



Newsletter Week 1

WellPath's Daily Dozen *Challenge*

Welcome to WellPath's Daily Dozen Challenge!

Welcome to WellPath's *Daily Dozen Challenge*. You're going to love this challenge! It's simple, straightforward and totally doable. WellPath isn't asking you to stop doing anything. We are asking you to eat from Dr. Greger's checklist and exercise each day for 8-weeks. [Download the checklist](#) or install the app on your personal cell phone to keep track of your servings from the Daily Dozen each day.

These foods have evidence of providing the necessary nutrients for health, disease prevention and are even associated with a longer lifespan (and healthy years of life called "*healthspan*").

WellPath will send you newsletters regularly throughout the challenge along with links to short vlogs which will provide additional tips. We also have a long lineup of voluntary webinars coming your way to help you be successful.

[WellPath](#) is your one-stop for resources and information. The site will continue to add resources as the challenge progresses. There is a page for resources, a page for exercise information, a page for the newsletters and vlogs, and a page for the webinars. These pages will help you to be successful with all aspects of the challenge. For example, what is a *flaxseed*? I have to purchase flaxseed for my one serving/day. [Click here](#) to find out all you need to know about flaxseed: What flaxseed is, how to eat it and most importantly, why to eat it.

To be successful all you have to do is check off 80% of your boxes from the checklist or app on 42 days between now and October 4th. You will turn in your checklists (or screenshots from your app) the week of September 7th (half-way) and the week of October 4th (end of challenge). More on this later.

Here's hoping for a smooth start to the Challenge. Remember two things: 1) We are here to help you and, 2) there is plenty of daily "wiggle-room" to perfect the daily dozen over time and still successfully complete the challenge and earn 50 WellPath points.

RESOURCES:

[Dr. Greger's Daily Dozen App \(Apple\)](#)

[Dr. Greger's Daily Dozen App \(Android\)](#)

[WellPath's Challenges Page](#)

[Week 1 VLOG with Greta](#)



WELLPATH'S DAILY ACTIVITY BREAK:

Join us everyday at 2:30 for WellPath's Daily Activity Break for stretching, light exercises, and a meditation with Christine, WellPath Coach.

<https://www.gotomeet.me/WellPath>

WEEKLY RECIPE: Breakfast Oats (Muesli)

Homemade Muesli with goji berries and turmeric.

INGREDIENTS:

- 3 cups rolled oats
- 1/4- 1/2 cup grated unsweetened coconut flakes (optional)
- 16 hazelnuts, cut in half
- 4 Brazil nuts, cut in thirds
- 1/4 cup slivered almonds
- 1/4 cup sunflower seeds
- 1/4 cup sesame seeds (white or black)
- 2 tablespoons ground flax seed*
- 6 dates, chopped into small pieces
- 1/2 cup raisins
- 1/4 cup goji berries
- 1 1" (2.5cm) turmeric root-grated or 1 teaspoon turmeric powder
- 1/2-1 teaspoon cinnamon (optional)



Quick Cashew/ Almond Milk:

- 1 tablespoon cashew or almond butter (*or seed butter of choice)

- 3/4-1 cup of cold water

METHOD:

1. Chop the nuts and the dates. Combine all the ingredients. Store in a large glass container.
2. To prepare the nut milk, combine the nut butter and water in a blender and blend until smooth.
3. Soak 1/2 cup of the muesli overnight in the homemade nut milk and top with berries in the morning. Enjoy!

* To get a full serving of Dr. Greger's recommendations for flax, omit the flax in the mixture and then stir in 1 tablespoon of ground flax in the oats when preparing to eat.

Recipe from: Cindy J.

Image: Kristina

Makes ~6 cups of Muesli, serves 12 people

Shopping and preparing for the Daily Dozen Challenge!

First step is to download the checklist and see what you need to add to your kitchen to prepare you for the first week of the challenge. Look over each category listed and make sure you have enough of your favorites from each category to meet the daily servings. You may want to meal prep for the week or you can just add these foods as side dishes to your meals or snacks to start with.

Load your kitchen up with **Beans**, (canned or dried) that includes peas and lentils if you like. Don't forget hummus if you are a fan. **Berries**: buy fresh when they are in season and on

sale, frozen are great too. **Other**

fruits: Buy a week's worth of your favorites.

Cruciferous: veggies are

great as sides, in salads and in pasta/rice dishes. **Greens**: buy your favorites for salads, smoothies, soups, pasta dishes and sandwiches. Pre-washed greens, in bags are quick and easy to use. **Other veggies**: load up on your favorites. Use them for snacks, sides, salads, soups and sandwiches. **Flaxseed**: should be ground when you eat them. You can buy ground or whole and grind it before you use it. Store in the refrigerator. **Nuts**: don't forget the nuts! **Spices**: Make sure you have your favorite spices.

Grains: Buy Whole grain breads, cereals, crackers, pasta and rice. Make sure they have 3+ grams of fiber per serving. Don't forget the other grains like quinoa and oatmeal. **Beverages**: Water, tea (hot or iced) and coffee are all free of calories.

Happy Shopping!

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