

INFINITE HEALTH & WELLNESS

7-Day Energy Boost Challenge!



[KathleenOgar.com](https://www.KathleenOgar.com)



Welcome

Welcome to the 7-Day Energy Boost Challenge!

This guide is designed to help you increase your energy levels naturally and revitalize your mind, body, and spirit. By incorporating daily tips, recipes, and practices into your routine, you can take proactive steps towards feeling more energized and vibrant.

Kathleen Ogar

Founder, Infinite Health & Wellness



Here are seven daily energy-boosting tips that you can incorporate into your routine during the 7-Day Energy Boost Challenge:

1. Start Your Day with Lemon Water:

Upon waking, squeeze fresh lemon juice into a glass of warm or room temperature water. This simple ritual helps hydrate your body, kickstarts your metabolism, and provides a refreshing burst of energy. Time Saver Tip: squeeze 2 lemons into a small glass container so you'll have it ready every day of the week.

2. Power Up with Protein: Include a protein-rich breakfast in your morning routine to fuel your body and sustain your energy levels throughout the day. Choose sources like eggs, Greek yogurt, or plant-based proteins (vegan protein powder, nuts, seeds, chia seeds, etc.) to keep you feeling full and energized.

3. Take Movement Breaks: Throughout the day, take short movement breaks to combat fatigue and boost circulation. Stand up, stretch, or go for a quick walk to reenergize your body and mind.



4. **Practice Mindful Breathing:** Incorporate deep breathing exercises into your day to reduce stress, increase oxygen flow, and promote mental clarity. Take a few moments to focus on your breath and center yourself whenever you need an energy boost. Example: Breathe in for a count of 5, hold for a count of 20, and breathe out for a count of 10. Do this 10 times – 3 times a day (morning, afternoon, evening).

5. **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated and support your body's natural functions. Dehydration can lead to fatigue, so keep a water bottle handy and aim to meet your daily hydration goals. Aim for ½ your weight in ounces.

6. **Snack Smart:** Choose nutrient-dense snacks like nuts, seeds, fruits, or veggies to keep your energy levels stable between meals. Avoid sugary snacks and opt for whole foods that provide sustained energy without the crash.

7. **Unplug Before Bed:** Create a calming bedtime routine that includes unplugging from screens and dimming lights at least an hour before sleep. Engage in relaxing activities like reading, gentle stretching, or meditation to promote restful sleep and wake up feeling refreshed and energized the next day.

These daily energy-boosting tips are designed to help you feel more vibrant, focused, and energized throughout the 7-Day Energy Boost Challenge. Incorporate them into your routine with intention and mindfulness to maximize their benefits and support your overall well-being.

Ready to embark on the "7-Day Energy Boost Challenge" with dedication and enthusiasm? Watch as your energy levels soar and your vitality shines. By implementing these self-care toolkit ideas into your daily routine, you can cultivate sustainable habits that support your overall well-being and vitality.

Remember that small changes can lead to significant results, and prioritizing your energy and health is a powerful investment in yourself. Take this journey to revitalize your energy and embrace a vibrant, energized life.

7-Day Energy Boost Checklist

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lemon water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movement Breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindful Breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay Hydrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snack Smart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uplug before bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SUGGESTED RECIPE GUIDE:

RECIPES – BREAKFAST

Here are seven nutritious breakfast recipes that are specifically crafted to boost energy levels and kickstart your day with vitality:

Overnight Oats with Almond Butter and Berries

Ingredients:

Rolled oats
Almond butter
Almond milk
Chia seeds
Mixed berries.

Instructions: Mix rolled oats, almond butter, almond milk, and chia seeds in a jar. Refrigerate overnight and top with mixed berries in the morning for a delicious and energizing breakfast.

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Spinach and Feta Omelet

Ingredients:

Eggs
Fresh spinach
Feta cheese
Cherry tomatoes
Olive oil

Instructions: Whisk eggs and cook with fresh spinach, crumbled feta cheese, and cherry tomatoes in olive oil for a nutrient-dense and protein-rich omelet that boosts energy levels.

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Greek Yogurt Parfait with Nuts and Honey

Ingredients:

Greek yogurt
Mixed nuts
Honey
Granola
Fresh fruit

Instructions:

Layer Greek yogurt with mixed nuts, a drizzle of honey, granola, and fresh fruit for a protein-packed and fiber-rich parfait that provides sustained energy and satisfies your taste buds.

Chia Seed Pudding with Mango

Ingredients:

Chia seeds-
Coconut milk
Mango slices
Shredded coconut
Almonds

Instructions: Mix chia seeds with coconut milk, refrigerate until set, and top with mango slices, shredded coconut, and almonds for a tropical-inspired and energy-boosting breakfast option.

Banana Almond Butter Smoothie

Ingredients:

Ripe banana
Almond butter
Almond milk
Cinnamon
Ice

Instructions: Blend ripe banana, almond butter, almond milk, a dash of cinnamon, and ice for a creamy and satisfying smoothie that provides a natural energy boost and keeps you full.

Quinoa Breakfast Bowl with Berries

Ingredients:

Cooked quinoa
Almond milk
Mixed berries
Almonds
Pure Maple syrup

Instructions: Warm cooked quinoa with almond milk, top with mixed berries, sliced almonds, and a drizzle of maple syrup for a hearty and nutrient-rich breakfast bowl that fuels your morning.

These nutritious breakfast recipes are designed to provide a balance of macronutrients, vitamins, and minerals to support your energy levels and overall well-being. Incorporate them into your morning routine to start your day with delicious and energizing meals.

RECIPES – LUNCH

Here are seven nutritious lunch recipes that are packed with energy-boosting ingredients to keep you fueled and focused throughout the day:

Quinoa Salad with Chickpeas and Roasted Vegetables

Ingredients:

Cooked quinoa
Roasted chickpeas
Roasted vegetables (bell peppers, zucchini, cherry tomatoes)

Fresh herbs
Lemon vinaigrette

Instructions:

Combine cooked quinoa with roasted chickpeas, vegetables, fresh herbs, and a zesty lemon vinaigrette for a protein-rich and fiber-filled salad that boosts energy levels.

Here's a simple and refreshing lemon vinaigrette recipe that you can use to add a burst of flavor to your salads, vegetables, or grilled dishes:

Lemon Vinaigrette Recipe

Ingredients:

1/4 cup fresh lemon juice
1/2 cup extra-virgin olive oil
1 teaspoon Dijon mustard
1 clove garlic, minced
1 teaspoon raw or local honey or pure maple syrup
Salt and pepper to taste
Optional: fresh herbs like parsley or thyme

Instructions: In a small bowl, whisk together the fresh lemon juice, Dijon mustard, minced garlic, honey or maple syrup, salt, and pepper until well combined. Slowly drizzle in the extra-virgin olive oil while whisking continuously to emulsify the vinaigrette.

Taste and adjust the seasoning as needed, adding more salt, pepper, or lemon juice to suit your preferences. If desired, stir in chopped fresh herbs like parsley or thyme for an extra burst of flavor. Use the lemon vinaigrette immediately to dress salads, drizzle over roasted vegetables, or marinate grilled meats and seafood.

Store any leftover vinaigrette in an airtight container in the refrigerator for up to one week. Shake or whisk before using to recombine the ingredients and enjoy the bright and tangy flavors of the lemon vinaigrette on your favorite dishes!

Enjoy your homemade lemon vinaigrette and elevate the flavors of your meals with this versatile and zesty dressing!

Salmon Avocado Sushi Bowl

Ingredients

Cooked sushi rice
Grilled salmon
Sliced avocado
Shredded carrots
Cucumber slices
Coconut Aminos

Instructions: Arrange cooked sushi rice in a bowl, top with grilled salmon, avocado slices, shredded carrots, cucumber slices, and a drizzle of coconut aminos for a nutrient-dense and energizing sushi-inspired meal.

Mediterranean Chickpea Salad

Ingredients

Canned chickpeas (look for BPA free on the can)
Cherry tomatoes
Cucumber
Red onion
Kalamata olives
Feta cheese
Lemon herb dressing (see above)

Instructions: Combine chickpeas with cherry tomatoes, cucumber, red onion, kalamata olives, crumbled feta cheese, and a tangy lemon herb dressing for a refreshing and protein-packed Mediterranean salad.

Turkey and Hummus Wrap

Ingredients

Sliced turkey breast

Hummus
Whole grain wrap
Baby spinach
Sliced bell peppers
Cucumber sticks

Instructions: Spread hummus on a whole grain wrap, layer with sliced turkey breast, baby spinach, sliced bell peppers, and cucumber sticks for a protein-rich and fiber-filled wrap that provides sustained energy.

Lentil and Vegetable Stir-Fry

Ingredients

Cooked lentils
Mixed vegetables (broccoli, bell peppers, snap peas)
Coconut Aminos
Garlic
Ginger
Toasted Sesame oil

Instructions: Stir-fry cooked lentils with mixed vegetables, coconut aminos, garlic, ginger, and sesame oil for a flavorful and nutrient-dense dish that boosts energy levels and satisfies hunger.

Greek Chicken Salad

Ingredients

Grilled chicken breast
Mixed greens
Cherry tomatoes
Cucumber
Red onion
Feta cheese
Greek dressing

Instructions: Toss grilled chicken breast with mixed greens, cherry tomatoes,

cucumber, red onion, crumbled feta cheese, and a tangy Greek dressing for a protein-packed and refreshing salad option.

Sweet Potato and Black Bean Burrito Bowl

Ingredients:

Roasted sweet potatoes

Black beans

Brown rice

Avocado slices

Salsa

Fresh Cilantro

Instructions: Combine roasted sweet potatoes, black beans, brown rice, avocado slices, salsa, and fresh cilantro in a bowl for a fiber-rich and satisfying burrito bowl that provides lasting energy.

These nutritious lunch recipes are designed to provide a balance of protein, fiber, and essential nutrients to support your energy levels and keep you feeling satisfied throughout the day. Incorporate them into your meal planning to enjoy delicious and energizing lunches that nourish your body and mind.

RECIPES – DINNER

Here are seven nutritious dinner recipes that are not only delicious but also designed to boost energy levels and support overall well-being:

Grilled Lemon Herb Chicken with Quinoa and Roasted Vegetables

Ingredients

Grilled lemon herb chicken breast

Cooked quinoa

Roasted mixed vegetables (bell peppers, zucchini, cherry tomatoes)

Fresh parsley

Lemon wedges

Instructions: Serve grilled lemon herb chicken with a side of cooked quinoa and roasted vegetables for a protein-rich and fiber-filled dinner that boosts energy levels and satisfies hunger.

Lemon Herb Chicken Recipe

Ingredients:

4 boneless, skinless chicken breasts
2 tablespoons olive oil
2 cloves garlic, minced
1 teaspoon dried thyme
1 teaspoon dried rosemary
1 teaspoon dried oregano
Zest of 1 lemon
Juice of 1 lemon
Salt and pepper to taste
Fresh parsley for garnish

Instructions:

Preheat the oven to 375°F (190°C). In a small bowl, mix olive oil, minced garlic, dried thyme, dried rosemary, dried oregano, lemon zest, lemon juice, salt, and pepper to create a marinade. Place the chicken breasts in a baking dish or a resealable plastic bag and pour the marinade over them, ensuring the chicken is well coated. Cover the dish or seal the bag and let the chicken marinate in the refrigerator for at least 30 minutes to allow the flavors to infuse.

Heat a skillet over medium-high heat and sear the chicken breasts for 2-3 minutes on each side until golden brown. (Note: you can also grill). Transfer the chicken breasts to the preheated oven and bake for 20-25 minutes or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C). Once cooked, remove the chicken from the oven and let it rest for a few minutes before slicing. Garnish with fresh parsley and serve the Lemon Herb Chicken with your favorite sides such as roasted vegetables, quinoa, or a fresh salad. Enjoy!

Salmon and Asparagus Foil Packets

Ingredients:

Salmon fillets
Asparagus spears
Cherry tomatoes
Lemon slices
Garlic
Olive oil
Fresh dill

Instructions: Create foil packets with salmon fillets, asparagus spears, cherry tomatoes, lemon slices, minced garlic, olive oil, and fresh dill. Bake or grill for a flavorful and nutrient-dense dinner option.

Vegetarian Chickpea Curry

Ingredients

Canned chickpeas (BPA free)
Coconut milk
Canned Diced tomatoes (BPA free)
Spinach
Onion
Garlic
Curry powder
Turmeric
Cilantro

Instructions: Simmer chickpeas with coconut milk, diced tomatoes, spinach, onion, garlic, and a blend of curry spices for a hearty and aromatic vegetarian curry that provides sustained energy and nourishment.

Turkey and Sweet Potato Skillet

Ingredients

Ground turkey
Sweet potatoes
Bell peppers
Onion
Garlic
Paprika
Cumin
Fresh cilantro

Instructions: Sauté ground turkey with diced sweet potatoes, bell peppers, onion, garlic, paprika, cumin, and fresh cilantro in a skillet for a protein-packed and nutrient-rich dinner that boosts energy levels.

Stuffed Bell Peppers with Quinoa and Black Beans

Ingredients

Bell peppers
Cooked quinoa
Can Black beans (BPA free)
Corn
Salsa
Avocado
Cilantro

Instructions: Fill halved bell peppers with a mixture of cooked quinoa, black beans, corn, salsa, and top with avocado slices and fresh cilantro for a colorful and satisfying dinner option. Note: Red, yellow and orange bell peppers are easier to digest than green.

Lemon Garlic Shrimp Pasta

Ingredients

Shrimp
Whole grain pasta
Lemon zest
Garlic
Cherry tomatoes
Baby spinach
Parmesan cheese

Instructions: Sauté shrimp with lemon zest, garlic, cherry tomatoes, and baby spinach, toss with cooked whole grain pasta, and sprinkle with Parmesan cheese for a light and energizing pasta dish.

Mediterranean Baked Chicken with Greek Salad

Ingredients:

Baked chicken breast with Mediterranean spices
Cucumber
Cherry tomatoes
Red onion
Kalamata olives
Feta cheese
Greek dressing

Instructions: Serve baked chicken breast seasoned with Mediterranean spices alongside a Greek salad made with cucumber, cherry tomatoes, red onion, kalamata olives, feta cheese, and a tangy Greek dressing for a flavorful and protein-rich dinner option.

Mediterranean Spice Blend Recipe

Ingredients:

- 2 tablespoons dried oregano
- 2 tablespoons dried basil
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon paprika (try smoked paprika for a smokey flavor)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon red pepper flakes (optional for heat)
- Salt and pepper to taste

Instructions: In a small bowl, combine dried oregano, dried basil, dried thyme, dried rosemary, garlic powder, onion powder, paprika, ground cumin, ground coriander, red pepper flakes (if using), salt, and pepper. Mix all the spices together until well combined, ensuring an even distribution of flavors. Taste the spice blend and adjust the salt, pepper, or any other seasonings to suit your preferences. Transfer the Mediterranean Spice Blend to an airtight container or spice jar for storage. Use the spice blend to season a variety of dishes such as grilled meats, roasted vegetables, soups, stews, salads, or marinades for a taste of the Mediterranean in your cooking. Experiment with different quantities of the spice blend to customize the flavor profile based on your personal taste preferences.

These nutritious dinner recipes are designed to provide a balance of protein, fiber, and essential nutrients to support your energy levels and promote overall well-being. Incorporate them into your meal planning to enjoy delicious and energizing dinners that nourish your body and satisfy your taste buds.

Congratulations!

Congratulations on successfully completing the 7-Day Energy Boost Challenge! We applaud your commitment to prioritizing your well-being and taking proactive steps to revitalize your energy levels over the past week. Your dedication and effort have not gone unnoticed, and we're thrilled to celebrate your achievements with you.

As you reflect on the past seven days of the challenge and the positive changes you've experienced, we encourage you to continue harnessing the momentum and energy you've cultivated. Here are some suggested next steps to help you maintain your newfound vitality and well-being:

- 1. Reflect on Your Progress:** Take a moment to reflect on how you felt before and after the challenge. Notice any improvements in your energy levels, mood, focus, or overall well-being. Acknowledge your achievements and the positive changes you've made.
- 2. Establish Sustainable Habits:** Identify the energy-boosting practices from the challenge that resonated most with you and incorporate them into your daily routine. Whether it's mindful breathing, healthy eating habits, or movement breaks, prioritize self-care to sustain your energy levels.
- 3. Set New Goals:** Consider setting new energy-related goals or challenges for yourself moving forward. Whether it's increasing physical activity, improving sleep quality, or exploring mindfulness practices, continue to strive for personal growth and well-being.
- 4. Stay Connected:** Stay connected with our community of like-minded individuals who are on a similar journey towards enhanced energy and vitality. Share your

experiences, insights, and tips for maintaining energy levels with others who can benefit from your wisdom.

<https://www.facebook.com/groups/healthandwellnesswithkathleenogar>

5. **Celebrate Your Success:** Celebrate your success in completing the 7-Day Energy Boost Challenge and acknowledge the positive impact it has had on your life. Treat yourself to a small reward or engage in a self-care activity to honor your dedication and achievements.

6. **Next Steps:** Ready for the next step? Schedule a [Discovery Call](#) for a personalized approach to your health and wellness goals.

We're incredibly proud of your commitment to self-improvement and well-being throughout this challenge. Remember that your energy and vitality are valuable assets that deserve to be nurtured and prioritized. Keep up the great work and may your journey towards enhanced energy and well-being continue to flourish!

If you have any questions, reflections, or success stories to share, feel free to reach out to us. We're here to support you on your path to a healthier, more energized lifestyle.

Wishing you continued success and vitality on your wellness journey!

Dr. Kat



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