



SPRING CLEAN YOUR LIFE

— FREE YOUR MIND, BODY, & HOME —

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INTRO

Hello and welcome! I'm so proud of you for taking the first step to spring cleaning your life. Getting organized in your health and wellness life as well as your home life isn't always easy. In our minds we picture "spring cleaning" as everything tidy, neat, and simple, right? While that is the overall goal (and yes, you'll get there!), it takes time, patience, self-discipline, and even creating a few messes along the way to get to that orderliness we all crave in our lives.

3 years ago I started my own journey of "spring cleaning." I decided I was capable of so much more than I was letting myself believe. I wanted to feel better, live happier, and declutter every aspect of my life! It all started by taking care of myself first. Once I spring cleaned my body and mindset, it became so much easier to organize all the other areas of my life that needed tending to - my home, relationships with friends and family, and even my career.

Everything is easier with a little foundation and support, which is why I've created this go-to guide for spring cleaning your life and freeing your mind, body, and home!

I can't wait for you to get started living your happiest, healthiest, and cleanest life!

Jafaine



SPRING CLEAN YOUR NUTRITION

Before you can get into the nitty gritty of all the different areas of your life, you have to start from the inside out - Your nutrition! Here are 5 healthy pantry staples, fridge staples, and recipes for you to get started with and make sure you have on hand!

5 HEALTHY PANTRY STAPLES

1 Bananas - Not only are bananas a great source of fiber, potassium, and Vitamin B6, they can also be used in a multitude of recipes! Bananas are a very “heart healthy” fruit due to their high level of potassium and its magnesium helps relax our muscles to help you recover from your workouts.

2 Nut Butters - Almond butter, peanut butter, sun butter, even pistachio butter! Choose your favorite and keep it accessible. Nut butters provide a healthy source of fat and protein. They’re also loaded with Vitamins E, B6, and even antioxidants. Be sure to choose nut butters that don’t include added preservatives or sugars.

3 Dry Rolled Oats - One of the best whole-grain foods you can choose! Rolled oats are perfect for adding a healthier substitution for pancakes, breads, cookies, or even just a regular bowl of oatmeal. Oats can help control blood sugar levels and cholesterol, as well as provide a healthy source of fiber.

4 Honey - A great immune booster and substitution for processed sugar! While honey does include sugar, it’s a natural sugar and can help lower triglycerides for better heart health, as well as lower blood sugar levels. The antioxidants found in honey can actually help keep your blood pressure at a normal level.

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5 Shakeology - By far the most nutritious meal of your day! While it's a great source of protein, that's just one of its many benefits. Shakeology is loaded with probiotics, prebiotics, and digestive enzymes which are essential for gut health. There are over 70 superfood ingredients packed into one scoop that provide antioxidants, phytonutrients, and even adaptogens to help regulate stress and curb your cravings. You can choose from 4 delicious flavors - Cafe Latte, Chocolate, Vanilla, and Tropical Strawberry! Ask me how you can get Shakeology into your pantry!

5 HEALTHY FRIDGE STAPLES

1 Eggs - Quite possibly one of the cheapest, yet healthiest sources of protein you can keep in your fridge! While eggs are sometimes seen as being high in cholesterol, they can actually be known to raise HDL cholesterol which is our body's "good" cholesterol and keeps the heart healthy.

2 Plain Greek Yogurt - While flavored greek yogurts are tasty, they do tend to contain more added sugars than plain greek yogurt. Greek yogurt is an excellent source of protein, probiotics, and calcium. It's a great snack to enjoy post-workout, and you can always jazz it up a little by mixing a little fresh fruit, honey, or even nut butter with it! Also, have you ever substituted plain greek yogurt for sour cream? Try it!

3 Baby Spinach - I could go on and on about the health benefits of spinach. It's loaded with Vitamin K which is essential for bone health. It also contains many antioxidants to boost the immune system. Try getting creative with your spinach - Cook it with your eggs in the morning, add a little to a salad at lunch, or even blend a cup of it in your afternoon shake! Yes, it'll make the color a little funky, but trust me, you won't even be able to taste it in there!

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4 Milk - You're probably thinking... What? No way! Milk is fattening. While some milk does contain high amounts of fat, there are still tons of varieties out there that provide nutrients and are essential for recipes. Skim milk or reduced-fat milk has a larger variety of vitamins compared to whole milk. Almond milk, coconut milk, and soy milk are still great sources of Vitamin C, D, and are low in sugar. I know every family is different and with different circumstances (toddlers of course require lots of fat in their milk for brain development!), but be sure to read your labels and choose what is best for you. It's okay to have a couple different milk options in the fridge at one time that best suit your family!

5 Fresh Fruits & Vegetables - Of course, a no-brainer! I know we all know the health benefits of eating fresh fruits and vegetables, but actually making sure that they're always accessible in your fridge is the tricky part. Try getting creative with how you sneak your fruits and veggies in throughout the day. Also, be open to trying new options! You may get burnt out on eating celery or cucumbers every afternoon for your snack. What about sauteing some zucchini or grilling asparagus? Try some new fruits you don't typically eat, as well. Consider keeping a "back stock" in the freezer if you run out of fresh produce. While frozen isn't quite as easily edible, it's great to have them on hand for when you run out of fresh!

5 HEALTHY RECIPES TO GET THE MOST OUT OF YOUR STAPLES

Okay! You've got your pantry and fridge staples, now it's actually time to put them to use, right? Here are 5 healthy recipes to help you get the most out of those essentials!

SUPER GREEN EGG CUPS



INGREDIENTS

- Non stick cooking spray
- ¼ cup unsweetened almond milk
- 12 eggs, lightly beaten
- Sea salt and ground pepper to taste
- 1 cup steamed broccoli
- ½ cup chopped green bell pepper
- 1 cup chopped raw spinach

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by coating with spray. Set aside.
3. Combine almond milk and eggs in a medium bowl. Season with salt and pepper (if desired); whisk to blend. Set aside.
4. Evenly divide broccoli, bell pepper, and spinach between prepared muffin cups.
5. Evenly pour egg mixture over broccoli mixture.
6. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of egg cups comes out clean and eggs are set.

CASHEW AND OAT HOTCAKES



INGREDIENTS

- 2 cups dry rolled oats
- ¼ cup raw cashews
- 1 dash sea salt
- 1 large egg
- 1 tsp cinnamon
- 1 Tbsp melted coconut oil
- 1 ⅓ cups distilled water
- 1 tsp vanilla extract
- 1 ¾ cup mixed berries

INSTRUCTIONS

1. Place oats, cashews, and salt in food processor or blender; pulse until coarsely ground.
2. Add egg, oil, water, and extract; pulse until well blended. Batter will be thick, but if it is thick as paste add 2 to 3 additional Tbsp. of water.
3. Heat medium nonstick skillet over medium heat.
4. Spoon about ¼ cup batter into skillet for each pancake; cook for 1 to 2 minutes or until bubbles form on top.
5. Flip with spatula and cook for 30 seconds.
6. Repeat with remaining batter.
7. Serve pancakes topped evenly with berries.

PEANUT BUTTER AND BANANA LATTE SHAKE



INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup ice
- 1 scoop Cafe Latte Shakeology
- 2 tsp all-natural peanut butter
- ½ large chopped banana

INSTRUCTIONS

1. Place almond milk, ice, Shakeology, peanut butter, and banana in blender; cover. Blend until smooth.

SPINACH-GARLIC YOGURT DIP

BY BON APPETIT



INGREDIENTS

- 3 Tbsp extra virgin olive oil
- 2 - 11 oz packages of baby spinach
- 1 garlic clove finely grated
- 1 ½ cups plain Greek yogurt
- ½ cup finely chopped cilantro
- Kosher salt (optional)

INSTRUCTIONS

1. Heat 1 tbsp olive oil in a large skillet over high heat.
2. Add half of spinach and cook, tossing often, until wilted; transfer to a colander and let cool.
3. Repeat 1 tbsp oil and remaining spinach.
4. Squeeze spinach to remove excess water, then coarsely chop.
5. Mix chopped spinach, garlic, yogurt, cilantro, and remaining 1 tbsp oil in a medium bowl; season with salt. Cover and chill at least 1 hour before serving.

Can be made 1 day ahead - Serve with veggies, crackers, or corn tortilla chips!

EASY HONEY GARLIC CHICKEN BY CAFE DELITES



INGREDIENTS

- 6 chicken thighs, bone in or out, with or without skin
- Salt and pepper to season
- 2 tsp garlic powder, to season
- 6 cloves garlic, crushed
- 1/3 cup honey
- 1/4 cup water (or chicken broth)
- 2 Tbsp rice wine vinegar (or apple cider vinegar, or any white vinegar)
- 1 Tbsp low sodium soy sauce

INSTRUCTIONS

1. Season chicken with salt, pepper, and garlic powder; set aside.
2. Heat a pan or skillet over medium-high heat; sear chicken thigh fillets or breast fillets on both sides until golden and cooked through.

(For Bone-In Thighs)

1. Season chicken with salt, pepper, and garlic powder; set aside.
2. Reduce heat after searing on both sides, cover skillet with a lid, and continue cooking until the chicken is cooked through. Turn every 5 minutes until done.
3. Drain most of the excess oil from the pan, leaving about 2 tbsp of pan juice for added flavor.

(For Sauce)

1. Arrange chicken skin-side up in the pan (if cooking with skin); add the garlic between the chicken and fry until fragrant (about 30 seconds).
2. Add honey, water, vinegar, and soy sauce.
3. Increase heat to medium-high and continue to cook until the sauce reduces down and slightly thickens.
4. Garnish with parsley and serve over vegetables, rice, pasta, or with a salad.

SPRING CLEAN YOUR MINDSET

You've started cleaning up your nutrition, now it's time to spring clean your mindset! Did you know experts are finding that our internal thoughts are not only affecting us emotionally and mentally, but physically, too?

Researchers are finding that people who think more positively are avoiding the negative effects of stress on the body, which over time, affects our whole body. Studies also show that negative thoughts can weaken our immune system, while positive thoughts help boost energy levels, decrease anxiety, and create better coping skills in our day to day lives.

Personal growth and development isn't a "last resort self-help" activity. It's essential for all humans!

I've put together a list of some of my favorite personal growth and development books and podcasts for you to get started spring cleaning your mindset, and shifting your focus of life to a more positive one.



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PERSONAL GROWTH & DEVELOPMENT BOOKS

1. Girl, Wash Your Face by Rachel Hollis
2. You Are a Badass by Jen Sincero
3. Mastering Your Mean Girl by Melissa Ambrosini
4. Girl Code by Cara Alwill Leyba
5. Miracle Morning by Hal Elrod
6. The Compound Effect by Darren Hardy
7. Presence by Amy Cuddy
8. The Confidence Gap by Russ Harris
9. The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brené Brown
10. The Happiness Project by Gretchen Rubin

PERSONAL GROWTH & DEVELOPMENT PODCASTS

1. The Brendon Show with Brendon Burchard
2. The Tony Robbins Podcast
3. Goal Digger Podcast with Jenna Kutcher
4. Rise with Rachel Hollis
5. The Mindvalley Podcast with Vishen Lakhiani
6. The Chalene Show: Diet, Fitness, & Goal Mastery with Chalene Johnson
7. The Happier Podcast with Gretchen Rubin
8. Unf*ck Your Brain with Kara Loewentheil
9. The Mindset Mentor with Rob Dial
10. The Challengers with Amy Brenneman

SPRING CLEAN YOUR HOME

Keeping your mind and body thriving requires ongoing maintenance. I wish it was as easy as a quick check mark on your to-do list, but let's be real, we all know getting clean from the inside out can't happen overnight.

However, I'm a huge believer in creating lists and I honestly don't know if there's anything more satisfying than checking off a to-do list!!

With that being said, I've created a home checklist and a few tips you can use to help you navigate through spring cleaning the areas in your home. Enjoy!

1 Pick one room at a time and section the room - Focus all of your energy into one area of your home before you move on to the next. It sounds obvious, but you'll find as you start cleaning and organizing it's very easy to get sidetracked. Once you choose a room to start with, section it. For example - Your bedroom. You can section your bedroom into individual areas such as the closet, dressers, nightstands, bed, etc. Completely finish cleaning and organizing one area of the room before moving on to the next.

2 Move everything and vacuum/dust - I know, it's a pain to move your entire bed to a different wall. But you'll be surprised how much dust accumulates under those things!

TIP - Always vacuum hard surfaces before mopping! Then after mopping, vacuum again!

3 Shut the door - Once you totally accomplish a space, keep the door closed! Don't let those kids, pets, (and even husbands!) ruin your hard work!

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CLEAN AND/OR ORGANIZE

Kitchen

- Oven
- Organize/Wipe Down Cabinets
- Under Sink Area
- Pantry
- Wipe Down Walls
- Baseboards
- Trash Can
- Light Fixtures
- Sink
- Fridge
- Backsplash
- Window Sills & Blinds
- Countertops
- Vacuum/Mop Floors
-

Bathrooms

- Toilet
- Light Fixtures
- Organize/Wipe Down Cabinets
- Window Sills & Blinds
- Baseboards
- Wipe Down Walls
- Sink
- Tub/Shower
- Mirrors
- Tile Grout
- Counters
- Trash Can
- Vacuum/Mop Floors
- Wipe Down Doorknob
-

Bedrooms

- Closet
- Dresser(s)
- Ceiling Fan
- Window Sills & Blinds
- Baseboards
- Vacuum/Mop Floors
- Dust Hard Surfaces
- Change/Wash Sheets
- Wipe Down Doorknob
-

Living Room

- Remove Cushions & Vacuum
- Vacuum/Mop Floors
- Window Sills & Blinds
- Fold Blankets
- TV Screen
- Dust Hard Surfaces
- Light fixtures
- Baseboards
-

Play Room

- Vacuum/Mop Floors
- Baseboards
- Wipe Down Hard Surfaces
- Sanitize Toys
- Window Sills & Blinds
- Wipe Down Light Switches
- Wipe Down Doorknob
-

Laundry Room

- Washing Machine Filter
- Dryer
- Vacuum/Mop Floors
- Organize/Wipe Down Shelves
- Baseboards
- Fold/Put Away Clean Clothes
- Wipe Down Doorknob
-

SPRING CLEAN YOUR LIFE

Now is the perfect time to get real with yourself. You're cleaning up your nutrition, mindset, and even your home. Now is when you have to dig deep and reflect on your goals as you close out the first quarter of 2021, and open up the next!

If you haven't accomplished the goals that you set for yourself back in January, it's NOT too late to get started! Or, maybe your goals have totally changed since you set them at the beginning of 2021, and that's okay, too!

I've created a small reflection guide to help you reevaluate your goals and help you decide what direction your next step is to help make your next quarter of 2021 the absolute best!

Answer the following questions by writing your response in the given area.

What activities breathe life into your soul?

How can you create more opportunities for those life-giving activities?

What are you doing right now out of obligation instead of actual desire?

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How can you let go of those obligations and people who weigh you down?

In your eyes, what is the best version of yourself? Be specific.

What do you love about yourself? Be specific.

How often are you honoring your body with exercise and clean nutrition?

What is your ideal health and wellness routine?

JOIN MY CHALLENGE GROUP!

The answers to your questions are totally yours to keep. I want you to look back at them frequently and remind yourself of the things that make you who you are and what areas you are working on spring cleaning.

You are a work in progress, my dear! As am I. As is every other woman in my Flamingo Fit Community. And you know what? You belong there!

Every day we show up to support each other and the goals we have. Goals that we know will make us the best versions of ourselves. And goals that we know will keep us thriving - mind, body, and even home! Are you ready to meet your goals?

Become a Challenger today!

Send me an email with the subject line: Best Version of Me
In your email, tell me about the goals you have for yourself and what you're hoping to accomplish this next quarter of 2021.

Together, we'll create your ideal health & wellness routine, complete with:

Netflix of Workouts - Over 1,500 to choose from! Cardio, HIIT, Weight Training, Running, & even Yoga!

Nutrition - 30 servings of Shakeology (that pantry staple that is a MUST!) along with thousands of healthy recipes at your fingertips

Personal Development - I can help you choose the book or podcast that is right for you. Did you know my Netflix of Workouts can even provide you with how to get started with simple meditations every day?

Community of Support - You're not alone in this! Join my Challengers and let's work to better ourselves every day and cheer each other on along the way!

JOIN MY TEAM!

Become my Teammate today!

Are some of your quarterly goals to create more financial freedom in your life? Or help others start living a healthier and happier lifestyle?

- Send me an email with the subject line: Best Coach I Can Be
- In your email, tell me about the business goals you have for yourself and what you're hoping to accomplish this next quarter of 2021.
- Together, we'll get you started on the right foot launching your business and helping as many people as you can spring clean!

You know what they say:

"Spring... a lovely reminder of how beautiful change can be!"