

MARCH MAKEOVER



your month guide to a happier + healthier you.

sunday

monday

tuesday

wednesday

thursday

friday

saturday

We will also be posting delicious **RECIPES + HEALTH TIPS** daily--to ensure your makeover is a smashing success! Check out [facebook.com/purelyelizabeth](https://www.facebook.com/purelyelizabeth) for the latest.

1. start a journal. set your goals for the days, weeks + month

2. stock up on grocery staples: whole grains (brown rice, quinoa, millet), lemons + leafy greens

3. start your day with a 10 minute meditation. tune into positive thoughts

4. cut refined sugars



5. load up on leafy greens

6. integrate a new whole grain into a meal

7. learn to love lemons. squeeze a slice in your water for a boost of vitamin c

8. eco-proof your cleaning products



9. stock up on grocery staples: chia seeds + smoothie ingredients (frozen fruit, almond milk, coconut water + greens)

10. be present + mindful. don't dwell on the past or future

11. step up your smoothie game! make it interesting + add new superfoods

12. sign up for a race this summer

13. chia thursday! upgrade your meals w/ a sprinkle of these magical seeds

14. write a letter + tell someone the positive impact they've had on your life

15. spring clean + declutter. tackle those neglected areas



16. stock up on grocery staples: fermented foods (kimchi, pickles, miso, kombucha), herbs (parsley, chives, basil, mint - choose your favorites!)

17. stop waiting for happiness! take control, smile + start being happy today



18. incorporate fermented foods into your diet

19. start a book that challenges you + teaches you something new

20. pile on the fresh herbs for an antioxidant-rich kick of flavor!

21. get outside! a little fresh air can boost energy + happiness levels

22. plant something this weekend. beets, tomatoes, herbs ... whatever you fancy!



23. stock up on grocery staples: artichokes, ramps, arugula, radishes + fava beans are at their peak this season!

24. deplug. turn off all electronics an hour before bed. relax, reflect + unwind

25. go raw today. load up on fresh fruits, veggies, nuts + seeds

26. make a new recipe with all of your fresh seasonal produce!

27. clean up your skincare. get rid of anything with excessive chemicals, parabens or additives



28. find a quote that inspires you. post it where you'll see it as a reminder of your goals + aspirations

29. perform a random act of kindness. buy a stranger's coffee or send a loved one flowers

30. your choice! stock up on what's in season. pull from your favorite recipes we've posted this month

31. celebrate! you've done a fabulous job. make sure to keep up with the good habits



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