

DAILY PROTOCOL IDEAS

BREAKFAST

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Start with the doTERRA vitamins: IQ Mega and LifeLong Vitality Pack. Make a delicious green smoothie with the following ingredients: 2 Tbsp IQ mega, 1 banana, 2 c. filtered water, 1 large hand full washed organic spinach, 1/2 c. pineapple (crushed, or chunk)



Tips: * Frozen bananas make it creamier * Freezing spinach is easy and ensures it never spoils! Simply put the entire bag in your freezer upon purchasing. It will break into a million pieces after it is frozen. Use about a half cup in a smoothie. You can also easily add it to soups. * Buy a large can of diced or crushed pineapple from Costco, and freeze it in 1/2 cup portions in baggies for your smoothies. Lastly, before you leave the house, everyone gets a swipe of On Guard oil down their spine and on their hands to ensure strong immune systems and happy kids.

AFTERNOON

LUNCH

In the afternoon, you can pack Lemon water in glass water bottles to drink throughout the day, or make a dressing with Lemon if you're bringing a salad for lunch. Use the OnGuard spray to wash your hands before you eat. Apply oils like Balance, Serenity, Citrus Bliss or Past Tense to support yourself during the day.



When returning home, serve a healthy snack like OnGuard apples or Lime Pineapple. Simply add a drop of OnGuard to a bowl full of water, and add cut up apples. Slice a fresh pineapple and toss with 1-2 drops of Lime oil for another great snack. While the kids do homework, put some In Tune oil on their brain stem to help with focus. You can also diffuse Peppermint and Wild Orange to create a positive environment.

EVENING

DINNER

When ending your day, use the OnGuard Cleaner Concentrate with some water in a glass spray bottle to clean off the counters after meal prep is over. Then it's time for a Serenity bath for the little ones. Keep a mason jar of Epsom salts with 2-5 drops of Serenity under the bathroom counter. It's easy to give the jar a few shakes and pour 1/2 cup salt into the bath water. The salt acts as a carrier for the oils, and the magnesium naturally calms the body. Brush your teeth with On Guard Toothpaste. Lastly, wash your face with the doTERRA skincare to keep skin looking healthy and blemish free for your tweens and yourself. Time to diffuse some Lavender for the kiddos and take Serenity Soft gels for you and enjoy a deep and restful sleep. After a great night's sleep, use a "Happy Blend" of Wild Orange & Peppermint on everyone's feet to wake them up. The peppermint oxygenates their blood, and the citrus induces happy feelings. There's nothing like waking up on the right side of the bed every morning!! Thanks doTERRA :)

