

DOMESTIC GODDESS

The Domestic Goddess is a woman — urban or suburban — whose home is her sanctuary and the kitchen her happy place. She also knows it's important to take the time needed to care for herself. So she kicks her wellness routine into full gear with thoughtful and wholesome nutrition, all while making fitness fun and self-care a sensational staple.

Essential Wellness Tips:



Hit the Trails

Plan for a workout date with a friend or family member, and head to the trails for a long hike, leisurely walk, or casual jog. This type of workout encourages dialogue and in-person engagement.

Beauty from the Inside Out

Get your natural glow on and support your skin from within, with a suite of skin health supplements from NOW®, including [biotin](#), [collagen](#), [hyaluronic acid](#), [vitamin C](#), and more.* A great choice is [NOW® Solutions Vegan Hair, Skin and Nails](#), since it combines many of these nutrients, including antioxidant vitamins C and E, along with biotin and hyaluronic acid, to protect the skin from free radicals and support healthy, youthful skin.* Of course, consult your healthcare professional before adding these supplements to your routine.

Mind the Vanity

If you have more time to spare, spend it on some serious self-care. Make your own facial mask to restore your glow, by mixing [European Clay Powder](#), [Rosemary Essential Oil](#), and [Rose Hip Seed Oil](#). And, take a little extra time for your teeth. Start by oil pulling 1 Tbsp of [Organic Coconut Oil](#) through your teeth and gums for 10 minutes. Spit out, then floss and brush with an SLS-free toothpaste, like [Xyliwhite™ Coconut Oil Toothpaste Gel](#).

“Plan for a workout date with a friend or family member, and head to the trails for a long hike, leisurely walk, or casual jog.”

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

SAMPLE MENU

Domestic Staples

BREAKFAST:

KETO BLUEBERRY MUFFIN

- ½ cup NOW Real Food® Organic Coconut Flour
- 1¼ cup NOW Real Food® Raw Almond Flour
- ½ cup NOW Real Food® Organic Tapioca Flour
- 2 tsp baking powder
- ¾ cup NOW Real Food® Organic Erythritol
- 1 tsp NOW Real Food® Organic Monk Fruit Extract Powder
- ¼ cup Ellyndale® Liquid Coconut Oil
- ¾ cup unsweetened almond milk
- ¾ cup wild frozen blueberries

1. Preheat oven to 350°.
2. Mix the coconut flour, almond flour, tapioca flour and baking powder.
3. Add in the erythritol, monk fruit, coconut oil and almond milk.
4. Fold in blueberries.
5. Pour into a greased muffin tin.
6. Bake for 25-30 minutes.



LUNCH:

CLASSIC KALE SALAD WITH CHICKEN

- 10 cups of baby kale
- The juice of two lemons
- 7 Tbsp Ellyndale® Organics Olive Oil
- 4 freshly mashed cloves of garlic
- 1 Tbsp hot red pepper flakes (or spicier if you prefer)
- A couple pinches of salt
- NOW Real Food® Organic Toasted Hemp Seeds
- 1 rotisserie chicken, shredded

1. In the bottom of a large salad bowl, whisk lemon juice, olive oil, salt, garlic and red pepper flakes until emulsified.
2. Add baby kale and shredded chicken.
3. Toss to coat and top with toasted hemp hearts.

SAMPLE MENU

Domestic Staples



BRIDGE SNACK:

COCONUT HIBISCUS TEA LATTE

NOW Real Tea® Hibiscus Tea
2-3 drops BetterStevia® Coconut Liquid
1 Serving of NOW® Collagen Peptides Powder
1 Tbsp Ellyndale® Liquid Coconut Oil

1. Steep tea bag in a glass of hot water for 5 minutes.
2. Remove tea bag and pour steeped tea in a blender.
3. Add coconut stevia, coconut oil and collagen and blend to emulsify into a caffeine-free coconut latte.

DINNER:

STEAK WITH BAKED PARSNIP FRITES AND ITALIAN SALAD

2 grass finished steaks, grilled to likeness
2 cups parsnip, carrot and sweet potato, cut into fries
 $\frac{3}{4}$ cup + 2 Tbsp Ellyndale® Avocado Oil
4 cups of super greens tossed with 2 Tbsp Homemade Italian Dressing

Italian Dressing Dry Mix:

2 Tbsp garlic powder
2 Tbsp onion powder
4 Tbsp dried oregano
 $\frac{1}{2}$ tsp dried thyme
2 tsp dried basil
2 tsp dried parsley
1 tsp celery salt
2 tsp pink salt
2 tsp ground black pepper

To make dressing, combine $\frac{1}{4}$ cup white vinegar, $\frac{2}{3}$ cup avocado oil, 2 Tbsp of mix, 2 Tbsp of water. Shake well.

To make Parsnip Fries:

1. Preheat oven to 425°.
2. Toss parsnips, carrot and sweet potatoes with 2 Tbsp avocado oil and roast for 20 minutes, flipping halfway through.

