



Seasonal Success Guide

Spring



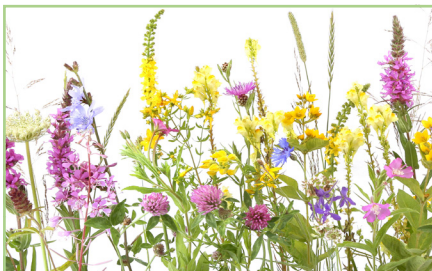


The earth is flourishing with growth and renewal.

You can flourish, too! Spring provides a fresh opportunity to step outside and create something new, but you can also create something new inside. Looking to nature can teach you a lot about your own weight loss journey.

Let's talk about:
How plants are like people
Fitness in the fresh air

Included in this guide:



In good thyme

- What nature can teach you about your own weight loss journey



Fresh-air fitness

- Taking activities outside
- Kid-friendly activities



Planting a garden

- Inside: Herbs for health
- Outside: Laying out your vegetable garden



Healthy spring lunches

- Redefining “convenience” foods
- Easy, healthy foods for a grab-and-go meal

Spring-inspired recipes

- Basil Pesto Chicken — 7
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IN GOOD THYME

Your weight loss journey is exactly that – a journey. A long and winding road with a series of peaks and valleys along the way. No matter where you are on your journey, it's important to remember to be kind to yourself and lean on the emotional support of a friend or loved one. Having a positive influence in your life will give you permission to celebrate successes and lift you up during tougher moments.

However, you don't always have to look to others for support. You can draw on positive energy from your surroundings! Nature is bountiful when it comes to offering lessons, and thinking about your journey in terms of a well-maintained garden is just right for a spring reset!

Tend to your garden

Like plants in a garden, your weight loss journey will flourish with proper nutrition and support. A seed will not sprout simply because you plant it. It needs proper hydration and nutrients to grow, the same way you need nourishment and self-care to experience positive change and personal growth.

With the right mindset, patience, and planning, you will start to see the weight loss results you want and live the life you deserve.

Be resilient

There may be setbacks along the way, but a few cloudy days won't stop a plant from growing. When you get frustrated or feel like you aren't losing weight quickly enough, remind yourself that a plant starts out as a tiny seed, but keeps working to push through the soil and blossom into something greater.

As an added reminder of your weight loss journey, consider planting herbs, vegetables, or flowers you enjoy. Whether you prefer to spruce up your indoor space or create an outdoor garden area, visit your plants often and celebrate new sprouts or blooms just as you would celebrate reaching your own weight loss milestones.

Before you realize it, you AND your plants will be a blooming success!



FRESH-AIR FITNESS

With more daylight hours and warmer weather, spring is the perfect time to shake off that cabin fever by trading your treadmill for the track or your stationary bike for a local bike trail. You can switch up your favorite routine while taking in the fresh sights and scents of spring in bloom.



Deck cardio

Grab your bands, jump rope or yoga mat and head out to the deck or back yard for a workout, or try out a new routine using your tablet or mobile phone. The meditative nature of Tai chi makes it a great fresh-air exercise. Give it a try!



Break out the chalk

Channel your inner child and craft a maze or a hopscotch pattern, or draw out a large grid, then assign an exercise to each section, like jumping jacks or sit ups, and complete the grid! You can track your best times right on the driveway.



Form teams

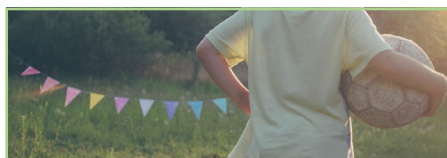
Get your friends together for “softball Saturdays” or another team sport. Make it fun by naming your teams or getting t-shirts made. Share the competition on your social accounts and you’ll likely inspire others to join in on the fun.

CHALLENGE! The first Friday in April is National Walk to Work Day!



Revise a scavenger hunt

Head to a trail and try to identify local flower or tree varieties, or see how many animals or birds you can spot. Try taking a walk around your neighborhood and find as many colors as you can. The options are limitless and it makes exercise more fun!



Kid’s day

It’s easy to create kid-friendly yard games. Decorate tin cans and grab some bean bags, try ring toss with glow bracelets or make an obstacle course from things found around the house. Grab party favors, not candy, for prizes!



Create a garden

Gardening offers more than just exercise — it’s calming. It is also rewarding to see your hard work grow into fresh foods, herbs, beautiful flowers, or plants. Learn more about starting a garden on the next page!



PLANTING A GARDEN

Herbs

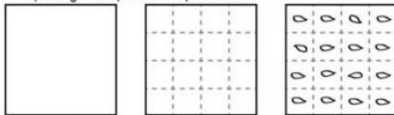
Herb gardens offer delightful scents that will welcome you when you walk into a room. You can find a variety of beautiful and space-saving ways to display them, inside or outside. This hanging planter we found online would be a great stay-cation DIY project!



Credit: Amazon.com

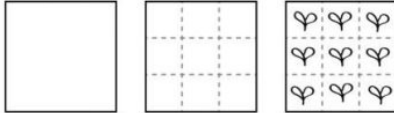
Laying out a vegetable garden

3' spacing = 16 plants / square foot



carrots
radishes
parsnips

4' spacing = 9 plants / square foot



bush beans
spinach
beets, turnips
leeks, onions,
garlic, scallions

6' spacing = 4 plants / square foot



lettuce
swiss chard
corn
basil, thyme
quinoa

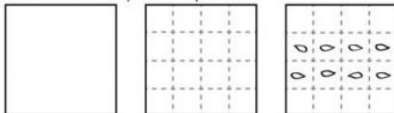
12' spacing = 1 plant / sq ft



tomatoes
eggplant
peppers
asparagus
sunflowers
celery

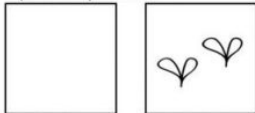
potatoes
broccoli
cabbage
cauliflower
okra
basil

3' (on trellis) = 8 plants / square foot



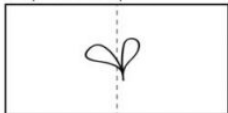
peas
pole beans

2 plants / square foot



cucumbers (on trellis)
sweet potatoes
kale

2 square feet / plant



zucchini, summer squash
pumpkins, winter squash
melons
plant at the edge of bed
with a trellis, or encourage
to sprawl out onto the path

In addition to nutritional benefits, herbs also have many health benefits. Add herbs to your home and meals for fresh, healthy scents and tastes!

Vegetables

Many vegetables are easy to grow and will offer an abundance of fresh food to use throughout the summer season. Start with familiar ones, like tomatoes or peppers. Add a vegetable that you have never tried.

Odds are if you grow it, you will eat it and you will love it. Plus, you can always share some with your family!

You can grow vegetables in the yard or in pots, barrels and other smaller containers. Beans grow nicely around fences or trellises. Roma tomatoes won't grow as tall as regular tomato plants, so they are easier to manage. Asparagus is a fun challenge because it can take a couple of years to grow to a point where you can harvest it. You will feel so accomplished! You can even grow some fruits — many come back each year and reward you with even greater bounties.

Check out this great garden layout guide for beginners (left).

Everyone here at GOLO wishes you a bountiful harvest!



Basil has anti-inflammatory properties that can help to relieve pain.

Rosemary is good for your vision.

Mint can help to ease a bloaty / crampy belly.

Credit: <http://blackgirlswithgardens.com/how-to-map-out-a-vegetable-garden/>



HEALTHY SPRING LUNCHES

Work, school, and chores can keep you plenty busy but it is important to continue to eat healthy and not skip meals. There are plenty of quick and easy foods that can be added to school lunches or made ready for a grab-and-go meal. For example, a batch of chicken salad goes great with healthy bread or fruit. Here are some more meal tips for keeping it healthy throughout the spring season.



Give “convenience foods” a new definition

We don't mean fast or processed foods. Go for conveniently pre-cut fruit and veggies, cheese sticks, hummus, pre-boiled eggs, and tuna packs. You will save time and be more likely to snack healthy.



Make your own granola

Granola is easy and delicious! Use rolled oats, raw nuts, and coconut oil. You can add it to yogurt and fruit to make your own parfait or toss it in a baggie for a mid-day snack.



DIY lunchable

Add diced, roasted chicken, fruit, and carrots to your lunchbox for a healthy “lunchable.” The kids will enjoy it just as much as you do!



A healthy side that's surprisingly quick

Make your own ranch dressing with Greek yogurt and spices. Pair it with crunchy vegetables like diced cucumbers, carrots, or fresh green peppers.



Mini cheese tray

A family favorite! Put together an assortment of diced cheeses, strawberries, grapes, and baby carrots — or use your personal favorite fruits and vegetables.



Taco bowl

Use left over taco meat. Add beans, lettuce, cherry tomatoes, cheese, and salsa. Spice it up with your favorite Mexican-inspired seasonings. Yum!



SPRING INSPIRED RECIPES



Basil Pesto Chicken



Makes 4 servings

Each serving contains:

Protein 2 Carbohydrates 0
Vegetable 0 Fat 1

To make this a complete GOLO meal, add 1 carbohydrate and 2 vegetables.

Ingredients

- 1 cup fresh basil
- 2 Tbsp pine nuts
- 1/4 tsp crushed red pepper
- 1 garlic clove, minced
- 1 Tbsp + 1 tsp olive oil
- Sea salt and pepper to taste
- 4 6-oz chicken breasts

Directions

1. Preheat oven to 375°.
2. Place basil, pine nuts, crushed red pepper, and garlic in a blender or food processor and pulse until well chopped.
3. Add oil and pulse until smooth. Season to taste.
4. Place chicken in a baking dish, cover with pesto, and bake until chicken is no longer pink in the center, about 30 minutes.
5. Separate into 4 equal servings.



Dill Pea Tuna Salad

Makes 2 servings

Each serving contains:

Protein 2 Carbohydrates 1
Vegetable 2 Fat 1

This is a complete GOLO meal.

Ingredients

- 1 cup cooked elbow macaroni or mini shells (measure after cooking)
- 1 cup frozen peas, thawed
- 1/4 cup red or white onion, diced
- 2 cups celery, diced
- 6 oz tuna, drained
- 1/2 small lemon, juiced
- 1 cup plain Greek yogurt
- 2 Tbsp mayo
- 1 Tbsp dried dill
- Sea salt and pepper to taste

Directions

1. In a large bowl, combine all ingredients, coating everything evenly with sauce.
2. Season with salt and pepper to taste.
3. Divide into 2 equal servings.

Refer to your Smart Card™ for more information on servings.





Guacamole Devils



Makes 1 serving

Each serving contains:

Protein **2** Carbohydrates **0**
Vegetable **0** Fat **1**

To make this a complete GOLO meal, add 1 carbohydrate and 2 vegetables.

Ingredients

- 2 hard-boiled eggs
- 1/4 cup mashed avocado
- 1 tsp hot sauce (optional)
- Lime juice
- Sea salt and pepper to taste
- Pinch onion powder
- Pinch garlic powder

Directions

1. Peel and halve eggs.
2. Spoon yolks into a small bowl and mash with avocado, hot sauce (optional), and lime juice.
3. Season with salt, pepper, onion powder, and garlic powder to taste.
4. Refill egg whites with yolk mixture.



Greek Yogurt Ranch Dressing



Makes 12 servings

Serving size: 2 Tbsp = 1 fat serving

Ingredients

- 1/2 cup whole milk or buttermilk
- 1/2 tsp white vinegar
- 1 cup plain Greek yogurt
- 1 Tbsp parmesan cheese, grated
- 1/2 tsp dried parsley
- 1/2 tsp dried dill
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- Sea salt and pepper to taste

Directions

1. Combine milk and vinegar in a small bowl. Set aside.
2. In a large bowl combine yogurt and all seasonings. Mix well.
3. Add milk and vinegar. Mix well.

Cottage Cheese Breakfast Bowl



Makes 1 serving

Each serving contains:

Protein **2** Carbohydrates **1**
Vegetable **0** Fat **1**

This is a complete GOLO meal (vegetables are optional at breakfast).

Ingredients

- 1/2 cup cottage cheese
- 1 Tbsp almonds, slivered
- 1 Tbsp chia seeds
- 1/2 cup fruit of choice
- 3 Tbsp unsweetened coconut flakes

Directions

1. In a bowl, top cottage cheese with almonds, chia seeds, 1/2 cup fruit, and coconut flakes.



Refer to your Smart Card™ for more information on servings.



Spring Couscous Salad



Makes 3 servings

Each serving contains:

Protein 2 Carbohydrates 1
Vegetable 2 Fat 1

This is a complete GOLO meal.

Ingredients

- 1/2 cups of peas, frozen
- 1-1/2 cups cooked whole wheat couscous (measure after cooking)
- 1-1/2 cups cucumbers, chopped
- 1/2 cup tomatoes, chopped
- 3 cups arugula
- 1/4 cup feta cheese, crumbled
- 2 Tbsp fresh basil, chopped
- 2 Tbsp fresh cilantro, chopped
- 1/4 cup hemp seeds
- 1/4 cup pepitas
- 3 Tbsp lemon juice, freshly squeezed
- 2 Tbsp olive oil
- 1 Tbsp honey
- Sea salt to taste

Directions

1. Bring a pot of water to boil. Turn off heat. Add peas, cover until bright green, then immediately remove and place in ice bath to stop further cooking. Drain peas.
2. Gently combine couscous, peas, cucumbers, tomatoes, arugula, feta, basil, cilantro, hemp seeds, and pepitas.
3. In a small bowl whisk lemon juice, oil, honey, and salt until combined. Pour over salad. Toss.
4. Divide into 3 equal servings.

Lemony Chicken and Orzo Soup



Makes 4 servings

Each serving contains:

Protein 2 Carbohydrates 1
Vegetable 2 Fat 1

This is a complete GOLO meal.

Ingredients

- 2 Tbsp olive oil
- 2 cups carrots, chopped
- 1 cup celery, chopped
- 1 cup onion, diced
- 3 garlic cloves, minced
- 8 cups chicken broth
- 1 lb chicken breast
- 2 bay leaves
- 3 sprigs fresh thyme
- Sea salt and pepper to taste
- 1 cup uncooked whole wheat orzo pasta
- 4 cups spinach
- 3 Tbsp fresh dill
- 1 Tbsp lemon zest, finely grated
- 2 Tbsp lemon juice

Directions

1. Heat oil in a large soup pot over medium-high heat. Add carrots, celery, onion, and garlic. Sauté 5 to 6 minutes or until onions soften.
2. Add broth, chicken, bay leaves, and thyme. Season to taste. Cover and bring to a boil, then reduce heat and simmer 25 to 30 minutes.
3. Discard bay leaves and thyme sprigs. Remove chicken and shred with two forks. Stir in pasta and cook until tender, 8 to 10 minutes.
4. Add spinach, dill, lemon zest, lemon juice, and shredded chicken. Mix well.
5. Divide into 4 equal servings.

Refer to your Smart Card™ for more information on servings.





Focaccia Garden Art Bread



Makes 12 servings

Serving size 1 piece = 1 carb serving

Ingredients

- 1-1/3 cup warm water
- 1-1/2 tsp active dry yeast
- 3 Tbsp honey
- 3 cups whole wheat flour
- 1 tsp salt
- 3 Tbsp olive oil, plus extra
- Desired vegetables for artwork (optional)

Optional Flavoring

- 3 Tbsp rosemary, chopped
- Garlic cloves, chopped or whole
- 1 Tbsp Italian seasoning
- Fresh thyme

Directions

1. In a large bowl, combine warm water, yeast, and honey. Add flour and salt. Season to taste. Mix.
2. Slowly add 3 Tbsp olive oil to the flour mixture. Mix and begin to knead until well combined.
3. Once dough has formed, place on a clean, lightly-floured surface. Knead until smooth and elastic, about 10 minutes.
4. Coat a large bowl with a drop of oil. Place dough in bowl. Cover and set in a warm place for about 2 hours to rise.
5. Preheat oven to 375° F.
6. Place dough onto a slightly floured baking sheet. Punch it down and spread it out with your fingers until it is even in height, about 1/2-inch high. Using your fingers or a wooden spoon end, make imprints across the bread.
7. Brush top with a little bit of oil. Add vegetable artwork, if desired.
8. Bake for about 15 minutes, until golden brown. Remove from oven. Let cool. Cut into 12 pieces.

Refer to your Smart Card™ for more information on servings.

Happy Spring!

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Citrus Dressing



Makes 8 servings

Serving size: 2 Tbsp = 1 fat serving

Ingredients

- 1/2 cup olive oil
- 2 tsp honey
- 1 tsp lemon zest
- 1 tsp orange zest
- 1/4 tsp sea salt
- 3 Tbsp lemon juice, freshly squeezed
- 4 Tbsp orange juice, freshly squeezed

Directions

1. Combine all ingredients. Mix well.
2. Refrigerate in a sealed container and use within one week.

