



COVID RECOVERY PROGRAM 30-DAY CALENDAR

Day 1 Introduction	Day 2 Topic: Intro to Breath Work Need: Quiet space	Day 3 Topic: Liquid Nutrition Need: blender, nut milk bag or sieve	Day 4 Topic: Range of Motion – Upper Body Need: comfortable seat & shoes	Day 5 Topic: Deeper Breath Work Need: Quiet space	Day 6 Topic: Stretching with a Purpose Need: Comfortable seated space	Day 7 Topic: Advancing Liquid Nutrition Need: stockpot, boiling water
Day 8 Topic: Range of Motion – Limbs & Lower Body Need: Comfortable seat & shoes	Day 9 Topic: Breath work & mindfulness Need: Quiet space, optional essential oils	Day 10 Topic: Reconnecting to food with sauces Need: bowls, whisks, measuring spoons	Day 11 Topic: Gratitude journaling Need: pen & paper	Day 12 Topic: Seated Balance Need: stability ball, stability disk or firm pillow, chair	Day 13 Topic: Breath work & body scans Need: Quiet space	Day 14 Topic: Increasing nutrient density w/ dips Need: food processor
Day 15 Topic: Standing Balance Need: chair	Day 16 Topic: Breath work & body awareness Need: Quiet space	Day 17 Topic: Healthier sweets Need: electric frother, baking dish	Day 18 Topic: Seated Strength Need: bands, hand weights, pilates ball, sliders, mat optional	Day 19 Topic: Memory Enhancement Need: craft supplies if desired	Day 20 Topic: Advancing 6:8 Breath count Need: Quiet space	Day 21 Topic: Immunity Boosting Foods Need: boiling water, knife, cutting board
Day 22 Topic: Standing Strengthening Need: chair, hand weights, ankle weights	Day 23 Topic: Mindfulness Need: Quiet space	Day 24 Topic: Full Exercise Classes Need: chair, hand weights, disc, band, stability ball	Day 25 Topic: Breath work & mindfulness Need: Quiet space	Day 26 Topic: Food is medicine Need: baking dish, oven	Day 27 Topic: The Mindful Minute Need: Quiet space, preferably outdoors	Day 28 Topic: Full Exercise Classes Need: chair, hand weights, disc, pilates ball, optional step
Day 29 Topic: Anti-Inflammatory Diet Need: Food processor	Day 30 Topic: Final breath work Need: Quiet space					



INGREDIENTS FOR NUTRITION DAYS

Day 3	<p>Super Green Juice: 1 orange, ½ cucumber, 1 cup parsley, 4 cups kale &/or spinach, 1 lemon, minced ginger</p> <p>Goji Berry Smoothie: 1 cup almond or coconut milk, ½ banana, 1 cup spinach, 3 Tbls Goji berries, 1 cup frozen berries, chia seeds, hemp seeds, protein powder (Vital Proteins Collagen Powder & Sun Warrior Protein Powder are our favorites)</p> <p>Morning Sunshine Smoothie: 1 orange, ½ cup coconut or almond milk, 1 cup frozen pineapple, minced ginger, ½ cup carrots, vanilla, protein powder</p> <p>Turmeric Lemonade: 1 lemon, turmeric, raw honey, water</p>
Day 7	<p>Golden Lentil Soup: 1 bag spinach, canned or fresh Portobello mushrooms, garlic, turmeric, cumin, cinnamon, cardamom, 1 cup lentils, 1 can tomatoes, 1 can coconut milk, 4 cups broth</p> <p>Crockpot Cabbage Roll Soup (optional): 1 bag cauliflower rice, 4 cups cabbage, 1 onion, 4 garlics, 2 cans tomatoes, avocado oil, Italian seasoning, red pepper flakes, 1 lb ground turkey, 4 cups spinach, 1 cup water, 1/3 cup cilantro</p> <p>Trader Joe's Easy Lentil Soup (optional): 1 box cooked lentils, 1 container mirepoix, 1 bag spinach, 1 box broth, 1 avocado, Italian herbs</p> <p>Goji Berry Sparkler: ¼ cup dried Goji berries or other dried fruit, hot water, sparkling water, mint</p>
Day 10	<p>Chimichurri: ½ bunch cilantro, ¼ cup parsley, dried oregano, garlic powder, ¼ cup olive oil, ¼ cup red wine vinegar, red pepper flakes</p> <p>Chermoula (optional): 1 cup parsley, 1 cup cilantro, cumin, coriander, paprika, lemon juice, garlic, 1/3 cup olive oil</p> <p>Miso Balsamic Dressing: ¼ cup olive oil, ½ cup balsamic vinegar, Dijon mustard, miso paste, garlic powder</p> <p>Ginger Lime Tahini Dressing (optional): 2 limes, 1/3 cup tahini, water, olive oil, minced ginger, 2 Tbls tamari</p>
Day 14	<p>Ultimate Pesto: 1 bunch basil, 1 cup arugula, 2 lemons, ¼ cup tahini, miso paste, garlic, ¼ cup walnuts, ¼ cup nutritional yeast, broth or water</p> <p>White Bean Artichoke Dip: 1 can cannellini beans, 1 can artichoke hearts, 2 lemons, hemp seeds, garlic, red pepper flakes, ¼ cup olive oil</p> <p>Jicama Dippers: 1 jicama, Trader Joe's chili lime seasoning or Tajin, avocado, lime</p>
Day 17	<p>Healing Hot Cocoa: cocoa powder, cinnamon, dried ginger, turmeric, raw honey, boiling water, ½ cup coconut or almond milk</p> <p>Almond Butter Protein Bars: cocoa powder, 1/3 cup almond flour, ½ cup protein powder, ½ cup almond butter, coconut nectar or dates, water</p> <p>Yogurt Blueberry Bites (optional): 1 cup plain Greek yogurt, cinnamon, vanilla, blueberries</p>
Day 21	<p>Pesto Tabbouleh (optional): 1 cup bulgur, water, 1 lemon, olive oil, ½ bunch parsley, ½ cucumber, 1 cup tomatoes, ½ cup pesto, 1 can garbanzos</p> <p>Citrus Slaw: 1 bag slaw, 1 bunch cilantro, 2 limes, rice vinegar, olive oil, taco seasoning</p> <p>Avocado-Strawberry Caprese (optional): 1 bunch kale, ½ apple, 1 avocado, hemp seeds, 2 Tbls. Plain Greek yogurt, Dijon mustard, lemon juice, Worcestershire sauce</p> <p>Kale Caesar Salad: 1/3 cup balsamic vinegar, 1 cup strawberries, 1 cup tomatoes, 1 avocado, 1/3 cup basil leaves</p> <p>Citrus Beet Salad (optional): 4 steamed beets, 1 orange, 1 cup cooked quinoa, 1 cup spinach, ¼ cup radishes, 1 can chickpeas, ¼ cup apple cider vinegar, ¼ cup olive oil, Dijon mustard, feta or goat cheese</p>
Day 26	<p>Breakfast Pumpkin Pie: 1 can pumpkin puree, 3 eggs, pumpkin pie spice, ¼ cup oat or almond milk, coconut oil, toppings (yogurt, nuts, flax)</p> <p>Chia Berry Jam (optional): 2 cups frozen mixed berries, chia seeds</p>
Day 29	<p>Chocolate Avocado Pudding: 2 avocados, 1/3 cup coconut or almond milk, coconut nectar, cocoa powder, vanilla, cinnamon, chia seeds</p> <p>Grain & Vegetable Egg Bowl (optional): 1 cup each quinoa/black rice/farro, 2 zucchini, 1 cup tomatoes, ½ onion, 1 cup radishes, 2 cups arugula, 1 avocado, 4 eggs, balsamic vinegar</p> <p>Miso Winter Squash (optional): 2lb delicata or butternut squash, 8oz extra firm tofu, 2 Tbls sesame oil, tamari, coconut nectar, miso paste, ½ orange, ½ lemon</p>

HELPFUL ITEMS TO HAVE ON HAND

Pantry Staples

- [Avocado oil](#) (cold-pressed)
- Extra virgin olive oil (cold-pressed)
- Balsamic vinegar
- Red wine vinegar
- Protein powder ([Vital Proteins Collagen](#) or [Sun Warrior Plant Powder](#))
- [Canned coconut milk](#)
- Canned diced tomatoes
- Canned beans (black, cannellini, garbanzo, lentils)
- Raw honey &/or [coconut nectar](#)
- Boxed vegetable broth
- Quinoa
- Lemons & limes
- Avocado
- Seasonings: Italian herbs, garlic, smoked paprika, cumin, turmeric, cinnamon ([Frontier Co-op](#))
- Sea salt & black pepper

Refrigerator/Freezer Staples

- Jar of minced ginger
- Jar of minced garlic
- Dijon mustard
- [Almond](#) or [oat milk](#)
- Plain Greek yogurt
- Natural almond butter
- [Tamari](#) (or soy sauce)
- [Miso paste](#)
- Tahini
- Herbs (cilantro, parsley, basil)
- Greens (spinach, kale, arugula)
- Frozen berries
- Frozen pineapple or mango
- Seeds: [chia](#), [hemp](#), ground [flax](#)
- Cauliflower rice

Fitness Equipment & Alternatives

- Stable chair with a high back for support
- [Stability ball](#)
- [Stability disc](#)
 - **Alternative:** firm, overstuffed pillow
- Hand weights: 1-3lb. set & 2-5lb. set
 - **Alternative:** water bottles & water jugs
- [Resistance band](#)
 - **Alternative:** pillow case or rope
- [Banded loop](#)
- Sliders
 - **Alternative:** paper plate or plastic lid
- *Optional:* [Wrist/Ankle weights](#): 2-5lbs.
- *Optional:* [Pilates ball](#)
 - **Alternative:** smaller, firm pillow or rolled up towel

*All exercises can be done without any equipment at all. Equipment simply increases the intensity for when you are ready.