

Restorative Wellness Elixir

To attain balance in the diet... and return couch potatoes or grease monsters to liveliness

Procure:

- ½ cup raw coconut water
- ½ cup sparkle water, freshly fizzed
- ½ cup Greek yogurt
- 1 tablespoon pumpkin juice
- 1 lime, juiced
- 1 cup dragon's breath (sweet, not sour!)
- 3 green apples, sliced into stars
- 3 fresh mangos, sliced into moons
- 2 lbs. fresh raspberries
- 1 sprig of ground ivy
- 1 tsp. thyme
- 1 unicorn eyelash
- 2 tsp. ginger, freshly grated
- 5 cups of spinach
- 3 cups of carrots
- 3 cups of celery
- 2 red beets
- 3 crystallized sun drops, from the first light of morning
- 3 peppermint leaves
- ½ cup flaxseed
- 2 cups magic beans (or regular cranberry beans, as substitute)
- 27 ice cubes from the North Pole

For maximum potency, blend and recite:

Wzrib zmw uifrg yvtrm
Evtvgzyovh, kilgvrn zprm
Nztrx hkrxvh zmw tizrm
Grh mlg z hgizrm
Kllu!
Yv svzogsb drgsrm

Serve chilled with a tiny umbrella!

UMBERTO'S PIZZA PARLOR

FIERY - FRESH - FABULOUS!

16" Pizzas - \$15 (or \$2.00/slice)

#1 MAJESTY SUPREME

Bacon, spicy sausage, pepperoni, mushrooms, bell peppers, black olives, red onions, garlic butter, mozzarella, provolone

540 cal/slice

#2 PEPPERONI PIZZAZZ

Pepperoni, red pepper flakes, mozzarella, parmesan

380 cal/slice

#3 CARNIVOROUS CIRCLE

Pepperoni, salami, sausage, bacon, beef crumbles, provolone, garlic butter, ranch dressing, mozzarella

450 cal/slice

#4 MAMMA MIA! MEATBALL

Spicy Italian meatballs, sausage crumbles, garlic butter, mozzarella, provolone

570 cal/slice

#5 SPICED HAWAIIAN

Canadian bacon, pineapple, sriracha, ghost peppers, mozzarella, provolone

370 cal/slice

Pick-Up * Dine-In * Delivery

**Open 7 Days a Week
11:00 AM to Midnight**

BEVERAGES - \$2.50

ICED TEA cal/glass

LEMONADE cal/glass

KOMBUCHA cal/glass

ROOT BEER cal/glass

FRUIT JUICE cal/glass



WAKE UP AND NAMASTE!

YOGA WITH NESSIE · Thursday Mornings

- Tea, healthy snacks and mats will be provided
- Wear loose clothing that allows for movement

FULFILL YOUR DAILY 60 MINUTES OF PHYSICAL ACTIVITY

Hot Yoga · 7:00 – 8:00

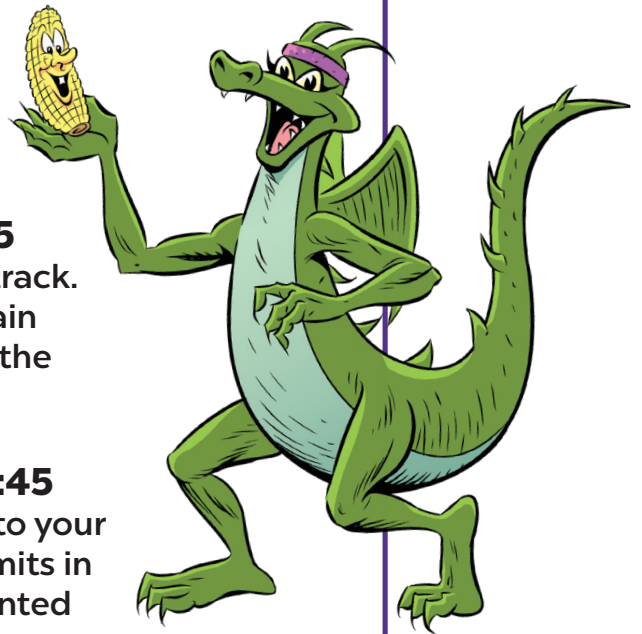
Get your sweat on bright and early to boost your mood and increase your heart rate.

Iyengar Yoga · 8:15 – 9:15

Set your posture on the right track. Correct your alignment and gain knowledge on how to perfect the flexibility in your poses.

Vinyasa Yoga · 9:45 – 10:45

Learn how to link your breath to your body and test your physical limits in this intensive, movement-oriented strength training class.



*Classes are located at
The Goodgarden Health Center: 645 Active Avenue*

*Head up the stairs, down the hall and to the left
look for the glitter-covered door!*

Monday

WORKOUT: 60 minutes

Gardening – had to help mom pick the latest crop of magic veggies and fruits! She says she wants to make a heaping stock of restorative health elixir with all this produce – it’s a tried and true recipe from a page in her magic cookbook that combines all the healthy food groups.

MEAL 1: 325 calories

Eggs and avocado toast – made with whole grain oat bread, fresh from Pat E. Cake’s bakery!

MID-AM SNACK: 280 calories

Fresh watermelon slices, cherry tomatoes.

MEAL 2: 650 calories

Udon noodle soup, celery, hummus

MEAL 3: 750 calories

Roasted vegetables (from the garden, of course!) + lemon vinaigrette, salmon, kale chips.

CALORIES CONSUMED _____

Tuesday

WORKOUT: 60 minutes

I challenged myself and tried “Zumba with Nessie” at the city’s new health center – whew! The playlist for that class really bops. I am so proud to see so many of our citizens staying active at this facility.

MEAL 1: 350 calories

Low-fat yogurt w/ raspberries and blueberries.

MID-AM SNACK: 300 calories

Dried chickpeas, apple and peanut butter.

MEAL 2: 540 calories

Lentils, chicken sandwich made with yesterday’s whole grain oat bread.

MEAL 3: 865 calories

Grilled porkchop, mixed veggie salad, feta cheese. And a giant cupcake from Sometimes Sweets– I otherwise ate healthily and tried a new workout class today, so why not treat myself?

CALORIES CONSUMED _____

Friday

WORKOUT:

I’m all about fitness. Fitness last bit of cold pizza in my mouth as I write today’s journal ... HAI
Oh and I broke my plate of healthy foods. Is plate breaking an exercise? SMASH! All 5 pieces scattered throughout the castle. And then I sat on the couch like a delightful, greasy lump.

MEAL 1: 1,300 Calories

Fruits, ew. Give me a box of donuts instead.

MID-AM SNACK: 1,200 Calories

Yogurt, milk or any kind of low-fat dairy? Hard no. Soda and Red Bull for me.

MEAL 2: 2,500 Calories

Vegetables and grains, ugh!
Potato chips are plenty.

MEAL 3: 5,000 Calories

Take a hike, protein. Fast food, here I come!

CALORIES CONSUMED _____

Wellness Journal

Wednesday

WORKOUT: 30 minutes

I took a 15-minute walk over to Sometimes Sweets and back, because they had new sour candies out today ... couldn't resist. I've got a busy morning and afternoon of business at the castle – I'm conducting some meetings to strategize for more health center funding! So I'll get the rest of my exercise in later this evening. I'm planning on going for a run.

MEAL 1: 360 calories

Red velvet cake from Sometimes Sweets – since I was there to get candies anyway, and it was on sale!

MID-AM SNACK: 350 calories

I ate all of the sour candies. Oops.

MEAL 2: 750 calories

Lobster truffle linguine– ordered in from a local fancy restaurant. Also tried their dessert special, gooey chocolate eclairs ... because how could I pass those up?

MEAL 3: 1,910 calories

I was exhausted from business today and didn't want to cook – so I gulped a giant root beer and ordered 3 different pizza slices from Umberto's Pizza Parlor for delivery. Their sausage is so good, but so greasy! Delicious, yes ... but there's still just something missing from the amount of calories in this meal. *Sigh. I'm too bloated to run. Maybe tomorrow after yoga.

CALORIES CONSUMED _____

Thursday

WORKOUT: 2 minutes

Does brushing your teeth count as exercise? I'm too sluggish and cranky to do anything else – especially not Nessie's yoga class today, yuck!

MEAL 1: 800 calories

2 big pieces of chocolate pie and a glass of chocolate milk. I'm in a bad mood.

MID-AM SNACK: 1,570 calories

One box of frozen waffles.

MEAL 2: 900 calories

More Umberto's, of course! I shifted my plate of healthy stuff to the back of the fridge to make way for a whole pizza.

MEAL 3: 1,700 calories

I sent my assistant to get ice cream, more frozen waffles and a dozen chocolate chip cookies from Sometimes Sweets. He was all too happy to leave; mumbling something about my being "unpleasantly hangry." Pfft! Hopefully the sugar fix kicks in soon, it seems I'm turning grouchier and grouchier ...

CALORIES CONSUMED _____

DAIRY
W X Y Z

FRUITS
A B C D E

GRAINS
F G H I J K L

VEGETABLES
M N O P Q

PROTEIN
R S T U V

UV MARKER / ATBASH CIPHER INSTRUCTIONS FOR TEACHERS

Coded 5-color lock solution in Wellness Elixir recipe:	Decoded:
<p>Wzrib zmw uifrg yvtrm Evtvgzyovh, kilgvrm zprm Nztrx hkrxvh zmw tizrm Grh mlg z hgizrm Kllu! Yv svzogsb drgsrm</p>	<p>Dairy and fruit begin Vegetables, protein akin Magic spices and grain Tis not a strain Poof! Be healthy within</p>

Next to each bolded letter that's printed on the edge of the 5 MyPlate pieces, write the corresponding letter/key solution in UV marker:

<p>Fruits</p> <p>A B C D E Z Y X W V</p>
--

<p>Grains</p> <p>F G H I J K L U T S R Q P O</p>
--

<p>Vegetables</p> <p>M N O P Q N M L K J</p>
--

<p>Protein</p> <p>R S T U V I H G F E</p>

<p>Dairy</p> <p>W X Y Z D C B A</p>
