

# PRINTABLE RESOURCE PACK

---

## 1. DAILY CHECKLIST (PRINTABLE)

### Morning

- Drink 1 glass warm water + pinch of pink salt + lemon
- 10-minute stretch or walk
- Write three things I am grateful for

### Midday

- Eat whole, colorful meals
- Drink three glasses of water
- Take a 10-minute movement break

### Evening

- Prepare a salt-infused dinner or tea
  - 20 minutes of movement (walk, yoga, etc.)
  - Digital detox 1 hour before bed
  - Optional: pink salt bath
- 

## 2. 21-DAY CHALLENGE TRACKER

Day	Salt Water AM	Whole Food Meal	20+ Min Movement	7+ Hrs Sleep	Mindset Practice	Pink Salt Use
1	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>
2	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>
...	...	...	...	...	...	...
21	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> / <input checked="" type="checkbox"/>

---

## 3. RECIPE CARDS (TOP 3)

### Pink Salt Lemon Detox Water

- 1 glass of warm water
- Juice of ½ lemon
- Pinch of pink Himalayan salt

Drink first thing in the morning.

---

### **Mineral-Rich Rainbow Salad**

- 2 cups mixed greens
- ½ avocado
- ¼ cup shredded carrots
- ½ cup beets
- 1 tbsp pumpkin seeds
- Pink salt olive oil dressing

#### **Dressing:**

- 1 tbsp olive oil
  - 1 tsp apple cider vinegar
  - Pinch of pink salt
  - Sprinkle of turmeric
- 

### **Pink Salt Gut-Healing Soup**

- 1 tbsp olive oil
- ½ onion, chopped
- 2 cloves of garlic
- 1 zucchini, chopped
- 2 cups bone broth
- Pinch of pink salt
- Herbs: thyme, parsley

Simmer 15–20 min. Blend for a creamy texture.

---



## **4. WELLNESS JOURNAL TEMPLATE**

### **Daily Reflection**

- How did I feel when I woke up?
  - What did I eat and drink today?
  - How did I move my body today?
  - What is one thing I am proud of?
  - What can I improve tomorrow?
- 

### **Weekly Review (every 7 days)**

- What habit helped me most this week?
  - Where did I struggle?
  - What non-scale victory did I notice?
  - What will I focus on next week?
- 

## **5. SHOPPING LIST STARTER (FOR PINK SALT LIFESTYLE)**

### **Must-Haves**

- Pink Himalayan salt (coarse and fine)
  - Filtered water
  - Lemons
  - Organic leafy greens
  - Colorful vegetables (carrots, beets, bell peppers)
  - Fruits (berries, apples, citrus)
  - Lean protein (chicken, fish, legumes)
  - Bone broth or veggie stock
  - Olive oil, coconut oil
  - Apple cider vinegar
  - Herbal teas (peppermint, ginger, chamomile)
- 

### **FINAL NOTE:**

Print and keep these tools on your fridge, in your journal, or a binder. These help you stay on track, reflect, and build a routine that becomes second nature.