

Welcome to The Empowered Woman Weekly Newsletter!

Hello Empowered Women!

Welcome to the very first edition of *Empowered Woman Weekly Newsletter*!

I'm so happy to welcome you to our community of women committed to health, wellness, and positive living. Each week, we'll cover fitness tips, tasty recipes, mindful moments, a Q&A section, and much more. Let's get started!

Fit Tips

Include this simple stretching routine into your mornings to boost flexibility, reduce muscle tension, and improve overall well-being:

Neck Stretch: Tilt your head to each side.

Shoulder Stretch: Pull each arm across your body.

Triceps Stretch: Push your elbow back gently. Repeat on the other arm.

Hamstring Stretch: Reach for your toes while sitting on the floor .

Quadriceps Stretch: Pull each leg behind you, keeping knees close together.

Hold each stretch for 15-20 seconds.

This Weeks Delicious Recipe

Egg and Cottage Cheese Breakfast Wrap

Ingredients:

- 3 egg whites
- 1 egg yolk
- 1/4 cup cottage cheese
- 2 slices Black Forest ham, chopped
- 1 low-carb tortilla or slice of toast
- 2 tablespoons guacamole
- Pico de gallo for topping

Instructions:

1. Mix the egg whites, egg yolk, and cottage cheese in a bowl until well combined.
2. Heat a non-stick skillet over medium heat and add the chopped Black Forest ham.
3. Pour the egg and cottage cheese mixture into the skillet with the ham. Cook, stirring occasionally, until the eggs are set and the mixture is cooked through.
4. Remove from heat.
5. Spread the guacamole evenly over the low-carb tortilla or toast.
6. Spoon the egg, cottage cheese, and ham mixture onto the tortilla or toast.
7. Top with a generous amount of pico de gallo.

Tips:

For added flavor, sprinkle fresh herbs like cilantro or chives on top.

This wrap is an excellent source of protein and can be enjoyed as a quick breakfast or lunch.

Enjoy your delicious and protein-packed breakfast wrap!

Do you need more healthy recipe ideas? Get your freebie!

Download this 7 Day sample meal plan.

Download Freebie

Mindful Minute

Here's a simple mindfulness practice to include into your daily routine:

Deep Breathing

Find a quiet place to sit or lie down comfortably. Close your eyes and take a deep breath in through your nose, allowing your chest and abdomen to rise.

Hold your breath for a count of four, then exhale slowly through your mouth. Repeat this process for one to two minutes, focusing on your breath and its rhythm.



Your Questions Answered

How can I maintain a balanced diet while following a busy lifestyle?

Plan your meals ahead of time and prep ingredients over the weekend. Keep healthy snacks like nuts, fruits, and yogurt on hand. Choose balanced meals that include lean proteins, whole grains, and plenty of vegetables. Using meal prep services can also save time.

What are some good snack options for women over 50 that are quick and healthy?

Greek Yogurt with Berries:

A bowl of Greek yogurt topped with fresh berries like blueberries or strawberries.

Almonds and Dark Chocolate:

A small handful of almonds paired with a few pieces of dark chocolate.

Hummus and Veggie Sticks:

Sliced carrots, cucumbers, and bell peppers served with a side of hummus.

Apple Slices with Peanut Butter:

Crisp apple slices spread with natural peanut butter.

Cottage Cheese with Pineapple:

A serving of cottage cheese topped with pineapple chunks.

Avocado Toast:

Whole-grain toast topped with mashed avocado and a sprinkle of salt and pepper. For extra flavor, add a squeeze of lemon.

Edamame:

Steamed edamame sprinkled with a little sea salt.

Chocolate Rice Cakes with Almond Butter:

Whole-grain rice cakes spread with almond butter and topped with banana slices.

These snacks are quick to prepare and packed with nutrients that support overall health and well-being.

Until next time,

Angelina

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Angelia Mendoza

31435 Calle Luna

Temecula, CA 31435

United States of America

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