

DAY 3 -Rest day/lepo päivä

The day we all deserve!

During the rest day you need to relax your body and mind. Avoid stressful situations. Go to nature, have a walk to park. Swimming is also recommended.

Sauna&good food.

Some tips on Breakfast:

Try to get as much proteins as possible.

Peanut butter bread is great when topped with tiny slices of banana.

Mash some avocado and studd with salt, lay a slice of cheese.

If you eat porridge, add some crushed nuts, almonds, etc.

Finish your breakfast with some fruits (for instance apple, orange, pear).

