

# January



In January, you have to train for your summer beach body. Do the following routine to workout your abs three times a week!

- 1st week: 10-30 russian twists with bended legs
- 2nd week: 10-30 russian twists with bended legs and some weight (for example a book or ball)
- 3rd week: 10-30 russian twists with straight legs
- 4th week: 10-30 russian twists with straight legs and some weight

## Ingredients:

- Dressing**
- ¼ cup extra-virgin olive oil
  - 3 tablespoons red wine vinegar
  - 1 garlic clove, minced
  - ½ teaspoon dried oregano, more for sprinkling
  - ¼ teaspoon Dijon mustard
  - ¼ teaspoon sea salt
  - Freshly ground black pepper
- For the salad**
- 1 English cucumber, cut lengthwise, seeded, and sliced ¼-inch thick
  - 1 green bell pepper, chopped into 1-inch pieces
  - 2 cups halved cherry tomatoes
  - 5 ounces feta cheese, cut into ½ inch cubes\*
  - ⅓ cup thinly sliced red onion
  - ⅓ cup pitted Kalamata olives
  - ⅓ cup fresh mint leaves

Start the year healthy with a delicious **greek salad!**



## Instructions (4 persons)

- Make the dressing: In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt, and several grinds of pepper.
- On a large platter, arrange the cucumber, green pepper, cherry tomatoes, feta cheese, red onions, and olives. Drizzle with the dressing and very gently toss. Sprinkle with a few generous pinches of oregano and top with the mint leaves. Season to taste and serve.



# February



In March, it's leg time! Do the following routine to streng then your legs for three times a week!

- 1st week: normal squats (10-20 reps/ 4 sets)
- 2nd week: deep squats (10-20 reps/ 4 sets)
- 3rd week: normal squats with weight (10-20 reps/ 4 sets)
- 4th week: jumping squats (10-20 reps/ 4 sets)

If you're feeling strong, do every exercise with weights!

## Ingredients:

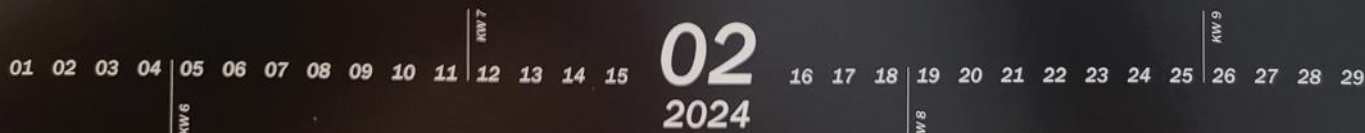
- 500g dry white kidney beans or cannellini beans or navy beans (18 ounces)
- 3-4 carrots, finely chopped
- 1 large white onion, finely chopped (if you love onions, add one more!)
- 3 stalks of celery, finely chopped
- 130ml extra virgin olive oil (1/2 cup)
- 2 tbsps tomato paste
- a pinch of paprika (hot or sweet, according to preference)
- salt and freshly ground pepper, to taste (min 2 flat teaspoons each)

In the winter, a **soup** is always a good decision. Try the famous **Greek Fasolada!**



## Instructions (1 bowl)

1. To prepare the fasolada (Greek bean soup), place the beans in a saucepan with plenty of cold water to cover them. Bring to the boil, turn the heat down to medium and parboil for 30-35 minutes, until slightly tender. Drain in colander and set aside.
2. Finely chop the onion, celery and carrots. Add 3-4 tbsps of olive oil in a deep pan, add the chopped vegetables and blend. Sauté for about 2 minutes and add the tomato paste and continue sautéing for a minute.
3. Add the parboiled beans in the pan and pour in enough boiling water to cover the beans and little bit more and blend lightly. Place the lid on and simmer the fasolada for about 35 minutes, until the beans are tender.
4. Towards the end of cooking time, pour in the remaining olive oil and season with salt and pepper. Boil for a few more minutes, until the soup becomes thick and creamy.
5. Serve this traditional Greek bean soup (fasolada) while still steaming hot with a few Kalamata olives and of course some village bread. Enjoy!





# March



In March, the training continues...  
Do the following routine to focus on your back and do it three times a week!

**1st week:** 10-30 supermen with feet on the floor

**2nd week:** 10-30 supermen with feet on the floor + superman hold for 30 seconds

**3rd week:** 10-30 supermen with feet and arms in the air

**4th week:** 10-30 supermen with feet and arms in the air + superman hold for 1 minute

## Ingredients:

1/2 lb. feta cheese, crumbled  
1/2 lb. cottage cheese, small curd  
3 eggs, beaten  
1/2 tsp. salt  
1/2 lb. fillo dough\*, thawed  
1/2 lb. unsalted butter, melted

\*Fillo comes in all shapes and sizes these days. The variety I can find, Athens brand, weighs 1 pound and contains two 8-oz bags of 20 sheets each measuring 9 x 14-inches. If your fillo comes in the larger sheets, cut it in half so that it's roughly 9 x 14-inches. After you cut it, gently roll it up and place it in a ziploc bag

It's time for something sweet! **Tiropitas** time!



## Tiropitas (30 pieces)

Combine cheeses, eggs and salt in a bowl. Stir until blended. Set up your station: you need a large cutting board, a teaspoon (a measuring teaspoon), a brush, the melted butter, a parchment paper-lined baking sheet, and the fillo dough. If you haven't already, unwrap the fillo dough and place it in a ziploc bag.

Lay one sheet of fillo horizontally oriented in front of you on your cutting board. Brush it with butter. Run a knife down the piece of dough every two inches or so — this should yield six to seven strips. (See photo above.) Place one teaspoon of cheese mixture at the end of each strip. Fold over corner to make a triangle. Continue folding from side to side till you get to the end of the strip. (See photos above.) Place on prepared pan. Brush tops with butter. Repeat process until you've used up all of your filling. Preheat oven to 350°F. Bake for 10 to 15 minutes or until golden brown. Let cool briefly before serving.



## FOOT SHIFTER APRIL



Lie on your back. Pull your feet up. Now push your hands long the side of your foot – starting at the heel – to the tips of your toes.

FIRST WEEK: 5      SECOND WEEK: 10  
THIRD WEEK: 15      FOURTH WEEK: 20

LAST DAY OF THE MONTH CHALLENGE

HOW MANY CAN YOU DO? \_\_\_\_\_



# April



## GASPACHOSORBET FROZEN



First, wash the **2 peppers**, cut them into quarters, remove the seeds and stalk. Flame and peel the peel with a Bunsen burner. Now peel the **garlic**, cut in half, cut into fine leaves, then roast in a saucepan with **olive oil** until golden brown. Peel the **2 onions** and cut into cubes. Wash the **cucumber** and **15 cherry tomatoes** first, remove the stalk and cut coarsely. Now finely blend the peppers, garlic, onions, cucumbers and cherry tomatoes. Then add **Thai chili**, **lime juice**, olive oil, **vegetable broth** and mix again. Pluck the herbs and mix them in. Finally, mix in the toast to bind.



# May

## BACK ROTATION MAY

For this exercise you stay in the office on your chair. Sit straight and upright. Now put your hands on the back of your head. The elbows point outwards. Raise your right knee and touch it with your left elbow. Do the same on the other side.



MANGO CHEESCAKE

crumble biscuits. Peel, core and dice mangoes and place in a food processor. Mix with lime juice to a puree. 2 For the filling, mix cream cheese with sugar and vanilla extract until creamy. Whip the cream and stir in. 3 Divide the biscuit crumbs and flaked almonds between the glasses, spread the cream on top and top with the mango puree, chill for at least 1 hour.

- FIRST WEEK: 5 on each side
- SECOND WEEK: 10 on each side
- THIRD WEEK: 15 on each side
- FOURTH WEEK: 20 on each side
- LAST DAY OF THE MONTH CHALLENGE
- HOW MANY CAN YOU DO: \_\_\_\_\_



Last day of the month challenge

How many can you do? \_\_\_\_\_



# June

## JUMP ROPE JUNE

- FIRST WEEK: 15
- SECOND WEEK: 20
- THIRD WEEK: 30
- FOURTH WEEK: 40
- LAST DAY OF THE MONTH CHALLENGE
- HOW MANY CAN YOU DO: \_\_\_\_\_



## HORCHATA DE CHUFA (SPANISCH TIGER NUT MILK)

Wash the tigernuts and soak them for 24 hours in water. Strain and rinse well again. Put all ingredients, without lemon zest, in the mixer. Press start. Allow plant drink to cool. Add lemon zest and refrigerate for at least 3 hours.





# July



You don't know what to do on a nice summer evening?

## What about Nordic Walking? 😊

- 1st week: 30 minutes (3 times)
- 2nd week: 40 minutes (3 times)
- 3rd week: 50 minutes (3 times)
- 4th week: 1 hour (3 times)



### INGREDIENTS

- 2 tablespoons extra-virgin olive oil
  - 3-4 small onions, finely chopped
  - 2 cloves garlic, minced
  - 2 bay leaves
  - 1 tsp soft brown sugar
  - 1/2 teaspoon allspice
  - 2 bunches beets (cut in 1 cm pieces)
  - 1 medium carrot, finely diced
  - 1/2 red cabbage, shredded
  - 6 medium tomatoes, chopped
  - 6-8 cups of water, vegetable or chicken broth
  - sea salt and freshly ground pepper
  - 1 tablespoon apple cider vinegar
  - handful fresh dill, finely chopped
- To serve:
- 100 ml Greek or natural yoghurt
  - fresh or creamed horseradish, to taste

## Love beets? How about trying the Polish vegetarian Borscht?



### INSTRUCTIONS (4 persons)

1. In a large soup pot, heat the oil over medium, sauté the onion and garlic over until tender, 8-10 minutes.
2. Add bay leaves, allspice, sugar and cubed beets and continue to sauté, for 20 min.
3. Add the carrot, cabbage, tomatoes, and the water or broth. Bring to a light boil and season with salt and pepper. Reduce heat to medium-low, cover and simmer until the vegetables are tender; (45 min - 1 hour)
4. Add the vinegar and season with more salt and pepper, to taste.
5. Stir in half of the fresh dill and then serve into bowls. Garnish with a dollop of yoghurt mixed with horseradish to your taste. Top with the remaining dill. Enjoy!

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07 2024

# August

## SIT-UP CHALLENGE



- 1st week: 20 sit-ups
- 2nd week: 30 sit-ups
- 3rd week: 40 sit-ups
- 4th week: 50 sit-ups

How many sit-ups can you do in a row? \_\_\_\_\_



### INGREDIENTS

- 1 kg of fresh (or frozen) blueberries
- DOUGH:
- 375 g of all-purpose flour
  - 1 tsp of salt
  - 1 egg
  - 1 1/4 c / 300 ml of warm water
- ADDITIONALLY:
- Sour cream
  - Sugar

## What about a yummy summer dessert? Try the Polish Pierogis with berries!

### INSTRUCTIONS (55-60 DUMPLINGS)



1. To make the dough, place egg and salt in a bowl first, whisk lightly. Add flour and water. Mix until ingredients combine and form a dough ball. Knead only until well combined (about 2-3 minutes). Take out a portion of it (about a third) onto a floured surface and roll out to about 1/8 inch / 2 millimeters thickness.
2. Cut out about 3 inch / 6-7 centimeter circles with the brim of a glass. Place 5-8 blueberries on each circle and sprinkle with a pinch of sugar. Fold in half and seal the edges. Wet the edges lightly to help with the seal. Use a fork to go around the outside of the edge, if you'd like to make a decorative edge.
3. Lay out on a floured surface until ready to boil.
4. Do the same with the rest of the dough.
5. Simmer on low in a large pot of water with a tablespoon of oil and a tablespoon of salt until they all float to the top. Don't place too many in the pot at a time.
6. Remove from pot and spread on a large surface to cool or serve right away topped with sour cream and a sprinkle of sugar.

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**BETTER LEGS SEPTEMBER**

30- DAY-CHALLENGE

EACH: **3 SETS – 30 SEC REST**

- 1.-2. **22 BACK LEG RAISES**
- 3.-4. **24 SIDE LEG RAISES**
- 5.-6. **26 BACK LEG RAISES**
- 7.-8. **28 SIDE LEG RAISES**
- 9.-10. **30 BACK LEG RAISES**
- 11.-12. **32 SIDE LEG RAISES**
- 13.-14. **34 BACK LEG RAISES**
- 15.-16. **36 SIDE LEG RAISES**
- 17.-18. **38 BACK LEG RAISES**
- 19.-20. **40 SIDE LEG RAISES**
- 21.-22. **42 BACK LEG RAISES**
- 23.-24. **44 SIDE LEG RAISES**
- 25.-26. **46 BACK LEG RAISES**
- 27.-28. **48 SIDE LEG RAISES**
- 29.-30. **50 BACK LEG RAISES**



# September



**TRADITIONAL SLOVENIAN BREAKFAST**

**ZAJTRK**



HAVE A DELICIOUS **WHOLE GRAIN BREAD**  
WITH HOME MADE **HONEY**  
FROM YOUR REGION

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								2024									KW 39													



**OCTOBER- CHALLENGE**

BUILD ABS AND BURN FAT



**German – „Pellkartoffel with Quark“**

**What you need for 4 portions**

1kg potatoes, 1 tbsp caraway seeds, 500g curd cheese, 125ml milk, salt, 1/2 bunch chives, 4tbsp linseed oil

**What to do**

1. Put the potatoes and the caraway seeds into water. Let it boil for 25min.
2. Put the milk, salt, linseed oil and the bunch chives into the curd cheese and stir it.
3. When the potatoes are done – peel them.
4. Enjoy the curd cheese with the hot potatoes.

# October

**XXX DON'T BREAK THE CHAIN XXX**

1. SET A GOAL – DO THE WORKOUT.
2. GRAB THE CALENDAR AND MARK A BIG, RED X FOR EACH DAY YOU MEET YOUR GOAL.
3. DON'T BREAK THE CHAIN.

30 sec high knees	10 flutter kicks	30 sec high knees	15 flutter kicks	40 sec high knees	20 flutter kicks	40 sec high knees
25 flutter kicks	50 sec high knees	30 flutter kicks	rest	50 sec high knees	30 flutter kicks	55 sec high knees
35 flutter kicks	60 sec high knees	40 flutter kicks	65 sec high knees	45 flutter kicks	70 sec high knees	50 flutter kicks
rest	70 sec high knees	50 flutter kicks	75 sec high knees	55 flutter kicks	80 sec high knees	60 flutter kicks
85 sec high knees	65 flutter kicks	DONE :)				

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# November

## Donkey Kicks

Get on all fours. Make sure your hands are under your shoulders and your hips are above your knees.

Lift one bent leg up. Imagine that you want to touch the ceiling with the sole of your foot. Be careful not to buckle your hips, but always keep your hips straight.

Tighten your buttocks and hamstrings and lower your foot without touching the floor.

Tip: Start with the weaker side and do the same number of repetitions on the other side.

- 1st week: 10 each side
- 2nd week: 20 each side
- 3rd week: 30 each side
- 4th week: 40 each side

Last day of the month challenge

How many can you do? \_\_\_\_\_



## Romanian eggplant salad

Ingredients:

6 eggplants 1 onion oil 250ml neutral oil

Preparation: Peel and chop the onion. Grill the eggplants until skin is black. Cool, peel off skin. Finely chop the flesh. Add the oil and stir vigorously with a wooden spoon. Gradually add oil. Add in a thin stream, stirring, until the paste has become creamy. Stir in the onions and season with salt and pepper. Serve with white bread.



# December

## Dead bug

With the dead bug exercise, it's back to the middle of the body.

1. Lie on your back with your legs bent in the air at a 90 degree angle and your hands touching your knees. Important: The feet are flexed.
2. Extend your right arm over your head and extend your left leg forward as far as possible without touching the floor.
3. Return to the starting position and repeat the exercise on the other side.
4. Tip: Putting some pressure on your knees with your hands can make the exercise more intense.

- 1st week: 5 each leg
- 2nd week: 10 each leg
- 3rd week: 15 each leg
- 4th week: 20 each leg



Last day of the month challenge

How many can you do? \_\_\_\_\_

## Protein shake before sleeping

Ingredients:

200ml of milk,  
300g curd,  
Berries you like,  
little bit of honey



Mix all and enjoy!

