

Compliments of Jodee Harris

essential living

510

Hues That
Set the Mood



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As the seasons change it's the perfect time to embrace fresh experiences, simplify our routines and breathe new life into our spaces. This month, we've curated a mix of adventure, practicality and inspiration to enhance your everyday experiences.

For those seeking a city escape, our feature on 48 hours in Chicago delivers the ultimate whirlwind itinerary. From architectural icons to the city's signature tasty bites, we'll guide you through the must-see stops that make the Windy City unforgettable.

At home, we're making dinnertime easy with our one-week meal planning guide. These recipes are simple, delicious and crafted to use the same ingredients to create a week's worth of meals.

To wrap it all up, we explore the world of color psychology. Whether you're looking to energize, soothe or spark creativity, we'll help you pick the perfect palette for your space.

We hope this issue inspires a season of exploration, creativity and ease.

— From the Publisher



**What's your favorite
Halloween treat?**

Scan the QR code to cast your vote!



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INGREDIENTS

1½ lbs. ground beef	2 tsp. chicken bouillon powder
2½ tbsp. chili powder, divided	½ tsp. salt
1 onion, diced	2 tsp. cumin
4 cloves garlic, crushed	1 tsp. dried oregano
2 cans kidney beans, drained & rinsed	¼ tsp. cayenne pepper
1 28-oz. can diced tomatoes	1 tsp. hot sauce
1 6-oz. can tomato paste	1 tsp. sugar
1 4.5-oz. can green chilies	Cheddar cheese, for serving
3 c. chicken broth	Sour cream, for serving
	Green onion, for serving

INSTRUCTIONS

1. Combine ground beef and 1½ tablespoons of chili powder.
2. Add the ground beef, onion and garlic into a large pot. Cook over medium heat until ground beef is browned. Drain excess fat.
3. Add in remaining ingredients and bring to a boil.
4. Reduce heat and simmer uncovered 45-60 minutes or until chili has reached desired thickness.
5. Garnish with cheddar cheese and sour cream. Serve immediately.



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Next-Level Meatballs

Versatile, flavorful and easy to prepare, meatballs make the perfect meal for any occasion. But that doesn't mean they have to be predictable. Whether stuffed with gooey cheese or simmered in a fragrant curry, these recipes highlight the endless possibilities of meatballs, bringing bold flavors and creative twists to a classic favorite.

Gyro-Style Meatballs

These lamb meatballs are perfect for Greek-inspired bowls or in pita wraps!

INGREDIENTS

- 2 tsp. olive oil
- 1 shallot, diced
- 2 garlic cloves, minced
- 1 lb. ground lamb
- 2 tsp. parsley, minced, plus more for garnish
- 1 tsp. mint, minced
- 1 egg
- 3 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. pepper
- 1 tsp. salt
- 1 pita wrap, for serving
- Sliced cherry tomatoes, for serving
- Tzatziki sauce, for serving
- Pickled onions, for serving
- Feta cheese, for serving
- Kalamata olives, for serving

INSTRUCTIONS

1. Preheat the oven to 400° F and line a large baking sheet with parchment paper.
2. Add the olive oil to a large pan and heat over medium-high heat. Once hot, add the shallot and sauté for three minutes.
3. Reduce the heat to medium and add the garlic, sautéing for another three minutes. Then, remove from heat and allow to cool.
4. Add the lamb, parsley, mint, egg, breadcrumbs, oregano, pepper and salt to a large bowl with the cooled sautéed veggies.
5. Use your hands to combine the ingredients, making 15 meatballs and placing them on the prepared baking sheet.
6. Transfer the baking sheet to the middle rack and bake the meatballs for 20 minutes.
7. After the allotted time, remove the meatballs from the oven and allow them to cool before serving.

Prep time: 20 minutes
Cook time: 20 minutes
Yield: 15 meatballs

Chicken Meatballs Stuffed With Cheese

These chicken meatballs are soft, flavorful and so delicious! With melted cheese in the middle, these meatballs are best served over a plate of pesto pasta.

Prep time: 20 minutes | Cook time: 25 minutes | Yield: 15 meatballs



INGREDIENTS

- 1 tbsp. olive oil
- 1 shallot, diced
- 2 garlic cloves, minced
- 7 sage leaves, minced
- 1 lb. ground chicken
- 1 egg
- ½ c. breadcrumbs
- 1 tsp. lemon zest
- ½ tsp. dried oregano
- ½ tsp. pepper
- ¼ tsp. salt
- 2-3 mozzarella sticks, cut into 15 cubes
- ¼ c. crumbled feta cheese, for serving
- Pesto, for serving
- Toasted pine nuts, for serving
- Blistered tomatoes, for serving
- Pesto pasta, for serving

INSTRUCTIONS

1. Preheat the oven to 400° F and lay a sheet of parchment paper over a large baking sheet.
2. Add the olive oil to a large pan and heat over medium-high heat.
3. Once hot, add the diced shallot. Cook for five minutes, then add the garlic cloves.
4. Continue to sauté for two minutes before adding the minced sage leaves. Cook for another three minutes, then remove from heat and allow to cool.
5. Add the ground chicken to a large bowl with the egg, breadcrumbs, lemon zest, oregano, pepper and salt. Then, add in the sautéed vegetables and herbs.
6. Use your hands to combine the ingredients until thoroughly mixed, then shape into 15 small disks.
7. Place a cube of cheese in the middle of each disk, then form into a meatball, sealing the cheese in the middle.
8. Transfer each meatball to the prepared baking sheet, then place the baking sheet on the middle rack of the oven. Bake the meatballs for 25 minutes.
9. After the allotted time, remove the meatballs from the oven and let cool.
10. Serve the meatballs over pesto pasta or orzo, then top with feta cheese, pesto, pine nuts and blistered tomatoes.

Pork Meatballs in Lettuce Cups

These Asian-style meatballs are easy to make and guaranteed to impress!

INGREDIENTS

For the meatballs

- 1 lb. ground pork
- 1 egg
- 3 tbsp. green onions, minced
- 2 garlic cloves, grated
- ¼ c. breadcrumbs
- 2 tbsp. soy sauce
- 3 tsp. cornstarch
- 2 tsp. ginger paste
- 1 tsp. pepper
- ½ tsp. salt
- 1 tsp. chili garlic sauce

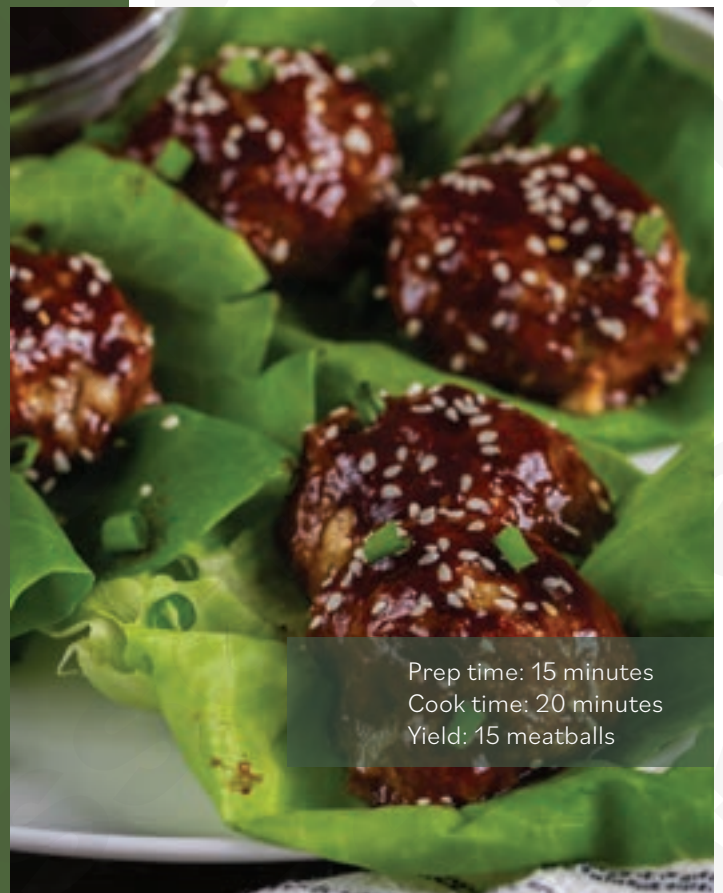
Butter lettuce, for serving
Sesame seeds, for topping

For the curry sauce

- ½ c. hoisin sauce
- 2 tsp. sriracha
- 1 tsp. rice vinegar

INSTRUCTIONS

1. Preheat the oven to 400° F and line a large baking sheet with parchment paper.
2. Add the ground pork, egg, green onions, garlic, breadcrumbs, soy sauce, cornstarch, ginger paste, chili garlic sauce, pepper and salt to a large bowl.
3. Use your hands to combine the ingredients, then shape 15 meatballs before placing them on the prepared baking sheet.
4. Place the baking sheet in the oven to cook for 10 minutes.
5. During this time, make the sauce by putting all the ingredients in a small bowl. Set ½ cup of sauce to the side.
6. Remove the meatballs from the oven and use a silicone brush to spread the sauce over the meatballs.
7. Next, place the meatballs back in the oven to cook for 10-12 more minutes.
8. Remove the meatballs from the oven and let cool before garnishing with sesame seeds.
9. Serve the meatballs in the butter lettuce cups with the reserved sauce on the side, then enjoy!



Prep time: 15 minutes
Cook time: 20 minutes
Yield: 15 meatballs



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Thai Turkey Meatballs in a Curry Sauce

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These turkey meatballs are bursting with rich flavor and sit in a homemade curry sauce that is equally delicious as it is vibrant.



Prep time: 20 minutes
Cook time: 25 minutes
Yield: 12 meatballs

INGREDIENTS

For the meatballs

- 1 lb. ground turkey
- 1 egg
- 1 c. breadcrumbs
- ½ c. green onion, minced
- 2 tbsp. cilantro, minced, plus more for serving

- 2 garlic cloves, grated
- 2 tbsp. ginger paste
- 1 tbsp. red curry paste
- 1 tbsp. soy sauce
- 1 tsp. sriracha
- 1 tsp. pepper
- ½ tsp. salt

For the curry sauce

- 2 tsp. olive oil
- ½ onion, diced
- 1 tbsp. ginger paste
- 2 tbsp. red curry paste
- 1 15-oz. can of coconut milk
- 2 tsp. soy sauce

INSTRUCTIONS

For the meatballs

1. Preheat the oven to 400° F and line a large baking sheet with parchment paper.
2. Add the ground turkey to a large bowl with the egg, breadcrumbs, green onion, cilantro, garlic, ginger paste, red curry paste, soy sauce, sriracha, pepper and salt.
3. Use your hands to form the meatballs before placing them on the prepared baking sheet.
4. Transfer the baking sheet to the middle rack and bake the meatballs for 20 minutes.

For the curry sauce

5. Add olive oil to a large pan and heat over medium-high heat.
6. Sauté the onion for five minutes, then add the ginger paste and red curry paste. Stir to combine, then add the coconut milk.
7. Continue to stir, then add the soy sauce. Once the sauce is bubbling, reduce heat to medium-low.
8. After the allotted time, add the meatballs directly to the sauce. Spoon the sauce over the meatballs and allow the meatballs to cook for 3-5 more minutes.
9. Garnish with cilantro, serve and enjoy!

Sesame Ginger Meatballs

These sesame ginger meatballs are tender, flavorful and irresistibly delicious! Infused with warm spices and a hint of sweetness, they're perfect for a weekday dinner.

INGREDIENTS

For the meatballs

- 1 lb. lean ground pork
- 1 lb. ground chicken
- 1 ½ c. breadcrumbs
- 1 egg, lightly beaten
- 4 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 4 scallions, chopped
- ¼ c. cilantro, chopped
- 1 tsp. salt
- ½ tsp. pepper

For the sesame sauce

- ⅓ c. soy sauce
- ⅔ c. water
- ¼ c. mirin
- ⅓ c. honey
- 4 garlic cloves, minced
- 2 tbsp. minced fresh ginger
- 1 tbsp. sesame seeds
- 2 tsp. sesame oil
- 1 tbsp. cornstarch

INSTRUCTIONS

1. Preheat the oven to 400° F and line a large baking sheet with parchment paper.
2. In a large mixing bowl, combine the pork, chicken, breadcrumbs, egg, garlic, ginger, scallions, cilantro, salt and pepper by hand until well-mixed.
3. Roll out the meatballs and place them on the prepared baking sheet. Bake for 20 minutes.
4. While the meatballs cook, whisk together the soy sauce, water, mirin, honey, garlic, ginger, sesame seeds, sesame oil and cornstarch in a small bowl until smooth.
5. Add the sauce to a large nonstick skillet and bring to a simmer. Simmer for five minutes, until thick.
6. Add the meatballs to the sauce and simmer another 6-8 minutes, tossing to coat the meatballs in the sauce. Serve over steamed rice or as an appetizer.

Prep time: 15 minutes
Cook time: 20 minutes
Yield: 25 meatballs



PAWSITIVELY SPOOKY:

Adorable Halloween Costumes for Your Dog

Halloween is the perfect time to dress up, and there's no reason your pup should miss out on the fun. These easy DIY dog costumes bring all the charm, cuteness and creativity!

Let your dog show off the princess that she is, complete with sparkles and elegance.

- **Start with a fluffy tutu:**

Make a tutu by cutting strips of tulle and tying them onto a soft elastic waistband. Choose a pastel or pink color for a classic princess vibe. Ensure it's comfortable and easy for your dog to wear.

- **Add a sparkly tiara:**

Craft a tiara using a thin, flexible headband, and hot glue small rhinestones or sequins around it to create that royal sparkle. You can also buy a pre-made tiara at a pet store, making sure it's lightweight and fits comfortably on your dog's head.

- **Extra royal flair:**

Consider adding a bedazzled collar to complete the majestic transformation.





THE BAT

Give your dog a spooky, yet adorable set of bat wings that will have them flying through the night!

- **Create the wings:** Cut out two bat wing shapes from a sturdy craft felt. Make sure the wings are the right size to be eye-catching but not so large that they hinder movement.
- **Add straps for security:** Attach two straps to the wings for a secure fit: one that goes around your dog's neck and another that goes under the belly. Use soft fabric or adjustable straps to make sure they're comfortable and won't irritate your dog.

THE GRANDMA

Transform your dog into a charming grandma with a stylish look full of personality.

- **Create the scarf:** Find a soft, patterned scarf or fabric and drape it gently around your dog's neck. Tie it in a simple knot or bow for a classic touch.
- **Add a beaded necklace:** Place a lightweight, plastic pearl necklace around your dog's neck. Make sure it doesn't get in your dog's way when walking.
- **Make cutout paper glasses:** Cut two small circles out of stiff paper or cardstock for the lenses. Use a thin strip of paper to create the frames, attaching the ends to form glasses. Tuck the sides into the scarf to complete the look.



Give your dog a rootin'-tootin' cowboy look that's full of Western charm.

- **Create the bandana:** Fold a red paisley print bandana into a triangle and tie it loosely around your dog's neck for a classic cowboy touch.
- **Add the cowboy hat:** Choose a small, soft cowboy hat that fits comfortably on your dog's head. You can find these at pet stores or make one from lightweight felt. Make sure it's secure, but not too tight, so your dog can wear it with ease.

THE COWBOY

TIPS

FOR KEEPING YOUR DOG SAFE ON HALLOWEEN

Keep Candy Away from Your Dog

Chocolate, raisins and some artificial sweeteners like xylitol are toxic to dogs. Make sure all candy is stored out of reach of curious noses.

Ensure Your Dog's Costume Is Comfortable

Costumes should never restrict movement or cause distress. Avoid tight fits and ensure your dog can walk, breathe and see easily.

Use a Secure Collar and ID Tags

With the door opening often, your dog could slip out. Ensure they wear a secure collar with updated ID tags or consider getting your dog microchipped.

Provide a Low-Stress Environment

Frequent visitors and doorbell rings can overwhelm dogs. Keep them in a quiet room to reduce stress and prevent accidents.

Chicago in



A Weekend Adventure Guide

Chicago, a city full of history, culture and flavor, offers endless opportunities for discovery. Whether you're a first-time visitor or a seasoned traveler, the Windy City has something to captivate every kind of explorer. In just 48 hours, you can experience iconic landmarks, indulge in world-class food and immerse yourself in this vibrant metropolis's rich artistic and architectural legacy.



Start your Chicago adventure with a morning stroll along the Magnificent Mile. This iconic stretch of Michigan Avenue is home to luxury boutiques, flagship stores and historic landmarks. Stop at the Chicago Riverwalk, a scenic path lined with outdoor cafes and public art installations, offering a picturesque view of the city's stunning skyline.

For breakfast, head to Lou Mitchell's, a Chicago institution since 1923. This retro diner is known for its homemade doughnuts and delicious omelets.

DAY 1:

Dive into the City's Heart



After breakfast, make your way to the Art Institute of Chicago. This world-renowned museum boasts a vast collection of works by artists like Grant Wood, Georges Seurat and Vincent van Gogh. Take your time to explore the modern wing and be sure to visit the Thorne Miniature Rooms for a delightful experience of intricate craftsmanship.

In the afternoon, head toward Millennium Park, a must-see in Chicago. The park's iconic Cloud Gate, affectionately known as "The Bean," is perfect for a photo op, reflecting both visitors and the towering city buildings.

After snapping your pictures, wander around the park to enjoy its gardens, fountains and open spaces. If you're feeling



adventurous, check out Crown Fountain, a 50-foot interactive water feature that displays the faces of Chicago residents.

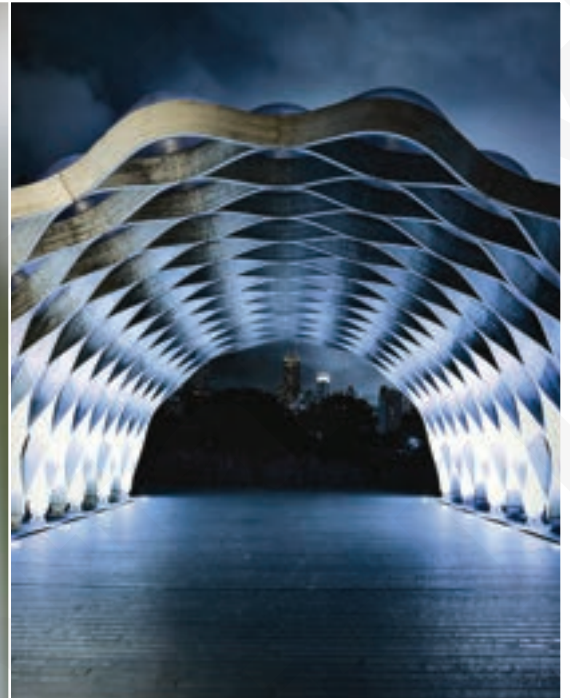
As evening sets in, catch the stunning city views from the Willis Tower Skydeck. The glass ledges offer a thrilling perspective 1,353 feet above the ground, giving you a unique view of the sprawling city below.



Begin with a visit to the vibrant Wicker Park neighborhood, known for its eclectic vibe, local boutiques and creative spirit. Browse the charming shops and pop into local cafes for a caffeine boost. Wicker Park is also home to fantastic street art, so keep an eye out for colorful murals as you explore.

DAY 2:

A City of Endless Possibilities



In the afternoon, take a leisurely walk through Lincoln Park, a green oasis just north of downtown. This sprawling park offers beautiful gardens, a peaceful lagoon and the free Lincoln Park Zoo. It's a great spot to unwind and enjoy nature without leaving the city.

For lunch, treat yourself to a slice of deep-dish pizza. This style of pizza is a favorite for its thick, cheese-loaded slices that defy expectations. You'll need a hearty appetite, but trust us, it's worth it!

Before your time in Chicago comes to an end, make sure to catch a show. The city's theater scene is top-notch, with Broadway shows, comedy and live music performances available throughout the week. Whether you're catching a classic show at the Chicago Theatre or enjoying improv at the Second City, you're bound to find something that suits your mood.



From world-class museums to iconic architecture, Chicago offers endless opportunities to explore, indulge and experience the best of urban culture. With just 48 hours, you can enjoy a taste of everything the city has to offer, leaving you with lasting memories and a desire to return for more.

Color Psychology

AT HOME

The colors in your home are more than decorative choices. While the science behind it can get complex, the basic idea is simple: colors have a powerful impact on our emotions and perceptions. They set the mood, influence emotions and create a unique atmosphere in each room. Whether you want to energize your mornings, calm your evenings or inspire creativity, using color strategically can completely transform your living space.



Change Your Hues: Change Your Views

Warm shades like red, orange and yellow can energize and stimulate conversation, while cooler tones such as blue, green and purple promote relaxation and serenity. Neutral colors provide a blank canvas for flexibility, while bold accents add personality and flair. Understanding this dynamic allows you to choose hues that fit the function and mood of each room.



CREATING CALM

For a serene and restorative space, lean into cool tones. Soft blues evoke tranquility, making them ideal for bedrooms and bathrooms. Light greens, reminiscent of nature, inspire balance and renewal. Pair these hues with neutral shades like soft whites or grays to maintain a peaceful ambiance.

ADDING ENERGY

For spaces where you want to inspire activity and conversation, warm colors are your go-to. Red, often seen as bold and passionate, can stimulate excitement and even appetite. That's why it's a favorite in dining rooms or kitchen accents. Yellow is cheerful and uplifting, great for living rooms or home offices where creativity thrives. To keep the energy balanced, use these colors in moderation or as accents.



SETTING A SOPHISTICATED TONE

For a touch of elegance, deep jewel tones like emerald green, sapphire blue or amethyst purple work wonders. These colors exude richness and depth, perfect for formal dining rooms or a study. When combined with metallic accents like gold or silver, the effect is both timeless and modern.



Ways to Incorporate Colors into Your Space



ACCENT WALLS

Choose one wall to paint a bold color and keep the others neutral. This can create a striking focal point without being too overpowering.

THROW PILLOWS AND RUGS

If you're hesitant about painting, introduce color through textiles. Colorful throw pillows, rugs or curtains can add a pop of personality and make the space feel vibrant.

FURNITURE

If you're willing to take a bigger leap, colorful furniture like a bright couch or a statement armchair can serve as the room's focal point.

ART AND DECOR

Artwork and decor pieces like vases, lamps or picture frames are another excellent way to infuse color into your room without committing to a full-color scheme.

Tips for Choosing the Right Colors

- 1. START WITH THE MOOD**

Think about the type of mood you want to create in the room. Do you need energy and creativity or is a calm, relaxing environment what you're after? Choose a color that reflects that mood — vibrant shades for energy, cool tones for relaxation.
- 2. USE COLOR ACCENTS**

If you're hesitant to commit to a bold color, start small. Throw pillows, artwork or even fresh flowers can introduce a pop of color without overwhelming a space.
- 3. CONSIDER LIGHTING**

Remember that lighting plays a significant role in how colors appear. Warm lighting can enhance cozy tones, while bright white lights highlight cooler shades. Test colors in different lighting to get an accurate sense of how they will look.
- 4. GO FOR TIMELESSNESS**

For walls and major furniture, stick to classic shades that won't feel dated and use trendy colors for accents that are easier to swap out.



A WEEK OF SIMPLE DINNERS

Weeknight dinners can feel like a juggling act, but what if you could simplify the process without sacrificing variety? This collection of five easy meals uses the same set of core ingredients, making your grocery trips quicker and your meal prep more efficient. From hearty pasta dishes to flavorful stir-fries, these recipes show how a little creativity can transform the same ingredients into completely different plates.



GROCERY LIST

Vegetables:

- Bell peppers (3-4, any color)
- Zucchini (2)
- Onions (2)
- Garlic (1 bulb)
- Spinach (1 large bag)
- Tomatoes (4)

Pantry Staples

- Olive oil
- Canned diced tomatoes
- Soy sauce
- Italian seasoning
- Salt & pepper

Proteins:

- Chicken breasts (about 2 pounds)
- Eggs (1 dozen)

Grains & Legumes:

- Rice (1 bag)
- Canned black beans (1 can)
- Pasta (1 box, 12-16 oz.)
- Tortillas (1 package)

Dairy

- Shredded cheese, any type (1 cup)
- Milk (1 pint)

CHICKEN AND VEGETABLE PASTA

This pasta dish features chicken, vegetables and a delicious sauce.

INGREDIENTS

- 1 box of pasta
- 1 chicken breast
- 3 tsp. olive oil
- 2 tsp. Italian seasoning
- ¼ onion, diced
- 2 garlic cloves, minced
- ½ bell pepper, diced
- 1 tomato, diced
- 1 zucchini, diced
- 1 can diced tomatoes
- ⅓ c. cheese of choice, for topping

INSTRUCTIONS

1. Cook the pasta according to box instructions and set to the side. Be sure to reserve ¼ cup pasta water before draining.
2. Preheat the oven to 350° F and line a small baking sheet with parchment paper. Place the chicken breast on the prepared baking sheet and season each side with half a teaspoon of olive oil and one teaspoon of Italian seasoning. Roast for 20-25 minutes.
3. While the chicken is roasting, start on the sauce. Add the remaining olive oil to a pan and heat over medium-high heat. Add the onion and sauté for three minutes before adding the garlic. Cook for two minutes, then add the pepper, zucchini and tomato.
4. Reduce the heat to medium and continue to cook the vegetables for five minutes. Then add the can of diced tomatoes. Stir to combine and cook for another five minutes before removing from heat.
5. Add the vegetables to a blender with the reserved pasta water. Blend until smooth, then add to the pot of pasta and stir to combine.
6. Once the chicken is done cooking, allow to rest for five minutes, then slice.
7. Serve the chicken on top of a bowl of pasta and garnish with cheese.



Prep time: 15 minutes | Cook time: 20 minutes | Yield: 4 servings



CHICKEN STIR-FRY

This easy stir-fry recipe is an easy weeknight dinner to whip up in just minutes!

INGREDIENTS

- 2 tsp. olive oil
- ¼ onion, diced
- 2 garlic cloves, minced
- ½ chicken breast, cubed
- 1 bell pepper, cubed
- ½ zucchini, halved and sliced
- 2 tbsp. soy sauce
- 1 c. rice, cooked
- Sesame seeds, for serving (optional)
- Green onions, for serving (optional)

Prep time: 10 minutes | Cook time: 15 minutes | Yield: 4 servings



INSTRUCTIONS

1. Add the olive oil to a large pan and heat over medium-high heat. Add the diced onion to the pan and sauté for three minutes before adding the minced garlic.
2. Continue to cook the onions and garlic for two more minutes, then add the chicken breast, bell pepper and zucchini. Reduce the heat to medium and cook for five minutes.
3. Next, add the soy sauce. Stir to incorporate with the chicken and vegetables. Sauté for another 5-7 minutes. Once the chicken is cooked and the vegetables are softened, remove the pan from heat.
4. Serve over cooked rice and enjoy!

CHICKEN AND BLACK BEAN BURRITOS

Burritos are a delicious and easy meal to make at home, and all you need are a few ingredients!

INGREDIENTS

- 1 chicken breast
- 2 tsp. olive oil
- 1 tsp. pepper
- ½ tsp. salt
- 2 tortillas
- ¼ onion, diced
- ½ bell pepper, diced
- 1 can black beans, drained
- 1 tomato
- ½ c. cooked rice

INSTRUCTIONS

1. Preheat the oven to 350° F and line a small baking sheet with parchment paper. Place the chicken on the prepared baking sheet and season each side with half a teaspoon of olive oil, pepper and salt. Roast for 20 minutes.
2. While the chicken is in the oven, start on the remainder of the filling for the burrito. Add the rest of the olive oil to a pan with the onion and bell pepper and cook over medium-high heat.
3. Sauté for 5-7 minutes, until the onion is translucent and the bell pepper is softened. Then, reduce the heat to medium and add the black beans. Stir to combine, cooking for another three minutes. Then, remove from heat.
4. Transfer the filling to a bowl and add the rice. Dice the tomato and add it to the bowl.
5. Once the chicken is cooked, dice into bite-sized pieces and add to the bowl. Stir to combine.
6. Lay a tortilla flat and add the filling to the middle. Fold in the sides of the tortilla, then fold in one end and roll towards the other end until the burrito is secure. Repeat with the other tortillas.

Optional: Toast your burrito in the pan or serve as is.



Prep time: 15 minutes

Cook time: 20 minutes

Yield: 2-3 servings



CHICKEN AND SPINACH STUFFED PEPPERS

These peppers serve as a tasty vessel to serve up dinner!

INGREDIENTS

- 1 tbsp. olive oil
- 1 tsp. pepper
- ½ tsp. salt
- 3 bell peppers
- ¼ onion, diced
- 1 garlic clove, minced
- 1 tomato, diced
- 1 c. spinach
- ½ chicken breast, cubed and cooked
- ½ c. rice, cooked
- ¼ c. cheese, plus more for topping

Prep time: 15 minutes

Cook time: 20 minutes

Yield: 3 servings



INSTRUCTIONS

1. Preheat the oven to 400° F and line a baking dish with parchment paper.
2. Slice the tops off the peppers and clean out the insides, then place them in the baking dish. Drizzle one teaspoon of olive oil over the peppers, then sprinkle the pepper and salt. Place in the oven to bake for 20 minutes.
3. While the peppers are in the oven, work on the filling. Add the remaining olive oil to a pan and heat over medium-high heat. Once warm, add the onion.
4. Sauté the onion for five minutes, then add the garlic, tomato and spinach. Continue to cook down the vegetables over medium heat until the spinach is wilted, about 3-5 minutes. Then, remove from heat.
5. Add to a bowl with the cooked chicken, rice and cheese. Stir to combine.
6. After the allotted time, remove the peppers from the oven and scoop the filling into each pepper. Sprinkle cheese on top, then place the peppers in the oven to cook for 35-40 minutes.
7. Allow to cool for 5-10 minutes, then serve and enjoy!

VEGETABLE FRITTATA

While frittatas are often thought of as a breakfast dish, this recipe is a great option to serve up for a unique and filling dinner.

INGREDIENTS

- 2 tsp. olive oil
- 1 zucchini, diced
- 2 tomatoes, cubed
- 3 tsp. Italian seasoning
- 12 eggs
- ½ c. milk
- ½ c. cheese
- 1 tsp. pepper
- ½ tsp. salt
- Tomatoes for topping, optional
- Fresh basil for topping, optional

INSTRUCTIONS

1. Preheat the oven to 350° F and grease a large pie dish or a 9" x 9" baking dish.
2. Add the olive oil to a skillet with the zucchini and tomato. Sauté over medium heat for three minutes, then season with the Italian seasoning. Cook for another 3-4 minutes, then remove from heat and allow to cool.
3. While the vegetables are cooling, whisk together the eggs, milk, cheese, pepper and salt in a large bowl. Then, add the vegetables and stir to combine.
4. Pour the mixture into the greased pie dish and transfer to the middle rack of the oven.
5. Bake for 30 minutes, or until the middle is firm. Remove from the oven and allow to cool before slicing and serving.



Prep time: 10 minutes
Cook time: 30 minutes
Yield: 8 servings



BEAUTY TOOLS

for Any Budget

In the world of beauty and skincare, having the right tools can make all the difference. From enhancing your daily routine to providing professional-level results, beauty tools can elevate your self-care game.





ICE GLOBES AND ROLLERS

What it is: Spheres made of glass or stainless steel designed to pamper your skin while reducing puffiness.

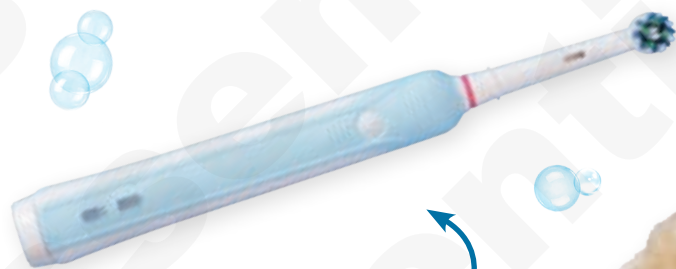
Why it's good: The cooling sensation helps to constrict blood vessels, reducing puffiness and calming irritated skin. It also promotes circulation, giving you a refreshed, radiant glow.

How to use: Glide them over cleansed skin in gentle, upward motions. Focus on areas prone to puffiness, like under the eyes and along the jawline.

Entry Level:
Plum Beauty Cooling Facial Tool Set

Mid-Range:
Fourth Ray Beauty Cooling Facial Globes

High-End: Skin Gym Pink Liquid Cryocycles Facial Globes



ELECTRIC TOOTHBRUSH

What it is: A high-powered toothbrush for next-level oral hygiene.

Why it's good: With its oscillating or vibrating bristles, it cleans your teeth far more effectively than manual brushing, reducing plaque and improving gum health.

How to use: Apply toothpaste, turn the brush on and guide it across your teeth. Spend about two minutes ensuring all areas are covered.

Entry Level: Oral-B Pro 500

Mid-Range: Philips Sonicare 4100

High-End: Philips Sonicare ProtectiveClean 6100



DRY BRUSH

What it is: A firm-bristled brush used for exfoliating and energizing your body.

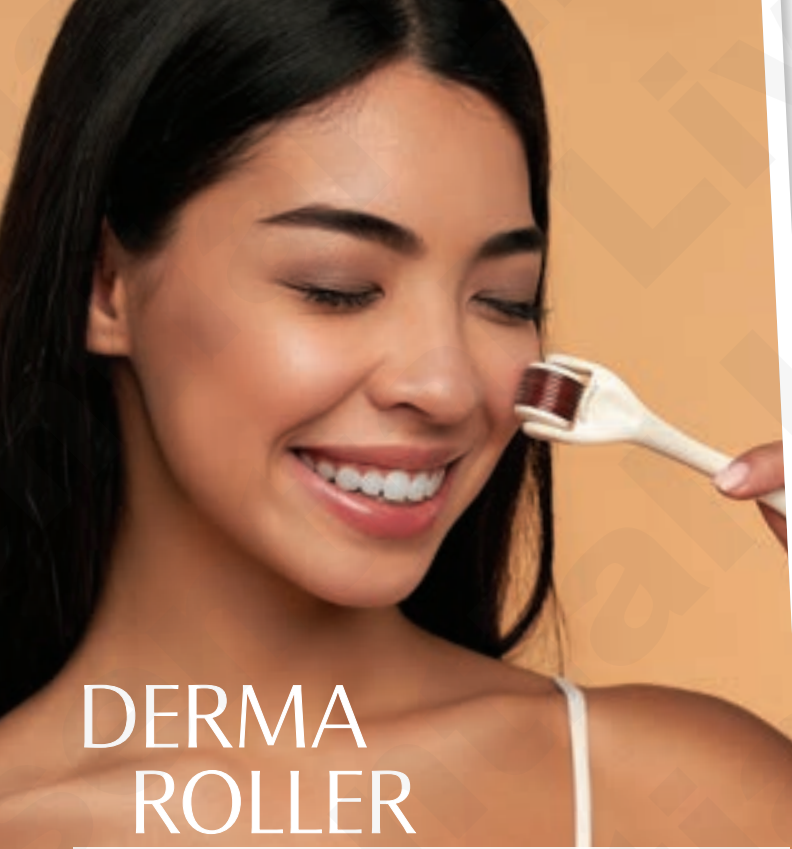
Why it's good: This tool improves circulation, sloughs away dead skin and may even reduce the appearance of cellulite over time. It leaves your skin glowing and rejuvenated.

How to use: Before showering, use the brush on dry skin. Work in long, upward strokes toward your heart to maximize its benefits.

Entry Level: EcoTools Dry Body Brush

Mid-Range: Esker Dry Brush

High-End: Dr. Barbara Sturm The Body Brush



DERMA ROLLER

What it is: A micro-needling tool that stimulates collagen production.

Why it's good: It helps smooth out fine lines, fade scars and enhance the absorption of serums and creams. Over time, it can leave your skin looking firmer and more radiant.

How to use: Roll the device gently over cleansed skin. Avoid sensitive areas and follow up with a hydrating serum.

Entry Level: Kitsch Micro Derma Roller

Mid-Range: ORA Gold Deluxe Microneedle Dermal Roller

High-End: Skin Gym Microfusion Dissolving Hyaluronic Roller

BLOW-DRYER BRUSH



FACIAL CLEANSING BRUSH

What it is: A must-have device that goes beyond regular face washing to give your skin a deep and thorough cleanse.

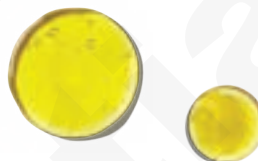
Why it's good: By removing dirt, oil and makeup more effectively than your hands, it promotes clearer, healthier-looking skin. Regular use can also improve the absorption of your favorite skincare products, making them even more effective.

How to use: Start by applying a gentle cleanser to the brush head. Move the brush in circular motions over damp skin, focusing on areas prone to congestion, like the T-zone. Rinse both your skin and the brush thoroughly after use.

Entry Level:
EZBasics Facial
Cleansing Brush

Mid-Range:
NâgraCoola
Sonic Facial
Cleansing Brush

High-End:
Foreo LUNA™



What it is: A hybrid tool that combines the power of a hairdryer with the styling ability of a round brush.

Why it's good: This multitasking tool allows you to dry and style your hair simultaneously, cutting down on time while achieving a smooth, voluminous blowout.

How to use: After towel-drying your hair, divide it into sections. Use the blow-dryer brush to dry and style each section, gently twisting it for added volume or curl.

Entry Level: Revlon One-Step Volumizer Plus 2.0

Mid-Range: Hot Tools 24K Gold One-Step Hair Dryer

High-End: Drybar The Double Shot

ALLIGATORS

— VS —

CROCODILES



Crocodiles and alligators are two of nature's most powerful predators, having ruled the earth for millions of years. Though they share a similar appearance and a fearsome reputation, there are key differences that set these ancient reptiles apart.

PHYSICAL APPEARANCE

When it comes to their physical appearance, crocodiles and alligators may seem similar at first glance, but a closer look reveals their distinct traits.

CROCODILE



TEETH

CROCODILES:

When their jaws are closed, both the upper and lower teeth are visible, creating a menacing, toothy grin.

ALLIGATORS:

Only the teeth on the top row are visible when their mouths are shut.

SNOUT

CROCODILES:

Long, V-shaped snouts built for snatching fish, amphibians and other fast-moving creatures.

ALLIGATORS:

Wider, U-shaped snouts designed for crushing and cracking open hard-shelled prey like turtles and crustaceans.

COLORING

CROCODILES:

Light brown or green with a mottled pattern.

ALLIGATORS:

Dark gray or black with a lighter underside.

ALLIGATOR





HABITAT

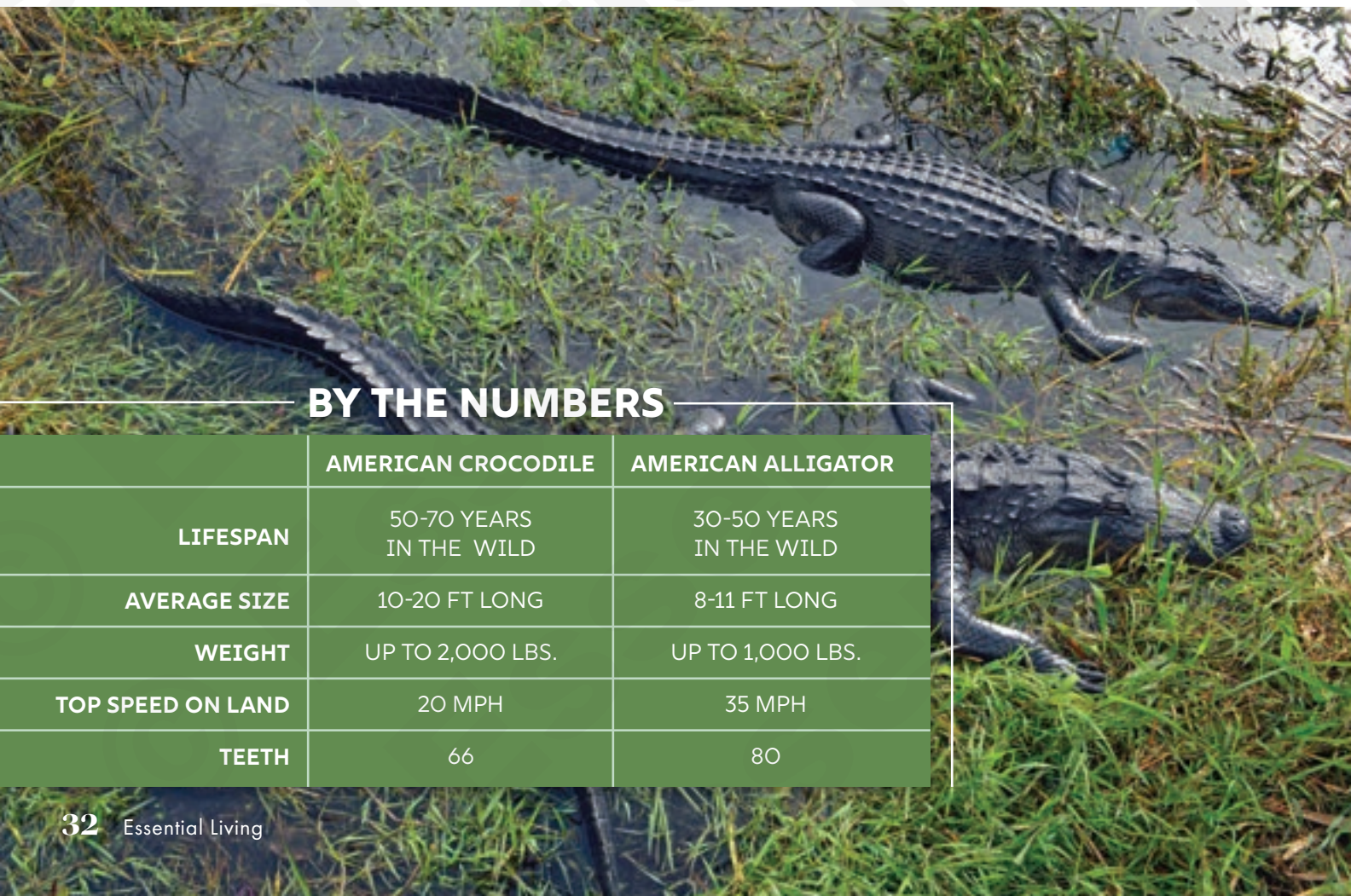
CROCODILES: These reptiles are the ultimate globetrotters, found in regions across Africa, Asia, Australia and the Americas. They can thrive in both salt and freshwater.

ALLIGATORS: Native to the southeastern United States and parts of China, alligators favor freshwater habitats like rivers, lakes and swamps.

TEMPERAMENT

CROCODILES: Fierce and territorial, crocodiles are known for their aggressive nature and lightning-fast reflexes.

ALLIGATORS: While still powerful, alligators are less prone to aggression unless provoked.



BY THE NUMBERS

	AMERICAN CROCODILE	AMERICAN ALLIGATOR
LIFESPAN	50-70 YEARS IN THE WILD	30-50 YEARS IN THE WILD
AVERAGE SIZE	10-20 FT LONG	8-11 FT LONG
WEIGHT	UP TO 2,000 LBS.	UP TO 1,000 LBS.
TOP SPEED ON LAND	20 MPH	35 MPH
TEETH	66	80



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DINNER PLANNING SHOPPING LIST

Make mealtime stress-free with a one-week dinner plan built around shared ingredients.

PANTRY STAPLES

- Olive oil
- Canned diced tomatoes
- Soy sauce
- Italian seasoning
- Salt & pepper

PROTEINS

- 2 lbs. chicken breasts
- 1 dozen eggs

DAIRY

- 8 oz. bag of shredded cheese
- 1 pint milk

GRAINS & LEGUMES

- 1 16-oz. bag of rice
- 1 8-oz. can of black beans
- 16-oz. box of pasta
- 1 package tortillas

VEGETABLES

- 3-4 bell peppers, any color
- 2 zucchini
- 2 onions
- 1 bulb garlic
- 8-oz. bag of spinach
- 4 medium tomatoes

“THERE IS NO ABSOLUTE
SUCCESS IN THE WORLD, ONLY
CONSTANT PROGRESS.”

— JONATHAN SWIFT



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INGREDIENTS

- 2 slices Italian bread
- 2 fresh basil leaves, rinsed and patted dry
- 2 tbsp. pesto sauce
- 2 slices fresh mozzarella
- ½ c. cherry tomatoes, quartered

INSTRUCTIONS

1. Toast the slices of bread.
2. Spread pesto sauce on one slice of toasted bread.
3. Top with cherry tomatoes, mozzarella and basil leaves.

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