A Running Princess Lifestyle Guide

The Princess Reset

Your 7-Day Guide to Meals, Movement, Mindfulness & Making Life a Little Easier



Less chaos. More calm. A little sparkle.

Running Princess — Run Your Life. Love Your Pace.

The Princess Reset

Welcome to Your Reset

Somewhere between work, children, laundry, meals, appointments, errands and remembering everyone else's favourite snacks, life gets a little crowded. This workbook is your invitation to make a little space for yourself — not by becoming a completely different person, but by creating a few simple systems that make ordinary days easier.

The Princess Rules

1. *Progress beats perfection.*
2. *Rest is productive.*
3. *Everyone who lives in the castle can help maintain it.*
4. *You are allowed to say no.*
5. *Your well-being belongs on the calendar, too.*

How to Use This Workbook

- *Choose one small habit to begiin.*
- *Use the weekly pages to simplify meals and routines.*
- *Adjust the ideas to fit your real life.*
- *Come back each Sunday for a fresh reset.*



You don't have to do everything to have a beautiful life.

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Your Daily Princess Routine

Morning: 15–30 minutes for yourself

- Drink a glass of water.
- Take three slow, comfortable breaths.
- Spend 5 minutes stretching, meditating or sitting quietly.
- Eat breakfast or prepare something to take along.
- Choose your three priorities for the day.

Midday: A little breathing room

- Step away from your desk for lunch when possible.
- Get outside for a 10-minute walk.
- Check whether today's commitments are realistic.
- Move one nonessential task to tomorrow if needed.

Evening: Reset, don't rebuild

- Prepare or reheat a simple family dinner.
- Share kitchen cleanup with the household.
- Spend 10 minutes preparing for tomorrow.
- Enjoy some screen-free time.
- Begin winding down in time for a full night's sleep.



Today's Reminder

"You don't have to earn rest by finishing every task."

- [ ] water
- [ ] movement
- [ ] quiet time
- [ ] nourishing meals
- [ ] bedtime routine

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The Weekly Princess Schedule

Day	Movement & Mindfulness	Household Focus
Monday	20-minute walk + 5-minute meditation	Review family calendar
Tuesday	25-minute strength workout	One load of laundry
Wednesday	20-minute walk or yoga	Grocery top-up
Thursday	25-minute strength or Pilates	Quick household tidy
Friday	Family walk or fun activity	Leftover night; minimal chores
Saturday	30-minute enjoyable activity	Groceries and one household task
Sunday	Gentle stretching + 10-minute reflection	60–90-minute meal prep and weekly planning

Busy-Day Alternative:

Five minutes of movement and one prepared meal still count.

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The Family Meal Plan

Day	Dinner	Easy Lunch Plan
Monday	Sheet-pan chicken, potatoes and broccoli	Chicken wraps
Tuesday	Taco bowls with seasoned ground turkey or beef	Leftover taco bowls
Wednesday	Slow-cooker chicken and vegetable soup with bread	Soup in thermoses
Thursday	Spaghetti with meat sauce and green salad	Pasta leftovers
Friday	Homemade pita pizzas and cut vegetables	Sandwiches or leftover pizza
Saturday	BBQ chicken wraps with crunchy slaw	Wraps and fruit
Sunday	Roast chicken, rice and roasted carrots	Leftovers or freezer portions

Breakfast Rotation

- Overnight oats with berries
- Greek yogurt, granola and fruit
- Peanut butter toast with an apple
- Homemade oatmeal muffins
- Breakfast wraps or scrambled eggs

Snack Ideas

- Apples, oranges, grapes and berries
- Cheese and crackers
- Yogurt
- Trail mix
- Hummus and vegetables
- Homemade muffins



Simple, Family-Friendly Meals for a Calmer, Happier Week.

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The Grocery Checklist

A Family of Four Grocery List

Produce

- [ ] Apples
- [ ] Oranges
- [ ] Grapes or berries
- [ ] Bananas
- [ ] Lettuce or salad greens
- [ ] Carrots
- [ ] Broccoli
- [ ] Potatoes
- [ ] Onions
- [ ] Bell peppers
- [ ] Garlic

Protein

- [ ] Chicken breasts or thighs
- [ ] Ground turkey or beef
- [ ] Whole chicken
- [ ] Greek yogurt
- [ ] Cheese
- [ ] Hummus

Bakery & Grains

- [ ] Bread
- [ ] Wraps
- [ ] Pita
- [ ] Rice
- [ ] Pasta
- [ ] Granola
- [ ] Oats
- [ ] Crackers

Pantry

- [ ] Taco seasoning
- [ ] Pasta sauce ingredients
- [ ] Olive oil
- [ ] Peanut butter
- [ ] Broth or stock
- [ ] Trail mix items
- [ ] Spices

Fridge & Extras

- [ ] Milk
- [ ] Eggs
- [ ] Yogurt
- [ ] Salad dressing
- [ ] Slaw mix
- [ ] Cut vegetables

Freezer / Backup

- [ ] Frozen vegetables
- [ ] Extra chicken
- [ ] Freezer meal portions

Princess Tip: *Buy enough for the first half of the week, then do a quick top-up if needed.*

Add Your Own

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____



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The 90-Minute Princess Kitchen

A simple prep session can make the whole week feel easier.

Minutes 0–15: Set Up

- Wash hands and clean work surfaces.
- Preheat the oven.
- Wash vegetables and fruit.
- Gather containers and ingredients.

Minutes 15–40: Oven and Stovetop

- Roast a tray of chicken, potatoes and broccoli.
- Cook taco meat.
- Prepare rice or another grain.
- Set aside ingredients for later meals.

Minutes 40–65: Easy Assembly

- Assemble overnight oats.
- Portion fruit and snacks.
- Chop vegetables for wraps and taco bowls.
- Mix a simple salad dressing.

Minutes 65–90: Finish and Share

- Portion cooked food into containers.
- Label fridge and freezer meals.
- Freeze anything for later in the week.
- Ask the family to help clean the kitchen.

Food Safety

- Refrigerate perishables promptly.
- Keep cooked foods at 4°C or colder.
- Reheat leftovers thoroughly to 74°C.
- Cook poultry to safe temperatures.



Prep a little. Breathe easier all week.

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Movement & Mindfulness

The Weekly Movement Plan

- 3 walking days — 20 to 30 minutes
- 2 strength or Pilates days — 20 to 25 minutes
- 1 fun family activity
- 1 gentle stretch and reset day

Choose consistency over intensity.

The Five-Minute Morning Reset

1. Sit comfortably.
2. Relax your shoulders.
3. Breathe naturally, slowly and comfortably.
4. Notice your feet on the floor.
5. When your mind wanders, gently return to your breathing.

Try These Gentle Reminders



> "I can be kind without saying yes to everything."

> "I can love my family without doing everything for them."

> "I am allowed to take care of myself, too."

If meditation isn't your thing, quiet music, a short walk, or five calm minutes with coffee still count.

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Every Princess Needs a Castle Crew

Responsibility	Suggested Owner
Meal planning	Shared between adults
Grocery shopping	Rotating or together
Dinner cleanup	Children and adults, age-appropriately
Laundry	Each person's own where practical
Lunch preparation	Each family member who is able
Pet care	Rotating responsibilities
Weekend cleaning	Whole household, 20-minute team effort

Sharing work means sharing responsibility — not simply asking one person to manage everyone else's chores.

The Art of Saying No

- *I can't take that on this week.*
- *That sounds lovely, but we already have plans.*
- *I need to check my schedule before committing.*
- *I can help with part of that, but not all of it.*
- *Tonight is a quiet night for our family.*



A boundary doesn't need a five-paragraph explanation.

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Your Sunday Princess Check-In

- What worked well this week? _____
- What felt unnecessarily difficult? _____
- What can I simplify next week? _____
- What can someone else take responsibility for? _____
- What is one thing I'd like to do just for me? _____

My Three Priorities Next Week

1. _____
2. _____
3. _____

One thing I am proud of myself for

_____
_____
_____
_____

My Mini Planner for Next Week

Meals

_____
_____
_____

Movement

_____
_____
_____

Mindfulness

_____
_____
_____



I am building a life that has room for my family, my ambitions, my health, my happiness and myself.