**HOX Coach Favorites - Coach Sean**

**Favorite Healthful Snacks**

* Almonds

**Favorite Cool Treats**

* Strawberry Surf Rider from Jamba Juice

**Favorite Lunches**

* Pastrami Sandwich

**Favorite Beverages**

* **Morning**
  + Mocha
* **Afternoon**
  + Lemonade
* **Evening**
  + Whisky

**Favorite Places to Shop**

* Under Armour

**Favorite Restaurants**

* Sauced

**Favorite Free-Time Activities**

* Spending time with my kids
* Coaching

**HOX Coach Favorites - Coach Ethan**

**Favorite Healthful Snacks**

* Nuts (Almonds, Cashews, Peanuts, Pistachios)

**Favorite Cool Treats**

* Cheese Sticks
* Salami
* The Elvis (no chocolate syrup) from Juice Zone
* Big Hunk Candy

**Favorite Lunches**

* Salad with Chicken and Balsamic Dressing
* Meat sandwich (no mayo)

**Favorite Beverages**

* **Morning**
  + Black Tea (Hot)
* **Afternoon**
  + Iced Tea (not sweet)
* **Evening**
  + Iced Tea (not sweet)

**Favorite Places to Shop**

* Amazon
* Safeway
* Whole Foods

**Favorite Restaurants**

* Sauced
* Amakara
* Whole Foods

**Favorite Free-Time Activities**

* Playing with my kids

**HOX Coach Favorites – Coach Georgi**

**Favorite Healthful Snacks**: fruit, think thin bars, luna bars

**Favorite Cool Treats:** Smoothies (Toxin Flush- Nekter) (Tropical Cooler- Nekter) (smoothies with strawberries, bananas, etc) Acai bowls (PB bowl from Nekter)

**Favorite Lunches:** Deli Sandwiches (Turkey, swiss, and avocado), Chicken Salad Sandwich (The Little Pear), Caesar Salad

**Favorite Beverages** (Starbucks)

**Morning:** Cold Brew with Sweet Cream (cold) or Non-fat latte with 1 splenda (hot)

**Afternoon:** Black Tea Lemonade or Very Berry Hibiscus Refresher

**Evening:** Black Tea Lemonade or Very Berry Hibiscus Refresher

**Favorite Places to Shop**

* Anthropologie
* LuluLemon
* Nordstrom
* Amazon

**Favorite Restaurants**

* Blue Gingko
* Little Pear
* Harvest
* Sideboard

**Favorite Free-Time Activities**

* Working out (Flywheel spin class, Orange Theory, hiking, mountain biking, swimming)
* Going to the movies
* Shopping
* Traveling
* Home projects

**HOX Coach Favorites - Coach Emma**

**Favorite Healthful Snacks**

* Lara Bars
* RX Bars
* Fruit

**Favorite Cool Treats**

* Acai Bowls

**Favorite Lunches**

* Chicken Breast Sandwich (no cheese) from Domenico’s

**Favorite Beverages**

* **Morning**
  + Iced Almond Milk Latte
  + Double Espresso on ice, with Almond Milk
* **Afternoon**
  + Gary’s Power Pump from Juice Zone
* **Evening**
  + Chardonnay and Rose
  + Beer

**Favorite Places to Shop**

* Lululemon
* Free People
* Anthropologie

**Favorite Restaurants**

* Sideboard
* Blue Gingko
* Danville Brewing

**Favorite Free-Time Activities**

* Corepower Yoga
* Hiking
* Eating out

**HOX Coach Favorites – Coach Alex**

**Favorite Healthful Snacks**

* Cliff Z bars (oatmeal, chocolate chip flavors )
* Power bars ( vanilla crisp)
* Grapes
* Cantaloupe

**Favorite Cool Treats**

* Juice Zone: Watermelon heaven no pineapple sherbet (allergic to pineapple)
* Otter pops

**Favorite Lunches**

* Turkey sandwich (turkey, lettuce, mustard, cheddar cheese)
* Blue ginko : tempura roll
* Jules thin crust pizza
* Caesar Salad

**Favorite Beverages**

**Morning**

* Juice zone : Heavenly Classic
* Starbucks: Green tea lemonade with 3 pumps of raspberry

**Afternoon**

* Juice zone : Heavenly Classic
* Starbucks: Green tea lemonade with 3 pumps of raspberry

**Evening**

* Sparkling wine : Rośe, Proseco

**Favorite Places to Shop**

* Francesca’s (BH Plaza)
* Lulu Lemon
* Nordstrom

**Favorite Restaurants**

* Blue Ginko
* Ruth Chris
* Fleming’s
* Cheesecake Factory

**Favorite Free-Time Activities**

* Disneyland and California Adventure
* Movies
* Go to Spa and Get nails done
* Hang with family and friends

**HOX Coach Favorites – Coach Will**

**Favorite Healthful Snacks**

Trail Mix, Granola Bars, Almonds, Celery with Ranch, Fruit Bowl

**Favorite Cool Treats**

Motts Fruit Snacks, Milanos, Donuts

**Favorite Lunches**

Mac and Cheese, Caesar Salad with Chicken, PB&J

**Favorite Beverages**

**Morning**

Mocha, Orange Juice

**Afternoon**

Lemonade, Gatorade

**Evening**

Hot Chocolate, Sprite

**Favorite Places to Shop**

Nordstrom, NFL.com, Macys

**Favorite Restaurants**

IHOP, Denicas, Crepes Oh La La, Juice Zone

**Favorite Free-Time Activities**

Cheering on the New York Giants, Playing Water Polo and Swimming, Roasting S’mores with my super cool parents

**HOX Coach Favorites – Coach Melissa**

**Favorite Healthful Snacks:** Nuts (Almonds, Cashews, etc.)

**Favorite Cool Treats:**

**Favorite Lunches:** Salad (Cobb, Ceaser)

**Favorite Beverages**

**Morning:** Coffee (Starbucks - Americano Half water, half heavy cream, 2 pump Sugar Free Cinnamon Dolce)

**Afternoon:** Sparkling water/Diet Coke

**Evening:** Sparkling water/Diet Coke

**Favorite Places to Shop:**

* Nike
* Under Armour
* Lululemon
* Athleta
* Dick’s Sporting Goods

**Favorite Restaurants:**

* Sauced
* Buffalo Wild Wings
* Jimmy Johns

**Favorite Free-Time Activities:**

* Hiking
* Working-out
* Surfing
* Photography
* Going to basketball/baseball games (Go Celtics/Redsox)!