



Healthy Avocado Toast

Grab my recipe below for a healthier version of the classic avocado toast. Avocado is packed with nutrients, but when it's paired with sauerkraut & pickle, the fermentation is a huge support to your gut health.

You'll need:

- Gluten free bread
- 1/2 avocado
- Sauerkraut to taste
- Pickles
- [BēRuna Salts](#)
- [Kelly's Cheez Topping](#).

Toast the gluten free bread. Top with 1/2 of the avocado. Layer on the sauerkraut and pickles. Sprinkle with BēRuna Salts and Kelly's Cheez Topping. Enjoy!



HAYLEY HOBSON

Energy Boosting Smoothie

Smoothies are my favorite way to pack in veggies, fruits and extra nutrition. This recipe will do just that for you. The hemp protein and MCT oil will do wonders for your focus levels and productivity. This is a great option for breakfast or as an afternoon pick-me-up.

You'll need:

- 6-8 oz coconut or almond milk
- Chopped zucchini
- Coconut chunks
- Chopped cauliflower
- 1 scoop [hemp protein powder](#)
- 1 tablespoon [chai spices](#)
- 1 tablespoon [MCT oil](#)

Blend ingredients in a blender.

Enjoy!

Pro-tip: Simplify smoothies with [Daily Harvest](#) smoothie delivery.

Use code HAYLEYH for \$25 off your first order.



HAYLEY HOBSON

Supplement Your Diet

A huge part of good health is taking care of your cells. Supplements are the key. Diet alone can't provide the level of optimum nutrition cells need. Supplements disrupt damage from free radicals (these are cell destroyers), especially ones packed with antioxidants.



Below is a list of antioxidants to look for in a good supplement routine. Plus, you'll find 4 of my favorite supplements I use daily to protect my cells that contain these ingredients..

Look for these ingredients:

These protect cells, repair cellular damage and reduce inflammation

- Baicalin
- Resveratrol
- Pomegranate Seed Extract
- Grape Seed Extract
- Curcumin (from turmeric root)
- Silymarin (from milk thistle root)
- Astaxanthin
- Vitamins A, C, D and E
- Folate
- Zinc, Calcium & Magnesium

Complete Supplement Regimen

I take these 4 supplements daily. They're a complete regimen covering all your nutritional + cellular needs. [Get your set here.](#)

- Omega Fatty Acid Complex
- Food Nutrient Complex
- Cellular Vitality Complex
- Energy & Stamina Complex



HAYLEY HOBSON

Keep Your GI Tract & Liver Clean

Since 70% of your immune system is housed in your gut, your GI tract and liver are essential to overall health. You can support these by the foods you eat and habits you cultivate.

Below are 3 ways to best support your GI tract and liver:

Drink ginger & lemon tea

Steep ginger and lemon into a cup of hot water every morning. Lemon is cleansing and clarifying. Ginger is powerful in aiding with digestion, and is also anti-inflammatory.

Add turmeric to your diet

Turmeric is a powerful anti-inflammatory and antioxidant (due to the curcuminoids). Because it reduces inflammation, it can aid cleansing your digestive system.

Experiment with intermittent fasting

Intermittent fasting is the practice of fasting for a period of time every day - usually 14-16 hours. As an example: your last meal is at 7pm and you eat again between 9 and 11am. This can help support your digestive system by giving your body a chance to fully digest your food.



HAYLEY HOBSON



Manage Your Time

If your time management is sloppy, you're going to feel like your life is overwhelming and out of control. My 4 step task & time management system can fix this and bring order to the chaos of daily life.

1 - Make a list

Write down everything you think you need to do. I like to use Asana for this.



- Work on magazine
- Edit Social Media Week of 4/19
- Review Social Media graphics for summit speakers
- Edit HH & HH Summit Invite Emails
- Create blog post template
- Blog & NL week of 4/26
- FB Lives week of 4/26

2 - Assign time estimates to each task

Make note how long you think each task will take. These are going to become your "blocks", or the chunks of time you allow for that task. Do your best to not under-estimate the time needed.

3 - Assign a due date to each task

Each task needs a date its due - either as its true deadline or, in the case of an event or appointment, the date it's happening.

Record AU Preso, 12	Weekly Te 12pm, htt	Weekly Te 12pm, htt
Hayley/Abby 1 - 2pm		
Coaching Call with H 2pm, https://zoom.us	Work on EOM 2 - 3:30pm	
Marlie Cohen / Hayle 3pm, https://zencast	Content Creation - ph 3:30 - 4:30pm	
Zoom with Leslie Gai	Record YouTube Vide	
doTERRA VIP Call wi 5pm, https://zoom.us	Anora Aminova - Disc	
FB Live on Biz Page,		
Record Bomb Bomb		

4 - Calendar everything

Use your calendar to create "events" for your tasks. The length of time for each event corresponds to how long the task takes. Use your due dates to know when to calendar your task.



HAYLEY HOBSON



Signature Cacao Latte

This recipe is my signature cacao drink! You can make this with espresso (turning it into a latte) or without. It's great either way! It's packed with good-for-you ingredients that taste great and keep you healthy, too.

You'll need:

- 1 1/2 cups of coconut, almond or cashew milk
- 2 heaping teaspoons of [cacao powder](#)
- A little slab of [cacao butter](#)
- 1/2 teaspoon of [coconut nectar](#)
- 1/2 teaspoon of [brain octane fuel](#)
- 1 teaspoon of [reishi mushroom blend](#) (I like MUD\WTR)
- 1 shot of espresso if you need it
- Cayenne pepper & cinnamon to sprinkle on top

Bring your choice of milk to boil on the stove. Add all ingredients to the pot with the warmed milk. Transfer the mixture to a [steel pitcher](#). Then, mix it with a [frother](#). Enjoy!



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