

Domestic Goddess

Wellness Guide by Kelly LeVeque



Inspired by Kelly's new book "Body Love Every Day"



The 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.

“My goal with Domestic Goddess is to support you in nourishing your family with those from-scratch meals with a focus on balance and the nutrient-dense foods they need.”

XOXO
Kelly LaRue

Essential Wellness Tips

Start a Recipe Club

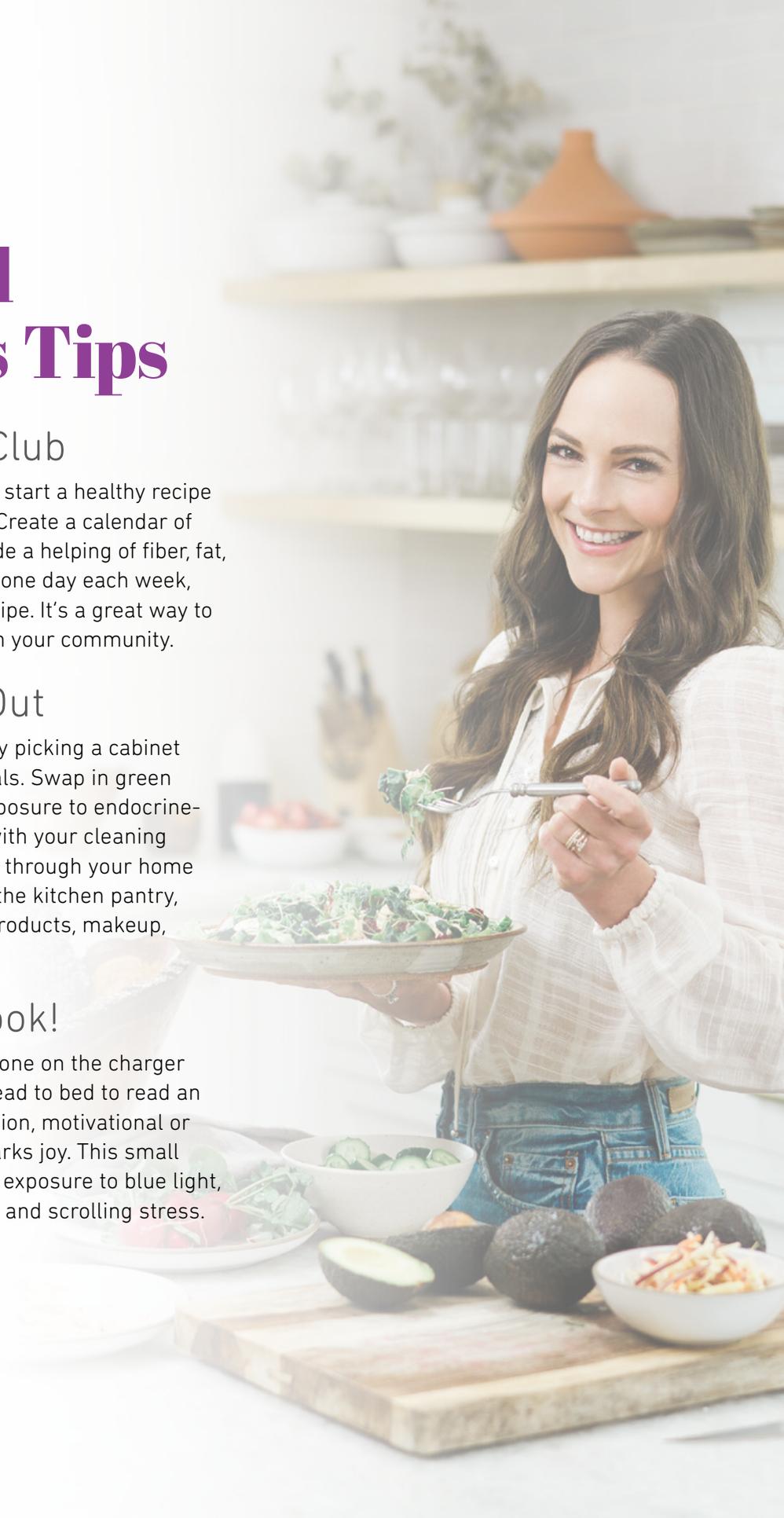
If you love book club, why not start a healthy recipe club with family and friends. Create a calendar of recipes (that, of course, include a helping of fiber, fat, proteins and greens), and for one day each week, members make the same recipe. It's a great way to stay inspired to eat clean with your community.

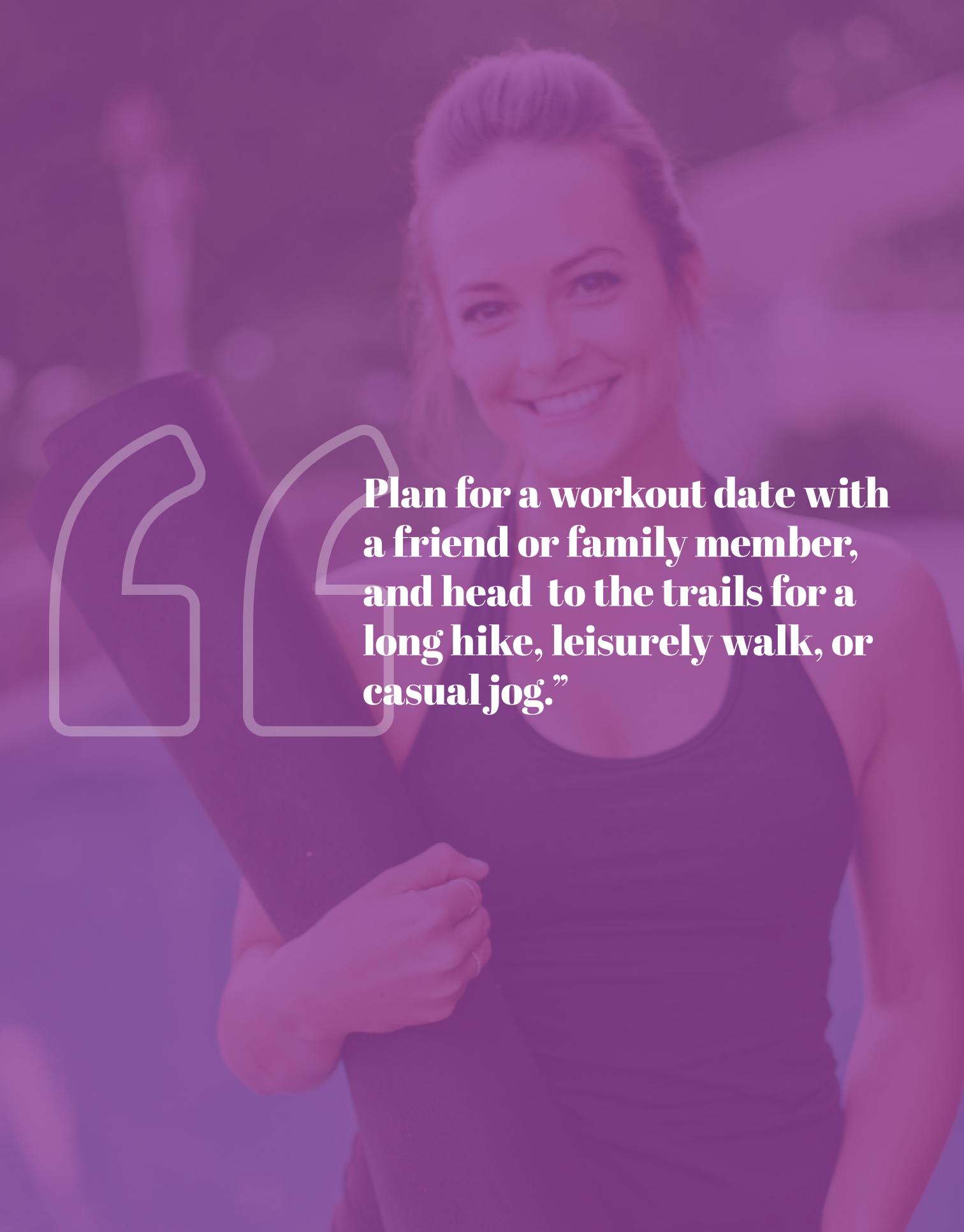
Cabinet Clean-Out

Start fresh in the New Year by picking a cabinet and cleaning out the chemicals. Swap in green alternatives to lower your exposure to endocrine-disrupting chemicals. Start with your cleaning supplies, and make your way through your home from the bathroom vanity to the kitchen pantry, cleaning up your body care products, makeup, and supplements.

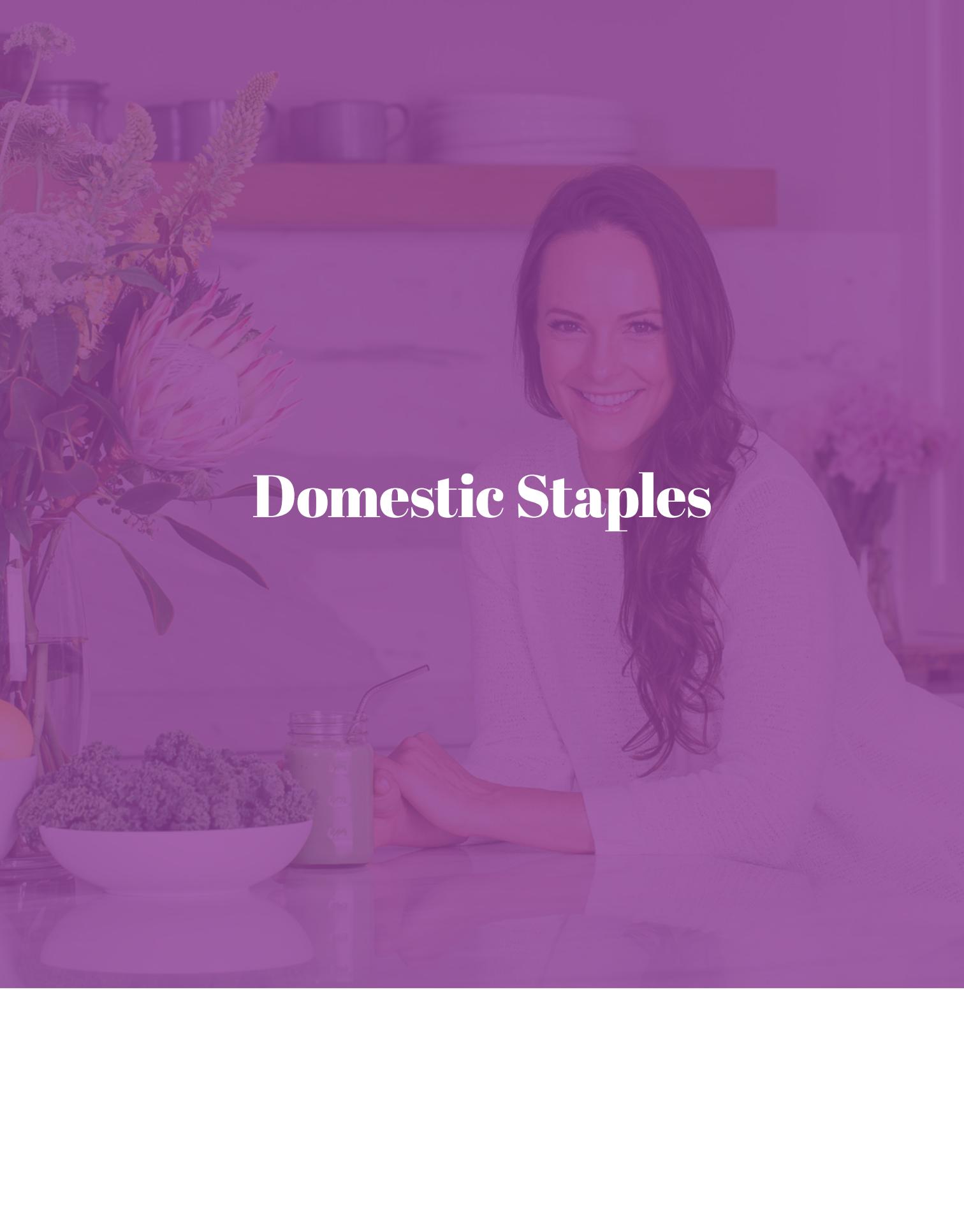
Read a Good Book!

Turn off the TV, leave your phone on the charger away from easy reach and head to bed to read an actual book. Choose a nonfiction, motivational or transformative story that sparks joy. This small habit change decreases your exposure to blue light, mindless late-night snacking and scrolling stress.





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.”

A woman with long, wavy brown hair is smiling warmly at the camera. She is sitting at a white table. In front of her is a white bowl filled with cooked quinoa and a glass jar containing a green smoothie with a metal straw. To the left of the bowl is a vase with a bouquet of flowers, including a large pink protea. The background shows a kitchen counter with various items like a mug and a stack of plates. The entire image has a soft purple overlay.

Domestic Staples



Breakfast

Low-Sugar Açaí Bowl

Ingredients

1 serving [vanilla grass-fed whey protein](#)

2 tablespoons [organic chia seeds](#)

1 cup full-fat coconut milk

1 tablespoon [organic acai powder](#)

¼ cup frozen blueberries

¼ cup frozen or uncooked cauliflower rice

Optional topping: 1 tablespoon [organic hemp hearts](#)

Prep

1. Blend all ingredients until smooth, but thick.
2. Pour into a bowl and top with hemp hearts.



1 serving



Lunch

Classic Kale Salad With Chicken

Ingredients

10 cups of baby kale

The juice of two lemons

7 tablespoons [organic olive oil](#)

4 freshly mashed cloves of garlic

1 tablespoon hot red pepper flakes

A couple pinches of salt

[Organic toasted hemp seeds](#)

1 rotisserie chicken, shredded

Prep

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 seeds.



2-3 servings



Bridge Snack

Coconut Hibiscus Tea Latte

Ingredients

[Hibiscus tea](#)

2-3 drops [coconut liquid stevia](#)

1 serving of [collagen peptides powder](#)

1 tablespoon [liquid coconut oil](#)

Prep

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.
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1 serving

Dinner



Dinner

Steak With Baked Parsnip Frites & Italian Salad



Ingredients

2 grass finished steaks, grilled to likeness

2 cups parsnip, carrot and sweet potato, cut into fries

$\frac{2}{3}$ cup + 2 tablespoons [avocado oil](#)

4 cups of super greens tossed with 2 tablespoons homemade italian dressing

Prep

Spice Mix

2 tablespoons garlic powder

2 tablespoons onion powder

4 tablespoons dried oregano

$\frac{1}{2}$ teaspoon dried thyme

2 teaspoons dried basil

2 teaspoons dried parsley

1 teaspoon celery salt

2 teaspoons pink salt

2 teaspoons ground black pepper

Italian Dressing

Combine:

$\frac{1}{4}$ cup white vinegar

$\frac{2}{3}$ cup avocado oil

2 tablespoons of spice mix

2 tablespoons of water

Shake Well

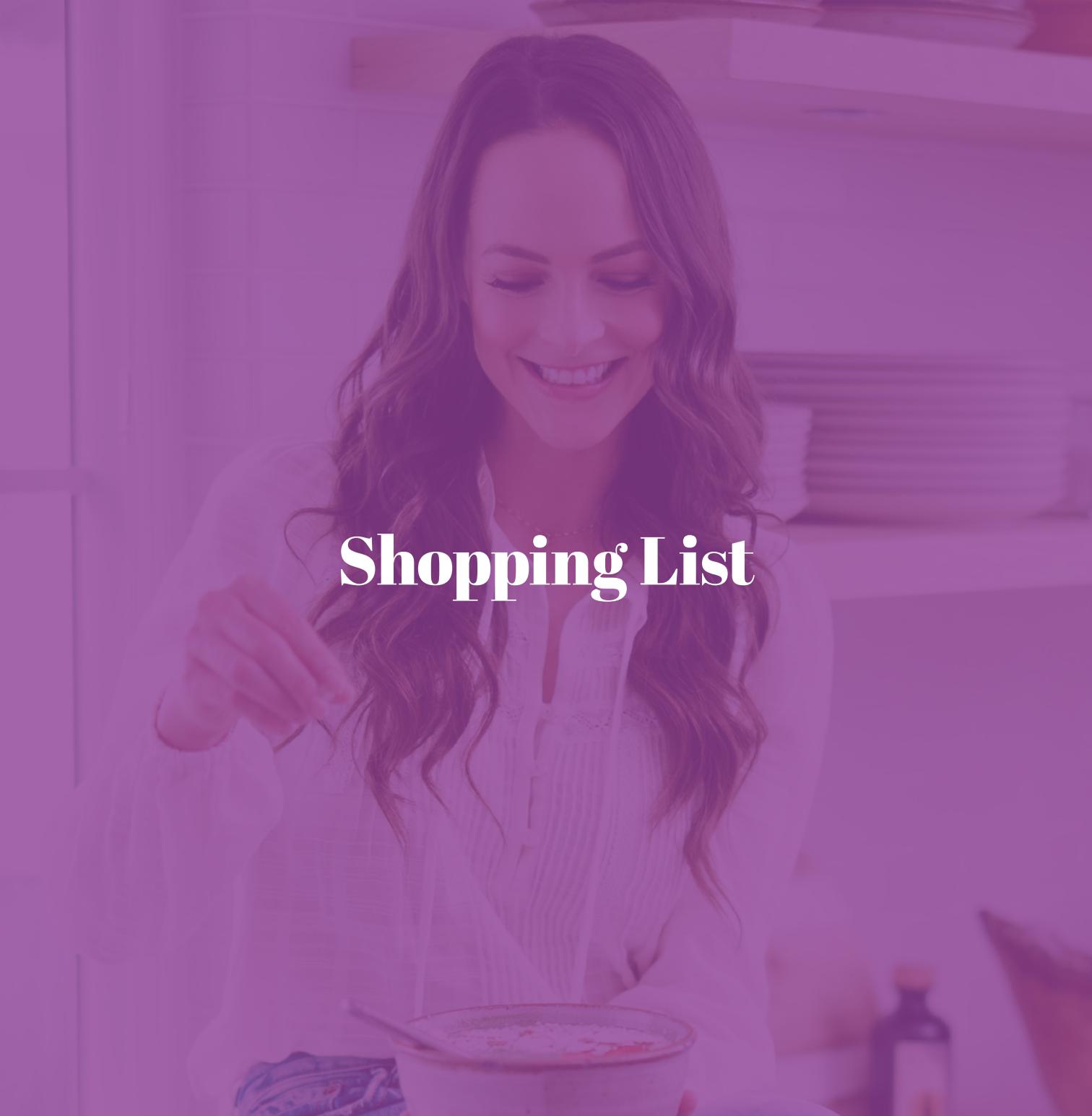
Parsnip Fries

1. Preheat oven to 425°.

2. Toss parsnips, carrot and sweet potatoes with 2 tablespoons avocado oil and roast for 20 minutes, flipping halfway through.



2 servings

A woman with long, wavy brown hair, wearing a white, long-sleeved blouse with a lace-up front, is smiling warmly. She is holding a white bowl filled with a creamy soup, topped with a drizzle of red sauce. The background shows a kitchen setting with white cabinets and a countertop. The entire image is overlaid with a semi-transparent purple filter.

Shopping List

NOW Shopping Checklist



Breakfast

[NOW® Sports Vanilla Grass-Fed Whey Protein](#)

[NOW Real Food® Organic Chia Seeds](#)

[NOW® Acai Powder](#)

[NOW Real Food® Organic Hemp Hearts](#)



Lunch

[Ellyndale® Organic Olive Oil](#)

[NOW Real Food® Organic Toasted Hemp Seeds](#)



Bridge Snack

[NOW Real Tea® Hibiscus Tea](#)

[BetterStevia® Coconut Liquid](#)

[NOW® Collagen Peptides Powder](#)

[Ellyndale® Liquid Coconut Oil](#)



Dinner

[Ellyndale® Avocado Oil](#)