary lunges w/ chair assist MO - 30 Stationary lunges AO - 35 Walking lunges (with or without weighted object) NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	**Optional Active Recovery Sunday 22 REST Total Weekly Points:_____
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28
EXERCISE BO - 40 Prayer shoulder press MO - 40 Seated shoulder press w/ object AO - 40 Standing shoulder press w/ object NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 30 Stationary lunges w/ chair assist MO - 35 Stationary lunges AO - 40 Walking lunges (with or without weighted object) NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 45 Prayer shoulder press MO - 45 Seated shoulder press w/ object AO - 45 Standing shoulder press w/ object NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 35 Stationary lunges w/ chair assist MO - 40 Stationary lunges AO - 45 Walking lunges (with or without weighted object) NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 50 Prayer shoulder press MO - 50 Seated shoulder press w/ object AO - 50 Standing shoulder press w/ object NUTRITION 1 - Drink rec. intake of water 2 - Limit refined carbs 3 - Do both POINTS EARNED: 0 1 2	**Optional Active Recovery Sunday 29 REST Total Weekly Points:_____

Each level of exercise and nutrition is equal to 1 point. Only 1 exercise and 1 nutritional task may be completed daily, which equals a maximum of 2 points per day. No partial points may be earned.

**Optional Active Recovery: Walk with or without a partner for 30 minutes

Benefits of Lunges:

Lunges provide a wide range of benefits, from boosting lower body strength to enhancing balance, stability, and flexibility. They're especially effective for building and toning muscles in the quadriceps, hamstrings, and glutes, while also improving overall functional fitness for everyday movement.

INSTRUCTIONS:

1. From a standing position, take a big step forward with either leg, firmly planting your foot in front of you. Carefully balance on the ball of your back foot with weight evenly distributed on both feet.
2. From here, bending your knees, lower your hips straight down toward the floor. Continue until your front thigh is parallel to the floor or at a comfortable range of motion.
3. Pressing through your feet, send your hips back up to your starting lunge stance.
4. Repeat movement for the number of repetitions desired before switching legs.
5. Driving through your heels, lift your body back to standing position.



STATIONARY LUNGE WITH CHAIR ASSIST



STATIONARY LUNGE



WALKING LUNGES (W/ OR W/O WEIGHTED OBJECT)

LUNGE DO'S AND DON'TS

DO'S:

- Do keep your front knee directly above your ankle
- Do keep your torso upright
- Do keep your weight evenly distributed
- Do engage your core

DON'TS:

- Don't let your front knee go past your toes
- Don't lean forward or hunch over
- Don't let your back knee slam into the floor
- Don't let your knees cave inward

Benefits of Shoulder Press:

Should presses offer a variety of benefits, including increased upper body strength in your shoulders, triceps, upper chest, and upper trapezius. It also improves shoulder health and stability and enhances core engagement and balance. This functional movement also strengthens the muscles you rely on for everyday tasks like lifting, reaching, and carrying, making daily activities easier and safe.

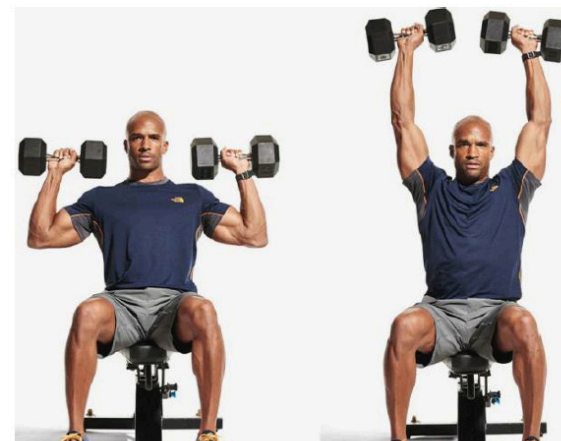
INSTRUCTIONS:

1. Sit or stand with your feet should-width apart.
2. Lift arms to shoulder height (with weight), palms facing forward.
3. Press arms upward until they are fully extended overhead, without locking your elbows.
4. Keep your wrists stacked over your elbows and avoid leaning backward to keep the pressure off your lower back.
5. Pause briefly at the top and lower the weights slowly back to shoulder height with control.

PRAYER SHOULDER PRESS



STANDING SHOULDER PRESS (W/ OBJECT)



SEATED SHOULDER PRESS (W/ OBJECT)

SHOULDER PRESS DO'S AND DON'TS

DO'S:

- Do keep your core engaged
- Do press arms (weights) straight up over your shoulders
- Do keep your back straight and chest lifted
- Do use controlled movement

DON'TS:

- Don't arch your back
- Don't let your elbows flare too far out
- Don't lock your elbows at the top
- Don't let your head jut forward
- Don't use weights that are too heavy

WEEK 3 AND WEEK 4 | NUTRITION

NUTRITION GOALS

1. Drink half your body weight in ounces of water daily
2. Limit refined carbohydrates
3. Do both 1 & 2

The Importance of Water:



Staying hydrated isn't just important, it's essential. Did you know that water makes up around 60% of your body weight?

It plays a vital role in keeping every system in your body functioning smoothly.

- Regulates body temperature
- Transports nutrients and oxygen to cells
- Removes waste from the body and flushes toxins from the kidneys and liver
- Protects and cushions vital organs
- Lubricates joints, preventing friction and wear
- Maintains healthy skin by keeping it hydrated and elastic
- Helps dissolve minerals and nutrients for better absorption
- Supports healthy brain function and mood regulation
- Promotes cardiovascular health by maintaining blood volume
- Supports muscle performance by preventing cramps and fatigue
- Maintains healthy blood pressure and aids digestion

What are Refined Carbohydrates?

Refined carbohydrates are highly processed foods that have been stripped of most of their nutrients and fiber. When consumed in excess, these high-glycemic foods can cause rapid spikes in blood sugar and have been linked to an increased risk of type 2 diabetes, coronary heart disease, and other metabolic disorders.

Here is a list of refined carbohydrates to limit in your diet:

- White bread and bagels
- White pasta
- White rice
- Flours such as white flour, all-purpose flour and enriched wheat flour
- Snacks such as potato chips, crackers, pretzels, and granola or protein bars
- Sugary beverages such as soda, energy drinks, sweetened iced tea, and fruit juices
- Desserts such as pastries, cookies, pies, muffins, ice cream and candy
- Sweeteners such as white sugar, brown sugar, agave, corn syrup, honey, molasses, and maple syrup
- Breakfast items such as cereal and pancake and waffle mixes
- Gluten-free food items made with rice flour
- Pre-packaged buttered popcorn

****A general rule of thumb: anything that comes in a bag or box has been refined and should be avoided.**

WHOLESOME OPTIONS

INSTEAD OF WHITE BREAD OR ROLLS:

- 100% whole grain bread
- Sourdough bread (preferably wholegrain)
- Lettuce wraps for sandwiches

INSTEAD OF WHITE RICE:

- Brown rice
- Quinoa
- Farro
- Cauliflower rice (grain-free option)
- Barley

INSTEAD OF REGULAR PASTA:

- Whole grain pasta
- Chickpea pasta
- Lentil pasta
- Zucchini noodles
- Spaghetti squash

INSTEAD OF WHITE FLOUR OR BAKED GOODS:

- Oat flour or whole wheat flour
- Almond flour or coconut flour (grain-free option)
- Homemade oat-based pancakes or waffles

INSTEAD OF WHITE FLOUR OR BAKED GOODS:

- Sweet potato (bakes or roasted)

JULY 2025 | BLOCK 5 & 6 | FULL-BODY

BO - Beginner Ola MO - Moderate Ola AO - Advanced Ola

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5
EXERCISE BO - 15 Modified Lateral Lunge MO - 20 Lateral Lunge AO - 25 Lateral Lunge w/ Leg Lift NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 15 Modified Push-up MO - 15 Push-up AO - 20 Diamond Push-up NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 20 Modified Lateral Lunge MO - 25 Lateral Lunge AO - 30 Lateral Lunge w/ Leg Lift NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 20 Modified Push-up MO - 20 Push-up AO - 25 Diamond Push-up NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 25 Modified Lateral Lunge MO - 30 Lateral Lunge AO - 35 Lateral Lunge w/ Leg Lift NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	**Optional Active Recovery Sunday 6 REST Total Weekly Points:_____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12
EXERCISE BO- 25 Modified Push-up MO- 25 Push-up AO- 30 Diamond Push-up NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 30 Modified Lateral Lunge MO - 35 Lateral Lunge AO - 40 Lateral Lunge w/ Leg Lift NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO- 30 Modified Push-up MO- 30 Push-up AO- 35 Diamond Push-up NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO- 35 Modified Lateral Lunge MO- 40 Lateral Lunge AO- 45 Lateral Lunge w/ Leg Lift NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO- 35 Modified Push-up MO- 35 Push-up AO- 40 Diamond Push-up NUTRITION 1 - Add a side salad to one meal per day 2 - Eat until you're 80% full 3 - Do both POINTS EARNED: 0 1 2	**Optional Active Recovery Sunday 13 REST Total Weekly Points:_____

Each level of exercise and nutrition is equal to 1 point. Only 1 exercise and 1 nutritional task may be completed daily, which equals a maximum of 2 points per day. No partial points may be earned.

**Optional Active Recovery: Dance with or without a partner for 30 minutes

Benefits of Lateral Lunges:

Lateral lunges provide a variety of benefits, including improved lower body strength, balance, and stability. They also help increase hip mobility and flexibility. By engaging major muscle groups like the glutes, hamstrings, quads, and inner thighs, lateral lunges strengthen the lower body in a functional, side-to-side movement.

INSTRUCTIONS:

1. Stand tall with your feet hip-width apart. Keep your chest up, shoulders back, and core engaged.
2. Take a big step to the right with your right foot. Keep your toes pointed forward and both feet flat on the ground.
3. Bend your right knee and push your hips back as if you're sitting into a chair. Keep your left leg straight and both feet grounded.
4. Make sure your right knee stays aligned over your right foot and doesn't extend past your toes.
5. Press through your right heel to push yourself back to the starting position.

LATERAL LUNGE**MODIFIED LATERAL LUNGE****LATERAL LUNGE W/ LEG LIFT****LATERAL LUNGES**
DO'S AND DON'TS**DO'S:**

- Do keep your chest up
- Do engage your core
- Do step wide enough for full range of motion
- Do keep your non-lunging leg straight

DON'TS:

- Don't allow your knees to collapse inward
- Don't round your back
- Don't rush the movement
- Don't step too narrow
- Don't shift weight to the toes

Benefits of Push-Ups:

Push-ups provide a wide range of benefits, from building upper body strength and core stability to boosting cardiovascular health. They also enhance functional fitness, support bone density, and help improve posture. Because push-ups engage multiple muscle groups at once, they're an effective and versatile bodyweight exercise suitable for all fitness levels.

INSTRUCTIONS:

1. Start in a high plank with your hands placed slightly wider than shoulder-width apart.
2. Keep your legs extended straight behind you, feet hip-width apart.
3. Your body should form a straight line from head to heels.
4. Engage your core and glutes to maintain proper alignment.
5. Inhale as you slowly bend your elbows, lowering your chest toward the floor.
6. Exhale as you press into your hands to push your body back to the starting position.
7. Repeat for desired repetitions.

MODIFIED PUSH-UP**PUSH-UP****DIAMOND PUSH-UP****PUSH-UP
DO'S AND DON'TS****DO'S:**

- Do keep your body in a straight line by engaging your core and glutes to prevent your hips from sagging or rising.
- Do place your hands slightly wider than shoulder-width apart to target the chest and shoulders.
- Do lower your body with control
- Do breathe properly
- Do keep your elbows at a 45-degree angle to protect your shoulders

DON'TS:

- Don't let your hips sag or lift
- Don't flare your elbows out wide
- Don't drop your head
- Don't rush the movement
- Don't arch your lower back

WEEK 5 AND WEEK 6 | NUTRITION

NUTRITION GOALS

1. Add a side salad to one meal per day
2. Eat until you are 80% full
3. Do both 1 & 2

Food for thought: “Every time you eat or drink, you are either feeding disease or fighting it.”



10 Health Benefits of Eating Salad Everyday:

1. Boosts Nutrient Intake
2. Aids in Weight Management
3. Improves Digestion
4. Enhances Skin Health
5. Strengthens the Immune System
6. Supports Heart Health
7. Increases Energy Levels
8. Promotes Better Hydration
9. Reduces the Risk of Chronic Diseases
10. Encourages Healthy Eating Habits



The 80% Rule:

“*Hara hachi bu*” is a 2,500-year-old Confucian mantra practiced by the Okinawans, reminding them to stop eating when they’re about 80% full. That mindful 20% gap between feeling

satisfied and feeling full can be the key to maintaining a healthy weight. In Blue Zones, people tend to eat their smallest meal in the late afternoon or early evening and then refrain from eating for the rest of the day.

By following this principle, individuals can avoid overeating, reduce calorie intake, and develop greater awareness of their body’s natural hunger cues.

How to Put the 80% Rule into Practice:

- **Eat slowly** - Eating faster results in eating more. Slow down to allow your body to respond to cues, which tell us we are no longer hungry.
- **Focus on food** - Turn off the TV and the computer. If you’re going to eat, just eat. You’ll eat more slowly, consume less and savor the food more.
- **Use small vessels** - Choose to eat on smaller plates and use tall, narrow glasses. You’re likely to eat significantly less without even thinking about it.

WHOLESOME OPTIONS

CHOPPED TOFU SALAD:

INGREDIENTS:

- 8 cups chopped romaine lettuce
- 1 cup mung bean sprouts
- ½ cup chopped green onion
- 1 cup grape tomatoes, halved
- 12 oz. firm tofu, drained and cubed

CILANTRO LIME DRESSING:

- 1 cup loosely packed cilantro leaves
- 1 1/3 cups plain nonfat Greek yogurt
- 1 jalapeno
- 2 garlic cloves
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. fresh lime juice
- ¼ cup olive oil
- Salt and pepper to taste

INSTRUCTIONS:

- Combine vegetables in a large bowl and mix well. Add tofu and toss gently with dressing. Ready to serve!
- Makes 4 servings

JULY 2025 | BLOCK 7 & 8 | FULL-BODY

BO - Beginner Ola MO - Moderate Ola AO - Advanced Ola

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19
EXERCISE BO - 20 Modified Mountain Climbers MO - 20 Mountain Climbers AO - 25 Spiderman Mountain Climbers NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 20 Frontal + Lateral Raise MO - 20 Frontal Raise w/ object AO - 25 Frontal + Lateral Raise w/ object NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 30 Modified Mountain Climbers MO - 30 Mountain Climbers AO - 35 Spiderman Mountain Climbers NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 30 Frontal + Lateral Raise MO - 30 Frontal Raise w/ object AO - 35 Frontal + Lateral Raise w/ object NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 40 Modified Mountain Climbers MO - 40 Mountain Climbers AO - 45 Spiderman Mountain Climbers NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	**Optional Active Recovery Sunday 20 REST Total Weekly Points:_____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26
EXERCISE BO - 40 Frontal + Lateral Raise MO - 40 Frontal Raise w/ object AO - 45 Frontal + Lateral Raise w/ object NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 50 Modified Mountain Climbers MO - 50 Mountain Climbers AO - 55 Spiderman Mountain Climbers NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 50 Frontal + Lateral Raise MO - 50 Frontal Raise w/ object AO - Frontal + Lateral Raise w/ object NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 60 Modified Mountain Climbers MO - 60 Mountain Climbers AO - 65 Spiderman Mountain Climbers NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	EXERCISE BO - 60 Frontal + Lateral Raise MO - 60 Frontal Raise w/ object AO - 65 Frontal + Lateral Raise w/ object NUTRITION 1 - Skip deep fried food 2 - Swap soda/juice for H2O 3 - Do both POINTS EARNED: 0 1 2	**Optional Active Recovery Sunday 27 REST Total Weekly Points:_____

Each level of exercise and nutrition is equal to 1 point. Only 1 exercise and 1 nutritional task may be completed daily, which equals a maximum of 2 points per day. No partial points may be earned.

**Optional Active Recovery: Dance with or without a partner for 30 minutes

WEEK 7 AND WEEK 8 | EXERCISE: MOUNTAIN CLIMBERS BODY PART: FULL-BODY

Benefits of Mountain Climbers:

Mountain climbers are a dynamic, full-body exercise that builds core strength, improves cardiovascular health, and boosts agility. This high-intensity movement engages multiple muscle groups including the core, arms, shoulders, legs, and glutes, while also enhancing coordination, flexibility, and balance. They elevate your heart rate, helping to burn calories efficiently and improve endurance. Despite their intensity, mountain climbers are relatively low-impact, making them a great option for many fitness levels.

INSTRUCTIONS:

1. Start in the plank position and distribute your weight evenly from your hands to your toes.
2. Your hands should be about shoulder-width apart, back flat, abs engaged, and head in alignment.
3. Pull your right knee into your chest as far as you can, and return your right leg back to the plank position.
4. Do the same thing with your left knee and continue to alternate legs.
5. Keep your hips down and run your knees in and out as far and fast as you can.

MOUNTAIN CLIMBER



SPIDERMAN MOUNTAIN CLIMBER



MODIFIED MOUNTAIN CLIMBER

MOUNTAIN CLIMBERS DO'S AND DON'TS

DO'S:

- Do keep your core engaged
- Do keep your body in a straight line
- Do drive your knees toward your chest with control
- Do keep your hands directly under your shoulders
- Do breathe steadily

DON'TS:

- Don't let your hips bounce or sag
- Don't rush through the movement
- Don't let your head drop
- Don't lock your elbows
- Don't arch your back

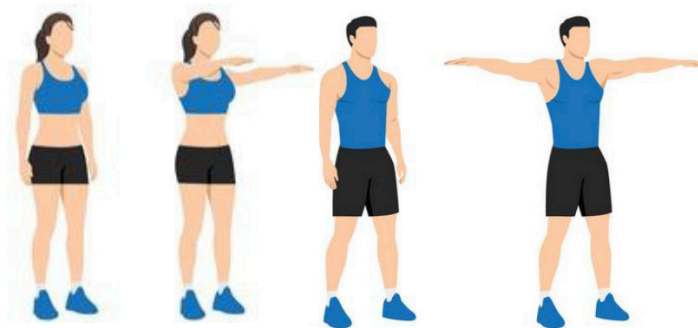
WEEK 7 AND WEEK 8 | EXERCISE: SHOULDER RAISE BODY PART: ARMS

Benefits of Shoulder Raises:

Shoulder raises, especially lateral and front raises, provide a range of benefits. They help build shoulder strength, enhance mobility and stability, and contribute to better overall shoulder aesthetics. Additionally, these movements engage and strengthen key stabilizing muscles in the upper back and core, supporting better posture and functional movement.

INSTRUCTIONS:

1. Stand tall with feet shoulder-width apart. Let your arms hang in front of your thighs with your palms facing your body.
2. Keep a slight bend in your elbows and engage your core.
3. Slowly raise both arms straight in front of you for a front raise, or out to the sides for a lateral raise, until they reach shoulder height (parallel to the ground).
4. Pause briefly at the top, then lower your arms back to the starting position with control.
5. Repeat the movement for the desired number of repetitions.



FRONTAL + LATERAL RAISE



FRONTAL + LATERAL RAISE W/ OBJECT

FRONTAL RAISE W/ OBJECT

SHOULDER RAISES DO'S AND DON'TS

DO'S:

- Do engage your core
- Do use controlled movements
- Do maintain a slight bend in the elbows and knees
- Do breathe through the exercise
- Do start with light weights, and gradually increase the weight based on your comfort level
- Do stop at shoulder height

DON'TS:

- Don't lock your elbows
- Don't shrug your shoulders
- Don't arch your back
- Don't go too heavy too soon
- Don't swing your weights

WEEK 7 AND WEEK 8 | NUTRITION

NUTRITION GOALS

1. Skip deep fried foods
2. Swap soda or juice for water, sparkling water, or herbal tea
3. Do both 1 & 2

Next time you're at the grocery store, take a moment to check the nutrition labels on the items in your cart, especially beverages. You might be surprised by how much added sugar hides in everyday drinks like sodas, juices, and energy drinks.

Regular consumption of sugary beverages has been linked to a range of health issues, including weight gain, poor blood sugar control, and an increased risk of type 2 diabetes. Research also shows associations with high blood pressure, elevated cholesterol, and heart disease. Drinking just one soda a day can significantly raise your risk of developing type 2 diabetes.

Even diet sodas aren't a safe alternative. They've been shown to stimulate appetite and disrupt metabolism. Overall, frequent consumption of sugary drinks is associated with a higher likelihood of obesity, cavities, gout (a painful form of arthritis), and other long-term health problems.

Sources:

¹CDC: Centers for Disease Control and Prevention "Get the Facts: Sugar-Sweetened Beverages and Consumption". <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>

²UCLA Health "Drinking soda linked to many adverse health conditions". <https://www.uclahealth.org/news/article/drinking-soda-linked-to-many-adverse-health-conditions>

³CDC: Centers for Disease Control and Prevention "Rethink Your Drink." https://www.cdc.gov/healthy-weightgrowth/rethink-your-drink/?CDC_AAref_Val=https://www.cdc.gov/healthyweight/healthy_eating/drinks.html

Drink (12-ounce serving)	Teaspoons of Sugar	Total Drink Calories
Plain Water	0	0
Unsweetened Tea	0	0
Lemonade, powder, prepared with water	3	55
Sports Drinks	5	97
Brewed Sweet Tea	7	115
Energy Drink	9	162
Regular Soda	10	155
Fruit Juice Drink	10	186
Regular Orange Soda	13	195

WHOLESOME OPTIONS

INGREDIENTS:

- Choose water instead of sugary drinks. This can be tap water or unsweetened, bottled, or sparkling water
- Need more flavor? Add berries or slices of lime, lemon, or cucumber to your water.
- If water just won't do, reach for drinks that contain important nutrients. Nutrient-dense drinks include:
 - Low or fat-free milk
 - Unsweetened, fortified milk alternatives
 - 100% juice
- Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing low-calorie drink.
- Need help breaking the habit? Don't stock up on sugary drinks. Instead, keep a jug or reusable bottles of cold water in the fridge.
- At the coffee shop? Skip the flavored syrups and whipped cream. Ask for a drink with low or fat-free milk or unsweetened milk alternatives such as soy or almond. Or, you can get back to basics with black coffee.
- On the go? Carry a reusable water bottle with you and refill it throughout the day.
- Remember that you can be a role model for your friends and family by choosing water and other healthy, low-calorie beverages.

RECIPES



Chocolate Pudding

Ingredients: 4 bananas, 4 tbsp cocoa powder, ½ tsp vanilla extract, pinch of salt, toppings: unsweetened shredded coconut, toasted almonds, chia seeds, cocoa nibs.

Instructions: Peel bananas and place into medium size mixing bowl. Using the back side of a fork, mash the bananas until no large clumps remain. Add cocoa powder and stir to combine. Chill for 1 hour, then serve with topping of choice. Note: For a smoother texture use a food processor to combine all ingredients.



Overnight Chia Pudding

Ingredients: 1 ½ cups unsweetened almond milk, 1/3 cup chia seeds, 2-5 tbsp maple syrup, ½ tsp ground cinnamon, ¼ tsp salt, ½ tsp vanilla extract (optional), ¼ cup cocoa or unsweetened cocoa powder (optional)

Instructions: Add all ingredients to a mixing bowl and whisk vigorously to combine. Cover and refrigerate for 3-4 hours, or overnight. Serve chilled with desired toppings, such as fruit, sliced almonds, cocoa nibs, or unsweetened shredded coconut.



Mango Lassi Smoothie

Ingredients: 1 cup fresh or frozen mango chunks, ½ cup plain Greek yogurt, ¾ cup unsweetened almond milk or alternative milk substitute, 1tbsp raw honey, 1/8 – ¼ tsp ground cardamom

Instructions: Place all ingredients in a blender. Blend until mixture is smooth and creamy. If too thick, add a bit more milk to reach desired consistency. Serve immediately. Makes 1 serving.



Pumpkin Pancakes

Ingredients: 1 cup oat flour, ¼ cup vanilla soy or almond milk, ½ cup pumpkin puree, ¼ cup applesauce, 1 tsp cinnamon, ½ tbsp baking powder, 1tbsp apple cider vinegar, 1 ½ tbsps. honey

Instructions: In a large bowl, mix all dry ingredients together. Add the wet ingredients and mix until combined. Let batter sit for 3-4 minutes to thicken. Heat a non-stick pan over medium heat. Once pan is hot, reduce heat to medium-low. Oil pan lightly and gently pour batter into the circular size you want. Flip and cook the other side after 1-2 minutes. Repeat until batter is used up.

RECIPES

Chickpea Caesar Salad



Ingredients: 1 sweet potato, ½ cup no-salt canned garbanzo beans, ½ tsp olive oil, 1 tsp + 1 pinch cayenne pepper, 6 cups kale, 9 cups romaine lettuce, 1 organic granny smith apple, 2 cloves garlic, ¼ cup nutritional yeast, 1 tbsp white miso paste, ¼ cup tahini, ½ cup lemon juice, ¼ cup water, 3 tbsp apple cider vinegar, 1 tsp onion powder, salt & pepper to taste.

Instructions: Preheat oven to 400-degrees F. Rinse the sweet potato. Cut into small pieces. Lay the pieces flat in one layer in an oven-safe pan. Rinse and drain the canned garbanzo beans. Once dry, place them onto a large rimmed baking sheet. Drizzle the oil over the beans. Mix to coat. (For oil free option, omit the oil.) Sprinkle on cayenne pepper and salt, and mix to coat. Roast the beans and sweet potato for 20 minutes at 400F. After 20 minutes, until lightly golden. Expect them to firm up as they cool. The sweet potatoes are done when a fork can pierce them.

Prepare the fresh produce: De-stem the kale and then finely chop the leaves. Wash and dry in a salad spinner or towel. Place into extra large bowl. Finely chop the romaine lettuce. Rinse and then spin or towel dry. Place into bowl along with kale and set aside. Rinse and dice the organic granny smith apple. Rinse and drain the canned cannellini beans. Peel the garlic.

Prepare the dressing: Blend all the dressing ingredients (canned cannellini beans, ¾ of the nutritional yeast measurement, white miso paste, tahini, lemon juice, water apple cider vinegar, salt, onion powder, and garlic) in a high-lowered blender and set aside.

Assemble: Add dressing onto romaine lettuce and mix until fully coated. Now sprinkle on the roasted chickpea croutons and remaining nutritional yeast. Add additional add-ons. Celebrate this delicious, gluten-friendly, plant-based Caesar salad!

One Pan Mexican Quinoa Salad



Ingredients: 1 tbsp extra virgin olive oil, 2 cloves garlic, minced, 1 jalapeno, minced, 1 cup quinoa, 1 cup vegetable broth, 1 (15 oz) can black beans, drained and rinsed, 1 (14.5 oz) can fire-roasted diced tomatoes, ½ cup corn kernels, 1 tsp chili powder, ½ tsp cumin, sea salt and ground black pepper to taste, 1 avocado, 2-4 tbsp lime juice and 2 tbsp chopped fresh cilantro.

Instructions: In large skillet, heat olive oil over medium heat. Add garlic and jalapeno cooking for 1-2 minutes. Add quinoa, broth, black beans, tomatoes, corn, chili powder, cumin and salt & pepper to taste. Bring to a boil. Cover, reduce heat and simmer for about 20 minutes. Stir in remaining ingredients and serve.

Ikarian Tabouli Salad



Ingredients: 1/3 cup bulgur wheat, rinsed; 5 bunches parsley, finely chopped; 5 medium tomatoes, diced small; ½ cup chopped green onions, 3 lemons, freshly squeezed, ¼ cup mint, ½ cup extra-virgin olive oil, ½ tbsp salt, ½ tsp pepper

Instructions: Mix all ingredients together and enjoy. Note: This also

makes a great leftover salad. Yields 8 servings. Plant-Based.

RECIPES

Southwest Quinoa Salad



Ingredients: 2½ - 3 tbsp freshly squeezed lime juice, ¼ - ½ tsp agave nectar or pure maple syrup, 2 cups cooked and cooled quinoa, 1 cup black beans, ½ - ¾ cup chopped avocado, tossed in squeezed of extra lime juice, ½ cup corn kernels, ½ cup mild or medium salsa, ¼ cup diced red bell pepper, ¼ cup chopped cilantro, 3-4 tbsp chopped green onion, ½ tsp cumin, ¼ rounded tsp sea salt, 1/8 rounded tsp allspice.

Instructions: In a large bowl, combine the lime juice, agave nectar, quinoa, black beans, avocado, corn, salsa, red bell pepper, cilantro, green onion, cumin, sea salt, and allspice. Add extra lime juice and sweetener to taste, as well as any additional seasoning. Refrigerate until ready to serve. Avocado (Note: If making this salad ahead of time, do not add the avocado, as it will discolor. Toss together all the ingredients, chill and then work in the avocado/lime juice before serving.) Salsa (Note: I normally like mild salsa, but you can use a medium salsa in this salad. For kiddos, you may want to use a mild salsa.) I find ½ cup is just enough, but feel free to add another few tablespoons if you like it saucier. Salt (Note: Start with about ¼ teaspoon of sea salt, then adjust to add extra later if needed. You may want a little more depending on the brand of salsa that you use.)

Eggplant Salad



Ingredients: 2 lbs. eggplant (2 large eggplants), ½ tsp sea salt, 4 oz olive oil, 1 onion minced, ½ T cinnamon, 4 garlic cloves minced, 2 cans of tomatoes, 2 T fresh cilantro minced, 3 T fresh parley minced, 1 T lemon juice, 2 T fresh mint minced, 5 oz Greek yogurt, 1 oz roasted pine nuts.

Instructions: Cut eggplant into cubes, sprinkle with a generous amount of sea salt and set aside. After 30 minutes, rinse and drain well then pat dry with a kitchen towel. Heat 2 T of oil in a large pan and sauté eggplant. Once finished remove eggplant from pan and let cool. Heat additional 2 T of oil and sauté the onion for about a minute. Add cinnamon and half of the garlic. After another minute add the tomatoes. Finally, add the eggplant and let simmer for about one hour, until most of the liquid has evaporated. Mix in half of the cilantro and parsley and let cool. Mix lemon juice, 2 T of olive oil, remaining garlic and mint with the Greek yogurt. Mix pine nuts into the yogurt. Serve the cooled eggplant salad with a generous dollop of the yogurt dressing and garnish with remaining herbs.

Roasted Salmon with Dill-Yogurt Sauce



Ingredients: 1 cup plain yogurt, ½ cucumber, chopped into small pieces, 2 clove garlic minced, 2 tbsp lemon

juice, 1 tbsp fresh dill chopped, ½ tsp sea salt, ¼ tsp ground black pepper, 2 lbs. salmon fillets with skin, 1-2 tbsp extra virgin olive oil, salt and ground black pepper to taste.

Instructions: Preheat oven to 425 degrees F. Line a baking sheet with aluminum foil. Prepare dill-yogurt sauce by combining the first seven ingredients in a medium size bowl. Set in fridge until salmon is ready to serve. To prepare the salmon, pat each fillet with a dry paper towel. Then, lightly drizzle olive oil over each fillet. Using a pastry brush or your fingers, rub the olive oil to coat each piece.

Sprinkle with salt and pepper. Place salmon skin-side down on a baking sheet. Roast for 4-6 minutes per half-inch thickness of salmon or until salmon flakes easily with the twist of a fork. Serve immediately with dill-yogurt sauce.

RECIPES

Cauliflower-Chickpea Tacos



Ingredients: 1 tsp ground cumin, ¼ tsp garlic powder, ¼ tsp onion powder, 1 tsp salt, 1 T fresh lime juice, 1 T olive oil, 1 T water, 4 cloves of garlic minced, 1 (15 oz) can of chickpeas rinsed and drained, 1 small head of cauliflower rinsed, drained and cut into little bite-size florets, 1 cup Greek yogurt/sour cream, 1 bunch of cilantro, 1/8 cup lime juice, salt and pepper to taste. Toppings: red cabbage, red onion, jalapenos, avocados.

Instructions: Preheat the oven to 400°F. In a bowl, mix chili powder, ancho powder, garlic powder, onion powder cumin, salt, 1 T lime juice, olive oil and water. Stir in chickpeas and cauliflower florets so they're coated in the marinade. Place the seasoned chickpeas & cauliflower on a greased baking sheet and roast for 30-35 minutes. Stir the chickpea-Cauliflower mixture occasionally while baking to ensure they're cooked evenly. When the chickpeas are slightly crispy and the cauliflower is tender, remove from oven and set aside. Mix sour cream/yogurt with 1/8 cup lime juice and ¼ cup cilantro. Stir well. Feel free to add more cilantro or lime juice to the sauce, and season with salt and pepper to taste. Build up your taco to your preference.

Miso-Glazed Tofu



Ingredients: 1/3 cup miso, 1 container firm tofu, 3 T rice vinegar, 3 T soy milk, 1 tsp fresh ginger, 2-3 cloves garlic chopped, 3 T sesame oil, sesame seeds, green onion.

Instructions: Combine all ingredients except oil and tofu in a food processor and blend, slowly adding the oil until the mixture is smooth. Cut the tofu into slices 1 inch thick and dip them in the mixture until coated,

reserving some of the mixture. Lay the tofu on a baking sheet and broil for 10 minutes. Then flip to the other side and coat with the remaining mixture. Sprinkle with sesame seeds and chopped green onion before serving.

Easy Lentil and Veggie Soup



Ingredients: 1¼ cup green, black or brown lentils, 7 cups vegetable broth, 2 large red globe, beefsteak or heirloom tomatoes chopped, 1 yellow or white onion chopped, 2 carrots peeled and chopped, 2 red potatoes peeled and chopped, 2 bay leaves, ½ tsp salt, finely chopped scallions for garnish and extra virgin olive oil for garnish.

Instructions: Spread the lentils on a large baking sheet and pick them over for any

bits of stone. Stir the lentils, broth, tomatoes, onion, carrots, potatoes, bay leaves and salt in a large saucepan or soup pot. Bring to a simmer over medium high heat. Reduce the heat to low, set a lid askew over the pan or pot and cook until the lentils are soft for 45 minutes. Discard the bay leaves. Ladle the soup into bowls. Garnish each with scallions and up to 1 tsp olive oil. For extra flavor, cook the chopped onion and carrot in 1 tbsp olive oil for 5- 7 minutes in the saucepan set over medium heat. May also add 1 cup packed baby spinach, baby kale, baby arugula, stemmed watercress or any mixture to the soup. Simmer 35 minutes.

Spaghetti Squash "Pasta"



Ingredients: 1 whole spaghetti squash, 1 tbsp extra virgin olive oil, ½ tsp sea salt, ¼ tsp ground black pepper, 2 cups prepared marinara sauce.

Instructions: Preheat oven to 450 degrees F. Line a baking sheet with aluminum foil. Carefully cut the squash in half and scrape out the seeds.

Season squash with olive oil, salt and pepper. Place flesh side down on baking sheet and roast for 40-45 minutes. Remove from oven and allow to cool. In the meantime, heat the marinara sauce in a medium sauce pan. When the squash is cool enough to handle, use a fork to scrape the strands of spaghetti squash away from the skin. Discard the skin and toss spaghetti squash strands with marinara sauce. Serve immediately.