MY MISSION LEADER'S PANTRY: A PERSONAL WELLNESS ROUTINE
POWER MOCHA + MORNING PREP

THIS ISN'T JUST A PROTEIN SHAKE... THIS IS PART OF HOW I MANAGE MY VESSEL EVERY DAY.

AS A FIBRO-WARRIOR, I'VE LEARNED THAT SIMPLE ROUTINES MATTER MORE THAN PERFECT ONES.

SOME DAYS, THIS POWER MOCHA IS THE DIFFERENCE BETWEEN PUSHING THROUGH AND COMPLETELY SHUTTING DOWN. IT'S QUICK, NOURISHING, AND BUILT TO SUPPORT ENERGY, RECOVERY, AND THOSE LOW-ENERGY, BRAIN FOG DAYS WE ALL FACE.

WHAT THIS POWER MOCHA SUPPORTS

- SUSTAINED ENERGY WITHOUT THE CRASH
- MUSCLE RECOVERY AND SUPPORT
- BRAIN FOG AND MENTAL CLARITY
- EASY NUTRITION ON LOW-ENERGY DAYS
- SIMPLE, QUICK, AND BUDGET-FRIENDLY

ADD THE FOLLOWING TO A BLENDER (*SEE PAGE TWO FOR OPTIONAL INGRIEDIENTS*)

- 1 CUP UNSWEETENED ALMOND MILK (OR MILK OF CHOICE)
- 1 SCOOP CHOCOLATE PROTEIN POWDER
- 1 TSP D-RIBOSE MY GO TO PROTEIN
- 1 TSP CREATINE
- 1 TBSP EGG WHITE PROTEIN
- 1 TSP DHA FLAX OIL
- 1/2 CUP FROZEN CHERRIES
- 1 TBSP COCOA POWDER
- ICE CUBES ICE CUBE TRAYS

HOW TO MAKE THIS POWER MOCHA

1. ADD ALL INGREDIENTS TO YOUR BLENDER.
2. BLEND UNTIL SMOOTH AND CREAMY.
3. ADJUST THICKNESS WITH MORE MILK IF NEEDED.
4. POUR INTO MY FAVORITE 24 OZ GLASS MASON JAR THAT HOLDS THIS RECIPE PERFECTLY

THAT'S IT—SIMPLE, QUICK, AND READY IN MINUTES.

PREP YOUR INGREDIENTS AHEAD OF TIME OR KEEP THEM TOGETHER IN YOUR "A.M. BOX" SO EVERYTHING IS READY WHEN YOU NEED IT.

ON LOW-ENERGY DAYS, REMOVING EVEN ONE EXTRA STEP MAKES A DIFFERENCE.

🌻 *MORNING PREP TIPS: FOR BUSY MORNINGS OR LOW-ENERGY DAYS, PREPARE YOUR POWER MOCHA INGREDIENTS THE NIGHT BEFORE. ADD EVERYTHING EXCEPT THE ICE TO A MASON JAR, BLENDER CUP, OR PITCHER AND REFRIGERATE OVERNIGHT.*

IN THE MORNING, SIMPLY POUR INTO YOUR BLENDER, ADD ICE, BLEND UNTIL SMOOTH, AND ENJOY.

A FEW MINUTES OF PREPARATION TODAY CAN MAKE TOMORROW MORNING EASIER, ESPECIALLY ON DAYS WHEN FIBROMYALGIA SYMPTOMS MAKE EVEN SIMPLE TASKS FEEL OVERWHELMING.

OPTIONAL: PREPARE SEVERAL INDIVIDUAL "POWER MOCHA PACKS" BY MEASURING YOUR DRY INGREDIENTS INTO SMALL CONTAINERS OR REUSABLE BAGS. WHEN YOU'RE READY, JUST ADD YOUR LIQUID INGREDIENTS AND BLEND.

WHEN FIBROMYALGIA SYMPTOMS BEGIN TO FLARE, I REACH FOR MY POWER MOCHA TO HELP NOURISH MY BODY WITH PROTEIN, HEALTHY FATS, AND KEY NUTRIENTS THAT SUPPORT ENERGY AND RECOVERY. HAVING THESE INGREDIENTS READY TO BLEND MAKES IT EASIER TO STAY CONSISTENT, EVEN ON LOW-ENERGY DAYS.

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MISSION LEADER'S MIX-INS
OPTIONAL INGREDIENTS & PANTRY FAVORITES

I DON'T ADD EVERY INGREDIENT EVERY DAY. I LIKE TO ROTATE THEM BASED ON WHAT I HAVE ON HAND, HOW I'M FEELING, AND WHAT MY BODY NEEDS THAT DAY.

ORGANIC MCT OIL

WHY I ADD IT:

PROVIDES HEALTHY FATS THAT HELP KEEP ME FEELING SATISFIED AND MAY SUPPORT STEADY ENERGY AND MENTAL F

ORGANIC GROUND FLAX SEED & ORGANIC SESAME SEEDS

WHY I ADD IT:

ADDS FIBER, PLANT-BASED OMEGA-3S, HEALTHY FATS, AND MINERALS THAT SUPPORT DIGESTION AND OVERALL WELLNESS.

DHA FLAX OIL

WHY I ADD IT:

AN EASY WAY TO ADD HEALTHY FATS THAT SUPPORT BRAIN, HEART, AND OVERALL WELLNESS.

OTHER FAVORITE ADD-INS

ONE OF THE THINGS I LOVE ABOUT MY POWER MOCHA IS THAT IT'S EASY TO CUSTOMIZE. DEPENDING ON THE SEASON OR WHAT I HAVE IN MY PANTRY, I SOMETIMES ADD:

- PUMPKIN SEEDS – FOR PLANT PROTEIN, MAGNESIUM, AND ZINC
- SUNFLOWER SEEDS – FOR VITAMIN E AND HEALTHY FATS
- WALNUTS – FOR OMEGA-3 FATS AND A CREAMY TEXTURE
- CHOPPED PECANS – FOR HEALTHY FATS AND RICH FLAVOR
- BERRIES – FOR ANTIOXIDANTS AND NATURAL SWEETNESS
- HALF A BANANA – WHEN I NEED EXTRA ENERGY OR AFTER EXERCISE
- SPINACH – FOR AN EXTRA SERVING OF GREENS WITHOUT CHANGING THE FLAVOR MUCH
- CHIA SEEDS (OPTIONAL FOR READERS—EVEN THOUGH YOU DON'T USE THEM) – A POPULAR OPTION FOR THOSE WHO ENJOY THEM

REMEMBER, YOUR POWER MOCHA DOESN'T HAVE TO BE PERFECT TO BE NOURISHING. I KEEP A VARIETY OF WHOLESOME INGREDIENTS IN MY MISSION LEADER'S PANTRY SO I CAN MIX AND MATCH BASED ON WHAT MY BODY NEEDS THAT DAY. SMALL, CONSISTENT CHOICES ARE WHAT HAVE MADE THE BIGGEST DIFFERENCE FOR ME.

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THE SAFE HAVEN PROTOCOLS
THE FOUNDATION FOR CALMING THE NERVOUS SYSTEM

"THE HEART BEHIND THE SIMPLE LIFE"

BEFORE ANY SUPPLEMENT, RECIPE, OR WELLNESS ROUTINE CAN TRULY HELP, I'VE LEARNED THAT MY NERVOUS SYSTEM HAS TO FEEL SAFE. WHEN MY BODY STAYS IN "FIGHT OR FLIGHT" MODE, MY FIBROMYALGIA SYMPTOMS BECOME LOUDER. CREATING A SAFE HAVEN IS THE FOUNDATION THAT ALLOWS EVERYTHING ELSE IN THIS GUIDE TO WORK TOGETHER.

"I'M A CHASER OF SUNRISES AND A TENDER OF GENERATIONAL GARDENS. MY LIFE IS BUILT ON THE BELIEF THAT MEALS SHOULD BE SIMPLE, BUDGETS SHOULD BE FRIENDLY, AND EVERY DAY SHOULD HAVE A MOMENT TO WATCH THE SUN SET. BUT THERE IS ANOTHER LAYER TO MY STORY: I AM A FIBRO-WARRIOR.

MANAGING MY 'VESSEL' MEANS I HAVE TO BE A MISSION LEADER. WHETHER I'M FREEING UP STORAGE ON MY MAC OR MOWING THE LAWN AFTER A SPRING RAIN, I DO IT WITH INTENTION, HEAT, AND A 'SAFETY NEST' CLOSE BY. HERE, YOU'LL FIND NOT JUST RECIPES, BUT THE PROTOCOLS I USE—FROM MAGNESIUM SPRAYS TO 'POWER MOCHAS'—TO KEEP MOVING FORWARD WHEN THE GHOSTLY TENSION SETS IN.

DISCLAIMER: I AM SHARING MY PERSONAL JOURNEY AND WHAT WORKS FOR ME. THIS IS NOT MEDICAL ADVICE. ALWAYS CONSULT YOUR DOCTOR BEFORE STARTING NEW ROUTINES!"

THE SAFE HAVEN PROTOCOLS: IT'S ALL ABOUT CREATING AN ENVIRONMENT WHERE YOUR NERVOUS SYSTEM FEELS SAFE.

- WEIGHTED BLANKED
- HEATING PAD - I PREFER A HEAT PAD THAT COVERS SHOULDERS TOO.
- FINGERLESS 100% COTTON GLOVES, DESK WORK MAKES MY HAND VERY COLD. THESE ARE CHEAP & A LIFE SAVER!
- OFFICE CHAIR WITH LUMBAR SUPPORT
- LIGHT WEIGHT BLANKET FOR THE OFFICE CHAIR: I PREFER 100% LINEN BLANKET- CLICK HERE TO GET YOURS 💜



SCAN FOR MORE RECIPES





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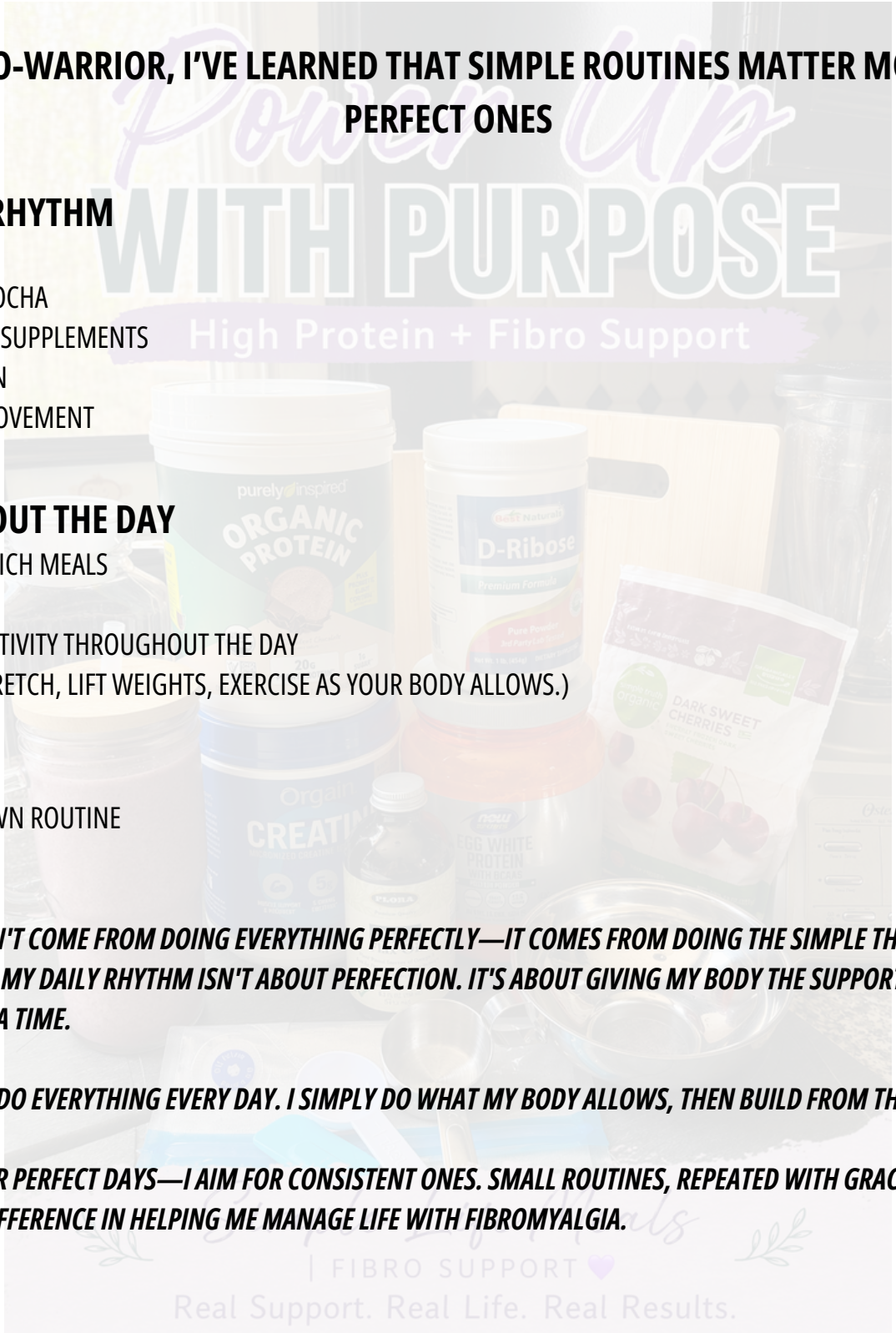
AS A FIBRO-WARRIOR, I'VE LEARNED THAT SIMPLE ROUTINES MATTER MORE THAN PERFECT ONES



MY DAILY RHYTHM

- MORNING
- POWER MOCHA
- MORNING SUPPLEMENTS
- HYDRATION
- GENTLE MOVEMENT

THROUGHOUT THE DAY

- PROTEIN-RICH MEALS
- WATER
- SPREAD ACTIVITY THROUGHOUT THE DAY
- (WALK, STRETCH, LIFT WEIGHTS, EXERCISE AS YOUR BODY ALLOWS.)

EVENING

- WIND-DOWN ROUTINE
- SLEEP

HEALING DOESN'T COME FROM DOING EVERYTHING PERFECTLY—IT COMES FROM DOING THE SIMPLE THINGS CONSISTENTLY. MY DAILY RHYTHM ISN'T ABOUT PERFECTION. IT'S ABOUT GIVING MY BODY THE SUPPORT IT NEEDS, ONE SMALL STEP AT A TIME.

I DON'T TRY TO DO EVERYTHING EVERY DAY. I SIMPLY DO WHAT MY BODY ALLOWS, THEN BUILD FROM THERE.

I DON'T AIM FOR PERFECT DAYS—I AIM FOR CONSISTENT ONES. SMALL ROUTINES, REPEATED WITH GRACE, HAVE MADE THE BIGGEST DIFFERENCE IN HELPING ME MANAGE LIFE WITH FIBROMYALGIA.

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MISSION LEADER'S PANTRY
MEAL-TIME & FLARE SUPPORT

BEFORE MY LARGEST MEAL

SUPER ENZYMES

- **WHEN:** TAKE 1 CAPSULE RIGHT BEFORE YOUR LARGEST MEAL OF THE DAY (OR YOUR HIGH-PROTEIN SHAKE).
- **WHY:** FOR MANY OF US, THE "VESSEL" STRUGGLES TO BREAK DOWN PROTEINS AND FATS. THESE ENZYMES ACT LIKE A "CLEANING CREW" FOR YOUR GUT, HELPING YOU ABSORB NUTRIENTS AND PREVENTING THAT "HEAVY" FEELING THAT LEADS TO BRAIN FOG.

BERBERINE

- **WHEN:** TAKE ABOUT 20–30 MINUTES BEFORE A MEAL CONTAINING CARBOHYDRATES.
- **WHY:** THINK OF THIS AS YOUR METABOLIC "TUNER." IT HELPS YOUR BODY MANAGE BLOOD SUGAR AND INFLAMMATION, WHICH IS KEY FOR KEEPING THAT "GHOSTLY" TENSION FROM TURNING INTO A FULL-BLOWN FLARE.

WHEN I FEEL A FLARE COMING ON

MAGNESIUM MALATE

- **WHEN:** BEST TAKEN IN THE MORNING WITH YOUR POWER MOCHA.
- **WHY:** MALIC ACID (THE "MALATE" PART) IS A POWERHOUSE FOR ENERGY PRODUCTION. IT HELPS COMBAT THE DEEP MUSCLE FATIGUE AND "TENDER POINTS" COMMON IN FIBROMYALGIA WITHOUT BEING AS HARD ON THE DIGESTIVE SYSTEM AS OTHER FORMS. THINK OF MAGNESIUM MALATE AS ONE OF MY FIRST TOOLS IN THE MISSION LEADER'S PANTRY.
- **WHEN:** *USE AS NEEDED*- WHEN THE GHOSTLY GRIP, ZINGERS, OR MUSCLE ACHES BEGIN, I REACH FOR IT FIRST TO SUPPORT MY BODY BEFORE CONSIDERING OVER-THE-COUNTER PAIN RELIEF.

MAGNESIUM SPRAY

- **WHEN:** *USE AS NEEDED* FOR "SPOT TREATMENT" ON TIGHT AREAS (LIKE THE RIGHT HIP OR SHOULDER BLADE) AND RIGHT BEFORE BED ON YOUR FEET AND CALVES.
- **WHY:** THIS BYPASSES THE DIGESTIVE SYSTEM AND GOES STRAIGHT TO THE SOURCE! IT'S THE FASTEST WAY TO **"**THAW" A MUSCLE THAT FEELS LIKE A TIGHT BOWSTRING.

STOPAIN

- **WHEN:** *USE AS NEEDED* & DURING AN ACTIVE "ZINGER" OR WHEN JOINT PAIN IS SHARP ENOUGH TO STOP YOU IN YOUR TRACKS.
- **WHY:** IT PROVIDES IMMEDIATE COOLING RELIEF. IT'S THE "EMERGENCY BRAKE" FOR NERVE PAIN, HELPING TO QUIET THE SIGNAL SO YOUR NERVOUS SYSTEM CAN MOVE OUT OF "HIGH ALERT."

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THE MORNING POWER-UP: FUELING THE VESSEL-SUPPLEMENT ESSENTIALS AM

ENERGY & BRAIN SUPPORT

- **PROTEIN POWDER, D-RIBOSE & CREATINE (THE "ENERGY TRIO")**
- **WHY**: D-RIBOSE HELPS RECHARGE CELLULAR ENERGY (ATP), CREATINE SUPPORTS MUSCLE AND BRAIN ENERGY, AND PROTEIN PROVIDES THE BUILDING BLOCKS FOR MUSCLE RECOVERY AND TISSUE REPAIR. TOGETHER, THEY HELP SUPPORT STEADY ENERGY AND REDUCE THE MID-MORNING ENERGY CRASH.

L-THEANINE (BRAIN)

- **WHY**: SUPPORTS CALM FOCUS, STRESS MANAGEMENT, AND BALANCED ENERGY. HELPS SMOOTH THE EFFECTS OF CAFFEINE WITHOUT CAUSING DROWSINESS.

DIGESTIVE & NUTRIENT SUPPORT (SUPER ENZYMES)

SUPER ENZYMES - AM ON EMPTY STOMACH FOR ANT-INFLAMMATORY & MAY HELP SUPPORT TISSUE RECOVERY

- **WHY:** TAKEN ON AN EMPTY STOMACH, THE BROMELAIN IN SUPER ENZYMES MAY HELP SUPPORT THE BODY'S NORMAL INFLAMMATORY RESPONSE AND PROMOTE TISSUE RECOVERY. WHILE DIGESTIVE ENZYMES ARE COMMONLY USED WITH MEALS TO AID DIGESTION, TAKING THEM BETWEEN MEALS ALLOWS BROMELAIN TO WORK BEYOND THE DIGESTIVE TRACT. THIS IS WHY I INCLUDE IT AS PART OF MY MORNING WELLNESS ROUTINE.

FOUNDATION NUTRIENTS (L-LYSINE AND THE REST OF YOUR MORNING ESSENTIALS)

INTEGRATIVE TRI MAGNESIUM

- **WHY**: BY TAKING A BLEND OF THREE MAGNESIUMS IN THE MORNING, YOU'RE GIVING YOUR MUSCLES A "STEADY DRIP" OF RELAXATION THAT LASTS ALL DAY, HELPING TO KEEP THOSE "GHOSTLY" IT BAND AND SHOULDER TENSIONS AT BAY.

L-LYSINE I PREFER POWDER

- **WHY:** L-LYSINE IS AN ESSENTIAL AMINO ACID THAT SUPPORTS IMMUNE HEALTH, COLLAGEN PRODUCTION, HEALTHY SKIN, AND TISSUE REPAIR. IT ALSO HELPS SUPPORT HEALTHY MUSCLES AND CONNECTIVE TISSUES AND MAY HELP REDUCE THE RECURRENCE OF COLD SORES.
- **MY ROUTINE:** I PREFER USING L-LYSINE POWDER, WHICH MIXES EASILY INTO MY MORNING COFFEE OR PROTEIN SHAKE. IT'S A SIMPLE WAY TO INCLUDE IT IN MY DAILY ROUTINE WITHOUT ADDING ANOTHER CAPSULE TO TAKE.

D3-K2

- **WHY**: D3 IS ESSENTIAL FOR IMMUNE AND BONE HEALTH, BUT K2 IS THE "TRAFFIC COP" THAT MAKES SURE THE CALCIUM GOES TO YOUR BONES AND NOT YOUR ARTERIES. IT'S A VITAL PAIR FOR LONG-TERM VESSEL STRENGTH.

METHYL FOLATE & VITAMIN B12

- **WHY:** SUPPORTS HEALTHY NERVE FUNCTION, NERVE REPAIR, AND ENERGY METABOLISM. THESE NUTRIENTS HELP THE BODY PRODUCE HEALTHY RED BLOOD CELLS AND SUPPORT THE NERVOUS SYSTEM. FOR ME, THEY'RE THE "NERVOUS SYSTEM SMOOTHERS," HELPING SUPPORT THAT LEFT PINKY NUMBNESS AND REDUCE THE BRAIN FOG THAT OFTEN COMES WITH FIBROMYALGIA





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MISSION LEADER'S PANTRY

THE EVENING WIND-DOWN: SECURING THE PERIMETER- PM ESSENTIALS

GOLI ASHWAGANDHA + VITAMIN D GUMMIES

- **WHY:** COMBINES THE STRESS-SUPPORTING BENEFITS OF ASHWAGANDHA, AN ADAPTOGENIC HERB, WITH VITAMIN D TO SUPPORT OVERALL WELLNESS. ASHWAGANDHA MAY HELP PROMOTE RELAXATION, SUPPORT THE BODY'S HEALTHY STRESS RESPONSE, AND ENCOURAGE RESTFUL SLEEP, WHILE VITAMIN D SUPPORTS IMMUNE FUNCTION, MUSCLE HEALTH, AND BONE HEALTH.
- **MY ROUTINE:** I TAKE THESE GUMMIES AS PART OF MY EVENING WIND-DOWN ROUTINE TO HELP ME RELAX AND PREPARE FOR A RESTFUL NIGHT'S SLEEP.

MAGNESIUM GLYCINATE

- **WHY:** UNLIKE THE MORNING MALATE (WHICH IS FOR ENERGY), GLYCINATE IS THE "CALMING" MAGNESIUM. IT SPECIFICALLY HELPS RELAX THE NERVOUS SYSTEM AND PREVENT THOSE OVERNIGHT "SHIVER-BRACES" OR LEG CRAMPS.

PHOSPHATIDYLSERINE

- **WHY:** THINK OF THIS AS A "MUTE BUTTON" FOR CORTISOL (THE STRESS HORMONE). IT HELPS QUIET THE "HIGH ALERT" CHATTER IN YOUR BRAIN SO YOU CAN DRIFT INTO A DEEP, RESTORATIVE SLEEP RATHER THAN A "RESTLESS TUESDAY" SLEEP.

MELATONIN 5 MG -I PREFER CHEWABLE

- **WHEN:** AS NEEDED. I DON'T TAKE MELATONIN EVERY NIGHT. I RESERVE IT FOR TIMES WHEN I'VE HAD SEVERAL NIGHTS OF POOR SLEEP OR I'M HAVING TROUBLE GETTING MY SLEEP SCHEDULE BACK ON TRACK.
- **WHY:** THIS ISN'T JUST FOR SLEEP; IT'S A POWERFUL ANTIOXIDANT THAT HELPS YOUR BRAIN "CLEAN HOUSE" OVERNIGHT. IT SIGNALS TO YOUR SYSTEM THAT THE MISSION IS OVER AND IT'S TIME TO REPAIR.

MY LOW-ENERGY DAY PLAN

I **KEEP EVERYTHING SIMPLE AND WITHIN REACH TO MAKE LOW-ENERGY DAYS EASIER.**

WHEN I DRINK THIS

- IN THE MORNING WHEN ENERGY IS LOW
- AFTER A WORKOUT FOR RECOVERY
- ON FIBRO FLARE DAYS WHEN I NEED SOMETHING EASY
- AS A QUICK MEAL WHEN I DON'T FEEL LIKE COOKING

DISCLAIMER

- I AM SHARING MY PERSONAL EXPERIENCE AND WHAT WORKS FOR ME. THIS IS NOT MEDICAL ADVICE. ALWAYS CONSULT YOUR DOCTOR BEFORE STARTING ANY NEW SUPPLEMENT

REMEMBER, YOU DON'T HAVE TO DO EVERYTHING AT ONCE. BUILD YOUR OWN MISSION LEADER'S PANTRY ONE STEP AT A TIME. CHOOSE WHAT WORKS FOR YOU, WORK WITH YOUR HEALTHCARE PROVIDER, AND GIVE YOURSELF GRACE ALONG THE WAY. 💜

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