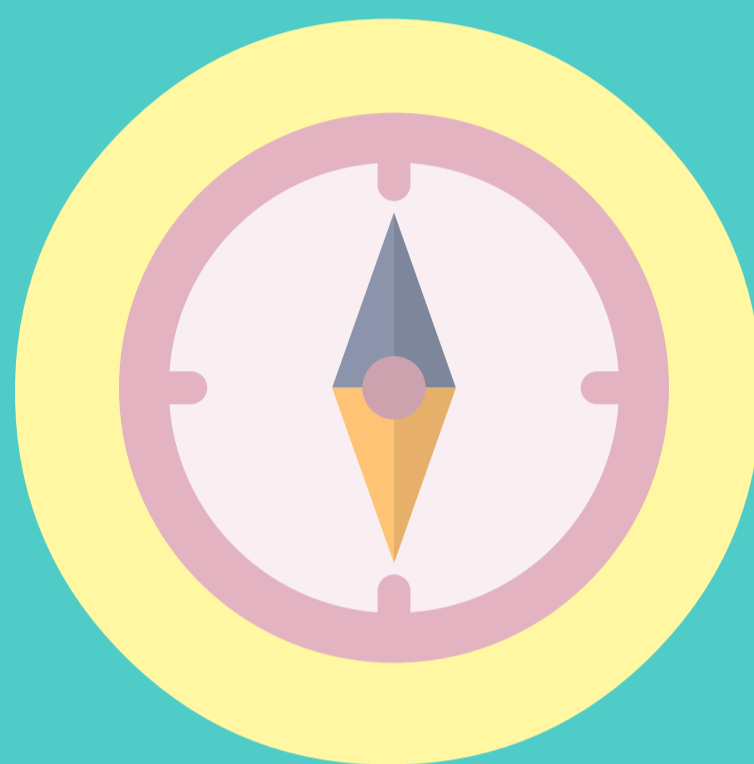


# BENEFITS OF THE #BALANCEDBABE CHALLENGE



## MORE PLANTS PLEASE

You'll be motivated to incorporate more plant based ingredients into your diet and self-care routines, which leads to a healthier, happier you!



## ENHANCED INTUITION

Many of the self-care exercises will help you become more aware of your body and your internal needs. Leading to a more balanced diet and intuition to make healthy decisions!



## DEVELOPING NEW HABITS

By trying new plant based recipes, self care rituals and wellness exercises for 30 days, you'll be developing new habits for success.



## FEELING BETTER IN YOUR BODY

When you eat nutrient dense foods, sweat daily, and focus on taking care of your mind + body + soul, you'll not only FEEL great, you'll look great!



## IMPROVED DIGESTIVE HEALTH

Let's face it, everyone wants to have regularity. All of our recipes have ingredients that support optimal digestion so that you'll feel light as a feather!



## BECOME BALANCED

The top priority is to create small habits to help you lead a Balanced Babe lifestyle! All of the mini challenges are created to balance your being.