

Energy & Vitality Boost Guide

A natural, faith-centered approach to restoring energy and motivation.



That One Lamb

Shopping List

Energy-Boosting Foods

- Fresh fruits: oranges, berries, pineapple, kiwi
- Leafy greens: spinach, kale, collard greens
- Whole grains: oats, brown rice, quinoa
- Lean proteins: chicken, eggs, fish, tofu
- Healthy fats: avocado, olive oil, nuts, seeds

Natural Drinks

- Green tea or matcha
- Lemon water (morning boost)
- Coconut water (hydration and electrolytes)
- Herbal teas: ginseng, peppermint, ginger

Vitamins & Supplements

- B-complex vitamins (energy metabolism)
- Iron (if low energy or fatigue)
- Vitamin D (supports mood and stamina)
- Magnesium (muscle and energy balance)
- CoQ10 (cellular energy production)

Lifestyle Support Items

- Reusable water bottle
- Journal or planner for gratitude and goals
- Light weights or resistance bands
- Comfortable walking shoes
- Essential oils: citrus, peppermint, eucalyptus

✨ Faith-Centered Daily Routine

"The joy of the Lord is your strength." – Nehemiah 8:10

Affirmation: "God renews my strength and fills me with energy for His purpose."

Morning:

- ☀️ Drink warm lemon water or green tea.
- 🙏 Morning prayer: thank God for new strength and direction.
- 🍎 Eat a balanced breakfast with protein and fruit.

Midday:

- 🚶 Take a 10-minute walk or stretch.
- 🥗 Eat a light, balanced lunch — focus on vegetables and lean protein.
- 💧 Stay hydrated; sip water or herbal tea through the afternoon.

Evening:

- 🌿 Unplug from screens 30 minutes before bed.
- 🕯️ Reflect on three things you're grateful for.
- 📖 Read one Scripture verse that brings peace and hope.

💜 Faith Reflections

(Write a few thoughts or blessings from your day.)

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