

# YOUR PERFECT MORNING ROUTINE

Mornings don't have to be rough. Create a short, simple routine that you LOVE to generate momentum for productivity and a successful day!!

Based on the 3 M's, let's create your morning routine:

## Mindset

**CASSIE'S:** Meditation, prayer, journaling  
(Other ideas: read affirmations or a page from your favorite daily devotional, or make a list of 5 things you're thankful for)

## Movement

**CASSIE'S:** A quick run to coffee shop or an easy bodyweight routine (Other ideas: Walk the dog around the block, flow through 3 rounds of sun salutations, one minute of each exercise: jumping jacks, squats, plank, high knees, lunges)

## Mojo BREAKFAST!

**Idea #1:** Two fried eggs, cooked in 2 Tbsp. butter, served with ½ cup blueberries

**Idea #2:** 4-6 oz. chicken sausage scrambled in 2 Tbsp. olive oil with ½ cup chopped cabbage and ¼ cup diced onion

**Idea #3:** 1 cup full fat Greek yogurt with 2 Tbsp. nut butter mixed in and ½ cup apple slices for dipping

### CASSIE'S FAVORITE SMOOTHIE:

- 1 scoop [Pure Primal Redefined Powder](#) (quality protein, for boosting metabolism)
- A heaping spoonful (about 2 Tbsp.) of nut butter (your fat, for keeping blood sugars stable and keeping you feeling full)
- 1 cup frozen fruit (your carbs, to give you energy, but without the quick blood sugar spike and drop you'd get from a bagel or muffin)
- 1 scoop of each: [Multipowder Redefined](#), [Glutapowder Redefined](#) and [Fruits & Greens Redefined](#)
- Enough water to blend

