

30 DAY #SuperElixirChallenge CALENDAR

<p>GET STARTED! Don't forget to tag #SuperElixirChallenge</p> <p>GUN IT! Your upper body workout with Elise.</p>	<p>Share your daily greens and tag #SuperElixirChallenge</p> <p>Dial up your GLOW.</p>	<p>Try this metabolism booster & burn more fat!</p>	<p>Know your greens for extra POW!</p>	<p>GET CRACKING! "Walnuts are great for clearing brain fog!" Dr Laubscher PhD.</p> <p>Share your healthy dinner and tag #SuperElixirChallenge</p>	<p>GREEN PIZZA plant-based pizza with GkStories.</p>	<p>Hone in... with Heather.</p>
<p>Add ginger, lemon & mint to your greens for ZING!</p>	<p>Set up your day right. Break a SWEAT with Elise.</p>	<p>Dry brush with Elle Macpherson and boost your circulation today.</p>	<p>Share your popsicles and tag #SuperElixirChallenge</p> <p>Try these Superfood Popsicles.</p>	<p>Power toppers for your <u>smoothies</u>.</p>	<p>Breathe purposefully with Heather.</p>	<p>Happy Hour – make a Mock Mojito with Elle Macpherson.</p>
<p>Get high on fresh air – take a brisk walk and BREATHE with purpose.</p>	<p>Peckish? Try this Cucumber Peach & Avocado Salad by Eyeswoon</p>	<p>Make hemp milk with Elle Macpherson.</p>	<p>Share your mid challenge progress and tag #SuperElixirChallenge</p> <p>Chill out and ZEN with Heather.</p>	<p>Time to tone your core with Elise.</p>	<p>Need chocolate? Get your fix here.</p>	<p>Sip Elle Macpherson Super Green Smoothie Bowl.</p>
<p>Start the day mindfully with Heather.</p>	<p>Pudding for breakfast?</p>	<p>Add 2 cups of Espom Salts & a scoop of coconut oil to your bath for a <i>relaxing</i> detox.</p>	<p>Do the double! Head to the park for a stretch and brisk walk.</p>	<p>Elevate your smoothie bowl. Get the recipe here.</p>	<p>TONE up legs, butt and thighs with Elise.</p> <p>Share your glowing skin and tag #SuperElixirChallenge</p>	<p>Feed your skin with Donna Hay's Coconut Salmon</p>
<p>Mid-arvo slump? Try one of these 3 pick-me-ups.</p>	<p>YOU DID IT! Celebrate by making dumpling tonight with The Hungry Warrior</p>	<p>Tell us how you felt this month and tag #SuperElixirChallenge</p>				