



Living & *aging well*

LIFE | NUTRITION | WELLNESS



EDNA
SHAPED
AMERICAN
CUISINE
P.7

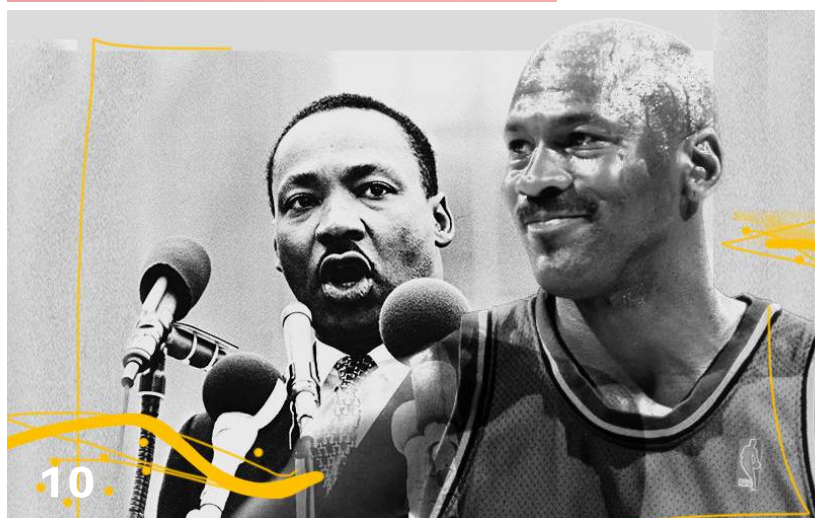
BULLYING VS.
EMOTIONAL
INTELLIGENCE
AT P.4

DR. LOUIS
TALK

HOW DID STEM EDUCATION
AND ACCESS TO
BROADBAND IMPACTED HER
CAREER
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5 Emotionally Intelligence

RESOLUTIONS THAT WILL PROPEL YOU TO YOUR PURPOSE

ARTICLE BY YAMIRA LEE "MIRA" JOHNSON

As a Certified Holistic Life Coach, I had to learn how to develop my potential and focus on a plan to achieve my personal and professional goals. Now I get to share with others key best practices and resources that work and are essential to develop leadership skills. Let's review some steps that can set you on your way to become really good at that one thing, only you do the way you do!

FAIL TO PLAN AND PLAN TO FAIL

Trace a road map of the steps you are going to follow taking into account what type of resources, time requirements and financial investment is going to be required to meet your goals.

DISCOVER OR IDENTIFY

In order to discover your purpose, you'll need to experience different activities and settings that can reveal your potential, passion and profit.

RESEARCH

Learn about your trade, use tools like the web, your local library, mentors, life or business coach to learn how other experts have develop themselves.

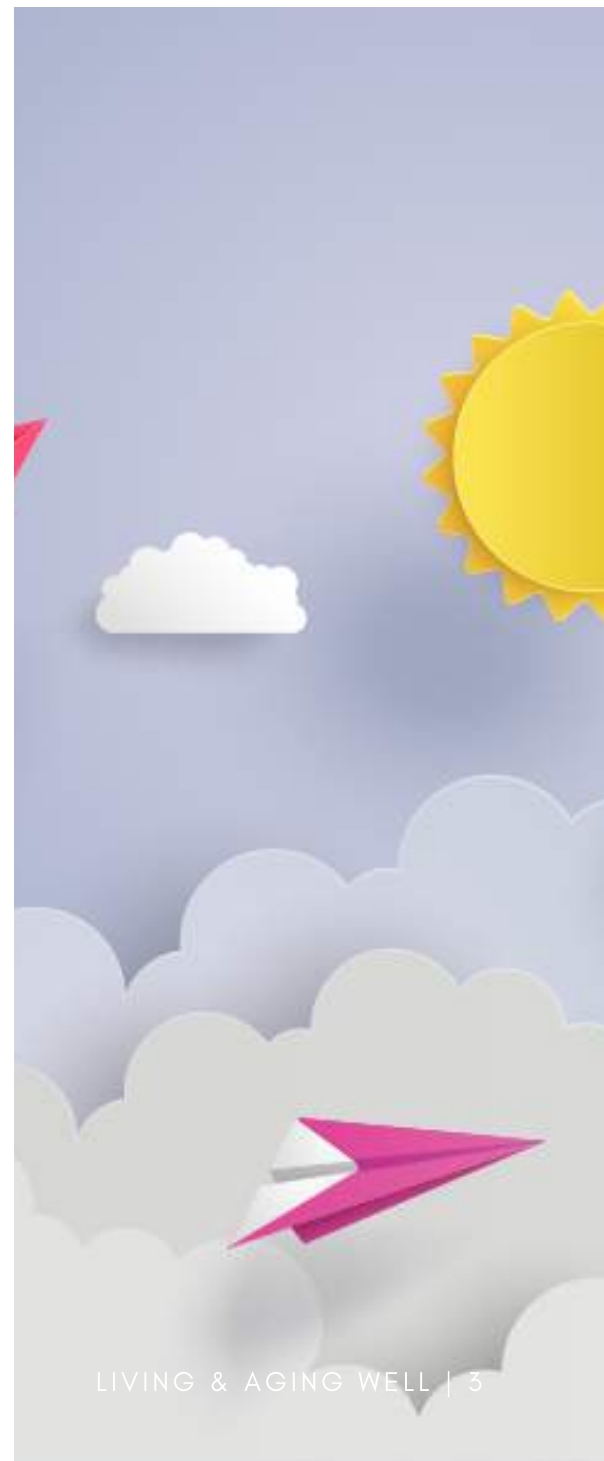
There are plenty of successful leaders that have achieved greatly, be open to understand how successful leaders achieve their goals and stay productive.

PRACTICE

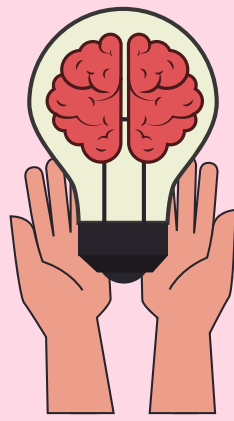
Practice, practice, practice! Friends and family are perfect to share and get feedback from. Share your plans with them, but be prepared to listen to some criticism that can help discover blind areas of opportunity. It can also help you to get better and keep you grounded. Beware of falling for discouragement, the point is to learn what works and what does not.

SEEK OPPORTUNITY

We live in a time in history when internet access is a necessity. Marketing tools, video streams, blogs, and social media dominate culture. Learn about these tools and find opportunities to display your talent and grow your side hustle. Whether is for fun, or business, find your audience and set sail to a new adventure!



Bullying is often referred to as a behavior observed among school-aged children. However, what happens when a young bully is encouraged or does not receive the proper tools to improve their behavior and the resources to build healthy relationships? Too often they grow up to become home and workplace bullies. Bullies can also be leaders. They lead the pack and make sure those with less power than they are submitted to their will. A leader with an imbalance of power in the office can be a harsh manager or superior that uses their position to oppress, humiliate, and fulfill their need to feel in charge. They become micromanagers and use intimidation techniques to encourage productivity, which is an oxymoron. Trying to avoid confrontation with a workplace bully can be a hard task to achieve but is not impossible. Fear enables bullies and they don't like to be confronted, therefore an emotionally intelligent strategy is needed to overcome workplace bullying.



Bullying vs. Emotional Intelligence

BY COACH YAMIRA LEE JOHNSON

GUARD YOUR EMOTIONS

Take time to evaluate your situation and stand clear of spilling your emotions at work. The workplace is not for leisure, you are there to do a job and meet the needs of your customers. Your career is not your identity, you are a lot more than that, so develop a thick skin and keep your emotions in check. Emotionally responding to your bully, not only it doesn't help your situation, it fuels the bully.

RECOGNIZE THE SOURCE

Understand that the source of the issue is not your responsibility. Bullies favorite armor is to shoot down confidence and often put you in situations to make you feel useless. Recognize your skills and areas of opportunities, shake off any attempts to discourage you. You own your joy and who you give it to.

BE THE BEST YOU CAN BE

Any mistakes you make in the office can and will be used against you. Be sure to stay on top of your game, meet schedule expectation, be open to learn and improve in everything you do. That's a hard strategy to bit. Also, don't get discourage when the bully's very own team of 'yes people' get to more praise.

GET COMPANY IN THE RIGHT PLACES

Become an encouraging leader by building positive relationships with your associates. Volunteer to mentor newcomers or train the team with industry proven techniques and help other excel at work. It will help you build respect and show the difference between a bully and a leader.

TAKE A NOTE

Nowadays, is too easy for bullies in power to get away with their rotten leading style, because they don't get properly reported. Keep account of bullying episodes by notating date, time, event, witness, how did you react and who did you notify. Keep it to facts, quote law and office best practices and rules. Stay away from emotional statements.

CLIMB THE LADDER

Make sure to review your companies Human Resource policies and follow hierarchy at the time of reporting a bullying incident. Accusing a superior of bullying is a serious matter, make sure you are really being bullied and is not your emotions being oversensitive and or taking offence of someone because of a straightforward management approach.

<https://www.stopbullying.gov/what-is-bullying/definition/>



Out on the Run?

Healthier Snack Choices to take with you

Fresh Guacamole or Avocado slices dressed in lemon juice and salt
Cucumber, Cherry tomatoes, Carrots
Artisan Cheese
Almonds
Walnuts
Hazelnuts
Pecans
Sunflower seeds
Pumpkin seeds
Beans
Whole Wheat Crackers
Dry Pretzels

Recipe Balsamic Chicken, Fennel + Mushrooms



1 LB. OF CHICKEN BREAST
1 CUP OF SLICED FENNEL
1 CUP OF YOUR CHOICE OF SLICED MUSHROOMS
¼ CUP OF BALSAMIC VINEGAR
1/3 CUP OF EXTRA VIRGIN OLIVE OIL
1 TEASPOON OF POWDER GINGER
1 TEASPOON OF GROUND TURMERIC
2 TABLESPOON OF HIMALAYAN SALT
1 TEASPOON OF GROUND BLACK PEPPER
½ CUP ORGANIC CHICKEN BROTH
2 CHOPPED CLOVES OF GARLIC

Season chicken with salt, pepper, ginger and turmeric, brown and sear chicken in extra virgin olive oil. Remove from pan. Use the same pan to Sautee fennel and mushrooms for 5 minutes add garlic. Add chicken and cover with the sautéed vegetables, add balsamic vinegar, chicken broth, cover and cook medium low for 15 minutes or until chicken reaches 165 Fahrenheit internal temperature. Serve over Quinoa or Brown Rice and enjoy!

How Edna Lewis shaped American Cuisine

Born in Freetown Virginia, Edna Lewis earned a place in the American culinary history as an African-American chef. Lewis became famous for her love of southern cooking and the many recipes and books she shared with our generation. Here is a traditional recipe for Chef Edna's famous biscuits.



Photography:
John T. Hill



- **3 CUPS SIFTED FLOUR**
- **1 SCANT TEASPOON SALT**
- **½ TEASPOON BAKING SODA**
- **4 TEASPOONS ROYAL BAKING POWDER**
- **⅔ CUP LARD**
- **1 CUP PLUS**
- **2 TABLESPOONS BUTTERMILK (IF SWEET MILK IS BEING USED, OMIT THE BAKING SODA AND THE 2 TABLESPOONS OF MILK; SWEET MILK IS MORE LIQUID THAN SOUR AND THEREFORE THESE ARE NOT NEEDED.)**

Cut the biscuits very close together to avoid having big pieces of dough left in between each biscuit. Trying to piece together and rerolling leftover dough will change the texture of the biscuits.

Place the biscuits 1/2 inch or more apart on a heavy cookie sheet or baking pan, preferably one with a bright surface. The biscuits brown more beautifully on a bright, shining pan than on a dull one, and a thick bottom helps to keep them from browning too much on the bottom. Set to bake in a preheated 450-degree oven for 13 minutes. Remove from the oven, and let them rest for 3 to 4 minutes. Serve hot.

<https://ednalewisfoundation.org/about-chef-edna-lewis/>
<https://cooking.nytimes.com/recipes/1017786-edna-lewis-biscuits>

Preparation

Take a large bowl, sift into it the measured flour, salt, soda and baking powder. Add the lard, and blend together with a pastry blender or your fingertips until the mixture has the texture of cornmeal.

Add the milk all at once by scattering it over the dough. Stir vigorously with a stout wooden spoon. The dough will be very soft in the beginning but will stiffen in 2 or 3 minutes. Continue to stir a few minutes longer.

After the dough has stiffened, scrape from sides of bowl into a ball, and spoon onto a lightly floured surface for rolling. Dust over lightly with about a tablespoon of flour as the dough will be a bit sticky.

Flatten the dough out gently with your hands into a thick, round cake, and knead for a minute by folding the outer edge of the dough into the center of the circle, giving a light knead as you fold the sides in overlapping each other.

Turn the folded side face down and dust lightly if needed, being careful not to use too much flour and cause the dough to become too stiff. Dust the rolling pin and the rolling surface well. Roll the dough out evenly to a 1/2-inch thickness or a bit less. Pierce the surface of the dough with a table fork. (It was said piercing the dough released the air while baking.)

Dust the biscuit cutter in flour first; this will prevent the dough sticking to the cutter and ruining the shape of the biscuit. Dust the cutter as often as needed. An added feature to your light, tender biscuits will be their straight sides. This can be achieved by not wiggling the cutter. Press the cutter into the dough and lift up with a sharp quickness without a wiggle.



Hispanic Health Initiatives by Business Nature

The Central Florida based community organization, teaches underserved and socially challenged individuals how to find the most effective resources to help them overcome health related challenges through bilingual and bicultural Community Health Workers Chronic disease awareness, preventive care educational materials and community health fairs are some of the tools used to reach underserved community. In addition, on site diabetes and hypertension screenings are made available for poor families to encourage chronic disease control and self-management. Led by Executive Director Josephine Mercado the volunteer based, 501 c 3 nonprofit organization was established in the year 2000. Their mission is to meet the need for culturally adequate support to Hispanics enduring medical disadvantaged.

They serve as a link between medically underserved and health care providers regardless of their race. As part of their operational plan, HHI makes available community health educators that teach simple exercise techniques, nutrition to improve quality of life. Also, advocacy support based on the Patient Protection and Affordable Care Act to stay up with policy changes provide civic engagement opportunities to community leaders in Central Florida. Some of their community events include weight control, blood glucose, blood pressure, cholesterol, vision and cancer support groups. For those who qualify they can provide referrals to low cost medical and other social necessities like; mammogram, pap's, health centers, medication programs and insurance brokers. Their outreach program has been extended to community centers, extended stay hotels, churches, schools and community fairs. For more details on how to donate and volunteer go to; <http://www.hhi2001.org/>



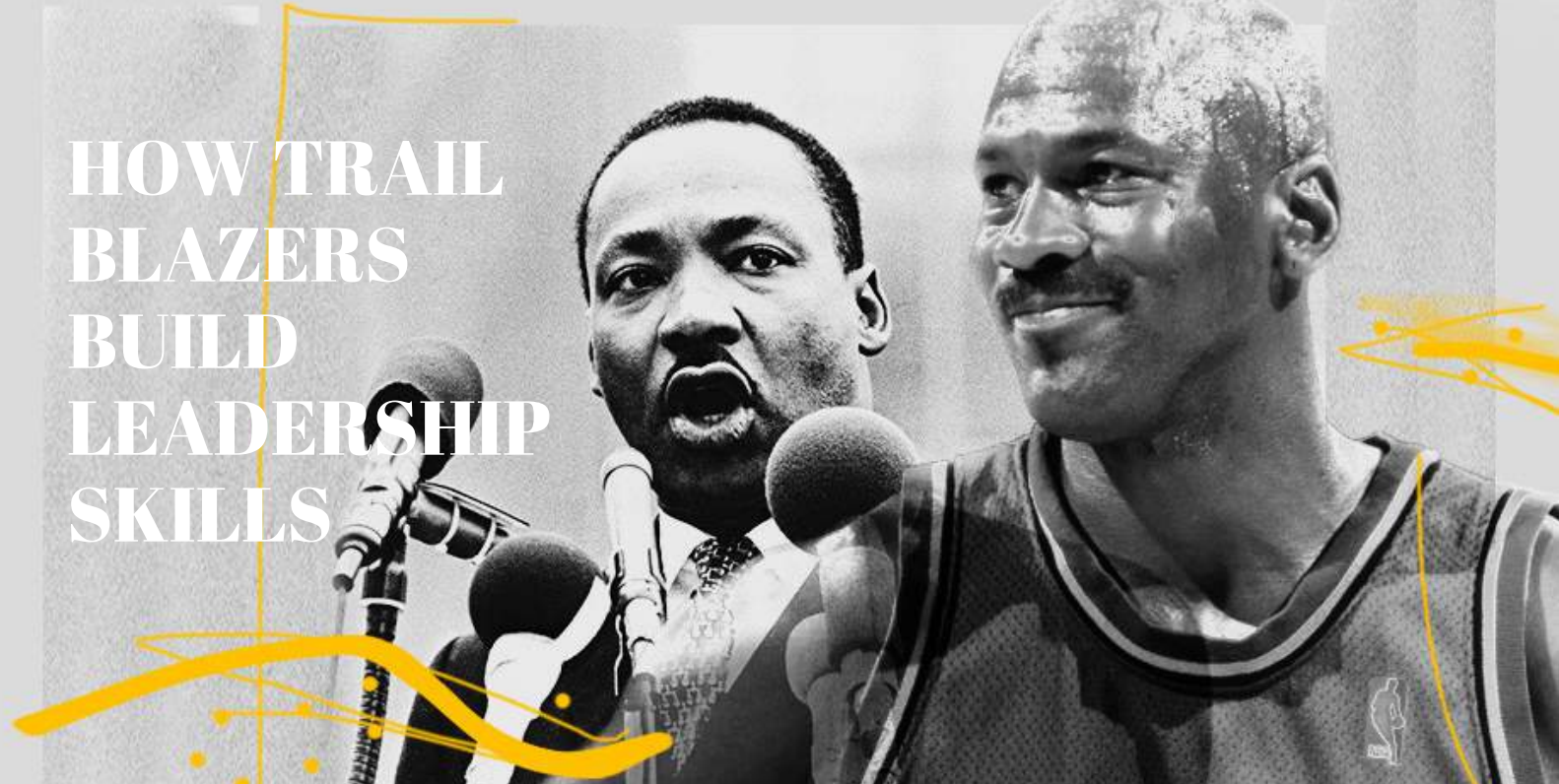
BLACK HISTORY MONTH

In honor of black history month here are just some innovators who impacted education and for minorities and made history.

Michael Carter: In 1971, Carter's parents founded V.E. Carter Development Center for children. Carter later worked there teaching the African language Swahili to children. **Joe Louis Clark:** Clark changed the way many people think of discipline in schools. The former drill sergeant's tough style captured national attention when it was chronicled in the movie *Lean On Me*. **Ramona Edelin:** With her direction, the National Urban Coalition started the "Say Yes to A Youngster's Future" program to provide educational help to black teachers and youth in America, eventually teaming with the Department of Education. **Katherine Butler Jones:** The Metropolitan Council for Educational Opportunities was the brainchild of Jones, and it still works to educate black youth in Boston. **Alexander Crummell:** The first school dedicated to African-American learning was the American Negro Academy, founded in 1897 by Alexander Crummell, a descendant of an African tribal chief. **Hallie Quinn Brown:** A lifelong educator and women's rights advocate, Hallie Quinn Brown founded a scholarship for women's education in the 1880s, helping inject women into academia. **Dorothy Lavinia Brown:** In a historic first, Dr. Brown became the first African-American female surgeon in the South in 1954, and was later the first black woman on the Tennessee Legislature. **Gloria Blackwell:** A teacher at Clark University in Atlanta for 20 years, Blackwell was instrumental in the fight to desegregate schools, filing and winning several lawsuits against discriminating organizations. **Dorothy Height:** A well-known civil rights activist for decades, Dorothy Height had the ear of President Eisenhower in urging him to desegregate schools. President Bush awarded her with a Congressional Gold Medal in 2004. **Maya Angelou:** A talented poet, educator, dramatist, producer, actress, historian, filmmaker and civil rights activities built a legacy in leadership, communication empowering people through her vision in the arts.

<http://www.onlinecollege.org/50-african-americans-who-forever-changed-academia/>
www.mayaangelou.com/biography/

HOW TRAIL BLAZERS BUILD LEADERSHIP SKILLS



SPORTS

With no doubt, Michael Jordan is one, if not the best basketball player of this era. His skills dominated the court and gave the Chicago Bulls a championship legacy they will forever treasure. Jordan shined for his ability to be discipline, willingness to learn and because he understood the principle of teamwork. Michael Jordan had his team's buy in since because he took the time to help teammates make the best of their own skills. He help them look good and have fun doing it. "I've failed over and over and over again in my life and that is why I succeed." "Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

**"Talent wins games,
but teamwork and
intelligence wins
championship"**

Michael Jordan

COMMUNICATIONS

Rev. Martin Luther King Jr. changed history through his leadership, strength and gift of respectful communication. The Georgia native Baptist minister, built a nonviolent civils right movement that changed the way Americans of African descendant and other minorities rights were viewed and implemented in the U.S. Although racial disparities still have deep roots, his "I Have a Dream" speech continues to inspire hearts and new generations that understand the value of compassion, integrity, and race equality. "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

**"Faith is taking the first
step even when you
don't see the whole
staircase."**

Martin Luther King, Jr.

COMMUNITY

Freedom Rides Therapeutic Horseback riding. Balance issues caused by strokes. By Business Nature The THR consist of fun riding lessons packed with tasks and games that strengthen their bodies and improve cognitive movement development, taught PATH International certified therapeutic instructor. Hippotherapy is specialized treatment that combines speech, occupational and physical therapy assisted by a horse. Is thought by a specialized professional certified from the American Hippotherapy Association. It builds core and improves balance. The horse steps let the brain experience the feeling of movement repetition they need to keep balance and take steps forward. Therapeutic horseback riding for progressive multiple sclerosis patients have reported how their spine straightens out. Traumatic brain injury causes seizure disorder. Help to deal with depression through the peaceful environment, therapeutic feeling of riding and a team of caring therapist and volunteers boost the emotional impact and freedom of experiencing nature and horses. For more information go to <http://www.freedomride.com/home.html>

Education

STEM Connect by the Florida High Tech Corridor by Business Nature As part of the HTC efforts to attract new talent to choose STEM related careers to their state-of-the-art program stemConnect provides a platform to connect parents, teachers and STEM facilitators with innovative resources to develop students skills in science, technology engineering and math programs. Statewide experts and resources made that can be shared in the classroom and community center settings. Student get a chance to be explore video conferences with scientists, engineers and other experts demonstrating hands on projects from their labs.

For more information, visit www.flstemconnect.com.



Workshops

TechCAMP high tech workshops available for middle and high school that show interest in the industrial sectors of Optic, Photonics, IT, Microelectronics, Simulation, Robotics and Life Science.

To host a techCAMP program in your region, contact Vicki Morelli at vicki.morelli@www.floridahightech.com or call (321) 303-9632.

For more information, contact pressroom@www.floridahightech.com

	Sector Establishments	Employment Average	Employees per Company	Average Salary
Aerospace	296	13,207	44	\$86,227
Financial Services	10,048	92,557	9	\$79,437
Information Technology	5,182	44,164	8	\$84,555
Medical Technology	686	12,233	17	\$62,374
Microelectronics	272	14,351	52	\$79,525
Other (Media, R&D, Telecom)	4,100	52,122	12	\$74,441
Photonics	163	2,020	12	\$63,532
Total	20,747	230,654	11	\$78,638

Ask the experts

Sarah M. St. Louis, MD, Urogyn Specialists of Florida

Living & Aging well magazine asked Dr. St. Louis how did STEM education and access to broadband impacted her career. Here's what she shared...

"I encourage youth to seek activities, internships, and educational experiences in STEM fields. I was introduced to a STEM opportunity when I received a scholarship in college with NASA to promote Women in Science in Engineering. I spent summer internships at NASA and studied biomedical engineering and chemistry. This made me more comfortable as a physician and surgeon to seek out training in advanced minimally invasive surgery techniques, such as the DaVinci Robotic platform. It gives me a great advantage in minimally invasive surgery because it can decrease blood loss, and it provides me with better range of motion with instruments used to operate, and a high definition visual field."

TRAVEL

NEED A VACATION?



The U.S. Travel Association reports that every year average working Americans leave behind unused vacation days. Why would someone not use paid vacation time? Vacations help us keep balance between work and personal life, they render much needed rest and can help you get away to find a new perspective on how to attack every day challenges.

Vacations take strategic and financial planning and the real life hustle can arrange for valid reasons to justify missing on enjoying time to relax, recharge or take on personal projects.

For starter a destination must be selected, then a budget drafted for traveling, lodging, food and leisure activities.

Here are the most common reasons people leave vacation days on the table:

1. Never the right time to walk away from work, school or business
2. Not enough saved money to cover expenses or unexpected bills
3. House sitting arrangements, child and pet care are not always easy to schedule



TRY A STAYCATION

1. Staycations are a great way to take time off and while limiting high expenses.
2. Great time to rest and enjoy the home you work so hard to maintain and pay off.
3. Explore local destinations within driving distance and avoid additional lodging expenses.
4. Picnics and packed meals can also offset eating out during time off.



KIDS BEATING CANCER

No parent ever wants to hear from their doctor, “you child has cancer”. Singer Michael Buble and wife actress Luisana Lopilato experienced the pain and frustration of facing such health giant when their 3 year old son Noah was diagnosed with cancer. Although, it's been reported that Noah is currently responding well to treatment. Thanks to developing research and advocacy, cancer treatment have come to a historical point where parents can find hope and actually see their children cured. Margaret Guedes also heard those news from the doctor. Her five year old son John was diagnosed with Myelodysplastic Syndrome (MDS). A fatal disease that became acute meroblastic leukemia (AML). Margaret sought out treatment for John, with hopes that a bone marrow transplant could save her now sick child. After four years of treatment, at the age of nine John lost his battle, however Margaret declared war on children's cancer.

Leave it to a fierce mother to take a tragedy and turn it into a blessing for other parents enduring similar challenges. During the four year treatment, Margaret experienced several challenges that come with caring for a sick child. She had to temporarily move to another state that provided the care John needed and live in a hospital room. The experience allowed her to understand the trials parents have to endure like; being away from everything that's familiar to them; home, family, friends, missed school and work. Also, lodging food and child care and the financial disrupt and lack of treatment coverage by health plans.



Six months after John's death, Margaret embraced the pain of her loss and became the light at the end of the tunnel for parents with children enduring cancer. She founded the John Voight Memorial Foundation later changed the name to Kids Beating Cancer, Inc. . Since then, over 8,000 kids and their families have received financial, emotional and social services support while receiving cancer treatments in Central Florida. Margaret truly turned her experience into a ground breaking one, she wanted other kids

and parents to have a compassionate a more effective process, so they could focus on caring for their children.

The heart of Kids Beating Cancer's mission is facilitate to children in need of marrow and stem cell transplantation and help their parents before, during and after the process.

The Kids Beating Cancer operation is based on the needs Margaret had to face including match funding, comforting rooms, meals for care givers, outreach, and education. Since their opening, over 8,000 kids have received support and over \$12 million have been raised to improve their treatments and alleviate families from financial burden.

Their signature programs include KARING 4 KIDS where parents and kids get to enjoy family friendly activities to help them celebrate every step of their treatment and journey. In collaboration with the Orlando Ballet School, children get to enjoy special Ballet Therapy. This innovative therapy allows children to build focus and self-assurance while improving overall health and strengthening their muscles.



If you want to donate or learn more about this amazing organization go to:

www.KidsBeatingCancer.com

HOPE FOR HURTING PARENTS

For some families, the beginning of a new year can also be extremely overwhelming. Losing a loved one, enduring the absence of a close friend or family member, financial limitations, and high risk lifestyles and decisions can also increase anxiety and despair. Tom and Dena Yohe lead Hope for Hurting Parents. Their mission allows them to understand firsthand the volatile emotions experienced by hurting parents, family members and friends when a loved one is struggling with addictions, incarceration, suicide attempts and other painful circumstances.

Through their ministry Tom and Dena share their experiences and offer comfort and encouragement to their audience. Their mentorship also include resources and action steps that can help through a painful and isolated journey.

If you or anyone you know are enduring a difficult holiday season and need encouragement you can find more information and resources at www.hopeforhurtingparents.com



1. SALT IS 40 PERCENT SODIUM AND 60 PERCENT CHLORIDES.

2. THE AMERICAN HEART ASSOCIATION RECOMMENDED DAILY SODIUM INTAKE SHOULD BE LESS THAN 2,300 MILLIGRAMS AND 1,500 FOR AT RISK CONSUMERS AND TO ENCOURAGE HEART HEALTH.

3. SALT IS NEEDED TO CONDUCT NERVE IMPULSES, CONTRACT AND RELAX MUSCLES, WATER AND MINERAL BALANCE

Caprese & Kale Quinoa Super Bowl

This recipe can be used as a side dish or vegan entrée.

1 CUP OF BROWN RICE, QUINOA OR COUSCOUS

1 CUP OF HEIRLOOM TOMATOES

2 GARLIC CLOVES

¼ CUP FRESH CHOPPED BASIL

CUP OF CHOPPED KALE

¼ CUP SHREDDED CARROTS SALT & PEPPER

2 TBS. EXTRA VIRGIN OLIVE OIL

1 TBS. BALSAMIC VINEGAR

¼ CUP CHICKEN OR VEGGIE BROTH

Wash and chop all veggies.

Add EV Olive Oil to pan sauté tomatoes on medium heat for about 3 minutes.

Add broth of season with salt and pepper, lower to medium low and cover for 3 minutes.

Cook your quinoa 1 cup of water to ½ cup of quinoa seeds.

Add Salt, olive oil, cook like rice Plate quinoa cover with tomatoes, basil and kale, top with fresh shredded carrots and enjoy!



Veggie Lasagna

- 1 CUP CAULIFLOWER
- 1 CUP BROCCOLI
- 1 CUP ZUCCHINI
- 1 CUP PEPPERS
- 1 CUP SPINACH
- 1 CUP ONION
- 4 TBS. PESTO
- 1 CUP RICOTTA
- 1 CUP CREAM CHEESE
- 2 CUPS MOZZARELLA
- SALT & PEPPER

1. Rough chop and Sautee all veggies in Olive Oil for 4 minutes season with salt and pepper.
2. Add pesto and while hot mix with ricotta and cream cheese
3. Set aside to build your lasagna
4. Make multiple pans
5. Cool down
6. Wrap in aluminum foil and plastic wrap.
7. Label with name and date
8. Freeze them for a future quick dinner

5 *Tips for Cruise Travelers*

PRESCRIPTION MEDICATION

Make sure they are properly labeled in case customs and security have any questions.

AN ACTUAL CAMERA

Although smart phones provide convenient access to a camera, bringing a camera with video on board is recommended to capture vacation memories, especially if you don't want to carry your phone while cruising.

SUNSCREEN IS AN IMPORTANT ITEM

Even if you choose to just lounge around, complement your sunscreen with hats and sunglasses. Protecting your skin from UV is always a win. No big deal if you forget these items, you'll find them for sale on the boat.

WHAT TO WEAR?

Pack interchangeable items according to your destination and activities you want to enjoy. You are cruising so start with a comfortable swimsuit (or two). In some cases that is the only wear you need to enjoy most days. Take into account that most cruises advise patrons to wear shirts and coverall while away from pool areas. T-shirts, skirts, sundresses, slacks, cargos, work out outfit and a formal attire for special evening dining. Going to colder weather, socks, gloves, scarfs and sweaters are in order. Casual shoes like flip flops, sandals and sneakers for any land expeditions.

QUITE ENTERTAINMENT

Cruises provide a variety of nightlife entertainment like, themed club nights, Broadway like shows, casinos and comedy clubs. However is the quite low pace daily relaxation, that make a cruise the perfect environment for a good book, update a journal or simple cloud watching. For a list of what not to pack go to www.royalcaribbean.com and learn more about vacation cruising.



Need a morning energy blasting smoothie?

Try our Flue Baster Smoothie.

1/2 CUP OF STRAWBERRIES
(FOR A SMOOTHER
TEXTURE USE FROZEN)

½ CUP KIWIS

2 OZ. OF FRESHLY
SQUEEZED LEMON JUICE A
SCOOP OF YOUR CHOICE
OF PROTEIN SHAKE MIX

1 PINCH POWDER GINGER
A HANDFUL OF FRESH
OREGANO

¼ CUP FRESH KALE 5 ICE
CUBES

Blend + ENJOY! :-P

What I need?

- 2 tablespoons olive oil
- 1 white onion, chopped
- 3 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon of ginger
- 1 teaspoon of nutmeg
- 1/2 teaspoon ground cinnamon
- 1 can diced tomatoes, drained
- 1 bell pepper
- chopped 2 chipotle peppers
- roughly chopped
- 1 (10-ounce) can chicken broth or veggie
- 2 tablespoons peanut butter
- 2 ounces bittersweet chocolate, chopped
- 1 (5-pound) chicken, cut into
- 8 pieces Toasted silvered almonds for garnish Preheat oven to 350 degrees F.

How to make it?

Heat oil in a sauté pan over medium heat. Add onion and sauté until translucent. Add garlic and spices and continue to sauté to toast and develop flavor. Add diced tomatoes, peppers, chipotles, broth, peanut butter, and chocolate. Simmer for 10 minutes. Strain and puree until smooth. Sear protein of choice (chicken or mushrooms for vegetarian option) in a heavy bottomed hot sauté pan over medium-high heat until browned on both sides. Add to casserole dish, cover with sauce and braise the oven for 45 minutes to 1 hour. Garnish with almonds or pepitas and serve with white rice.

Quick & Easy Chocolate Mole Sauce





STAY FOCUS

DRINK PLENTY OF ALKALINE WATER

Alkaline H₂O keeps your body from harvesting sickness and your organs in utmost shape.

READ LABELS

Don't judge an item for its flashy cover. Read the labels and make informed decisions in regards to calories, carbs, sugar, sodium content of your foods.

DON'T BRING IT HOME

Instead of buying a whole chocolate cake to bring home. Take a break and have a slice at a remote establishment. Why? Because if you bring the whole cake home, you will most likely eat way more than just a slice. True story.

COUNT TO TEN AND REMEMBER YOUR GOALS

It's easy to get caught up in the moment, especially under stressful or hectic circumstances. Before ordering your meal or snack, take a moment to remember the changes you have made and how they improve your overall wellbeing. Also, think of the physical effort required to balance your decision. Accountability is key to keep moving to reach health goals.

HOW CAN A PET MAKE A DIFFERENCE IN SOMEONE'S LIFE?

Pets can become valuable companions for individuals enduring health issues. In addition to helping the blind, service dogs are trained to warn owners when they sense seizure, high blood pressure and they can also assist with occupational therapy, speech therapy and physical rehabilitation. The National Center for Health Research shared results of a 2002 study, where individuals with pets showed better results dealing with stressful situations and showed lower heart rate, increased activity dropping depression symptoms and boosting focus.

The next time you see homeless person with a dog and you ask, how can they care for an animal when they live in the street? Take into account that, their dog is probably the only loving contact they have and their pet provides them with acceptances and a sense of caring for something else than surviving in the street. Unfortunately most people shelters don't have the facilities or provision to accept a homeless individual with their pet.

Seniors and veterans also benefit from pet ownership. Pet caring provides a sense of acceptance and purpose that spills over social interactions and relationships. Pets greatly impact children's emotional development. Not only they have a furry family member always ready to play, they can also learn discipline with pet chores while responsibly caring for their pets.

Since 1937, Pet Alliance of Greater Orlando, has been serving Central Florida's pet needs. They've built their operation based on the principles of compassionate and responsible animal care. Providing shelter, affordable veterinary care and pet manners training for dogs and cats. These programs were developed to help individuals and families adopt and care for their animal companions.

What can you find when you visit Pet Alliance of Greater Orlando? In addition to affordable veterinary care, Pet Alliance of Greater Orlando offers education outreach, animal assisted therapy and a food pantry for seniors receiving meals on wheels services. They have also created signature programs like Paw-Sitive Care, Bark University and Paws in the Park. Their programs offer compassionate volunteer opportunities to those looking to serve and make a difference in the community. Whatever your pet choice might be (dog, cat, fish, bird, horse, etc.) Pet ownership renders great health, social development benefits, but take into account the responsibility that comes with it.

<http://center4research.org/healthy-living-prevention/pets-and-health-the-impact-of-companion-animals/>
<http://petallianceorlando.org/>

Healthier Choices + Endurance = Overall Healthier Results

INSTEAD OF

Pasta
Margarine
Corn oil
White Rice
Potatoes
Red Meats
White Flour Products

SUBSTITUTE WITH

Spaghetti Squash or whole wheat pasta
Unsalted butter, Coconut spread
Olive, Coconut, Grapeseed
Brown rice, Quinoa, Couscous
Cauliflower, sweet & red potatoes
Lean meats, Poultry, Portabella mushrooms, Tofu
Whole wheat grain, nut, rice, potato, Tapioca flours



Cuban Ropa Vieja

• 1 TABLESPOON
VEGETABLE OIL

• 2 POUNDS GRASS FEED
BEEF FLANK STEAK

• 1 CUP BEEF BROTH 1 (8
OUNCE) CAN TOMATO
SAUCE

• 1 SMALL ONION, SLICED

• 1 GREEN BELL PEPPER
SEEDED AND SLICED INTO
STRIPS

• 2 CLOVES GARLIC,
CHOPPED

• 1 (6 OUNCE) CAN
TOMATO PASTE

• 1 TEASPOON GROUND
CUMIN

• 1 TEASPOON CHOPPED
FRESH CILANTRO

• 1 TABLESPOON OLIVE
OIL

• 1 TABLESPOON OF WHITE
VINEGAR

Heat vegetable oil in a large skillet over medium-high heat.

Brown the flank steak on each side, about 4 minutes per side.

Transfer beef to a slow cooker on top of a bed of onion and carrots.

Pour in the beef broth and tomato sauce, then add more onion, bell pepper, garlic, tomato paste, cumin, cilantro, olive oil and vinegar.

Stir until well blended. Cover, and cook on High for 4 hours, or on Low for up to 10 hours.

When ready to serve, shred beef with two forks and serve with tortillas or rice.



Why Meal Prep?

To stay healthy

93 million people in America deal with Obesity/Malnutrition. Obesity and Malnutrition can lead to heart disease, diabetes, gallbladder disease and issues with liver and kidneys. Studies reveal that over 17 million people suffer from type 2 diabetes. Issues with Self-esteem and performance

To save money

According to the Bureau of Labor Statistics the average income for Floridians is \$40,750. Average Lunch Budget \$10 a day 5 days a week on lunch for 50 weeks. Total spent on fast food meals packed with preservatives and chemicals \$2,500 per year.

Benefits of Coach Mira Cooks Weekly Nutritional Plans

- Effective Time Investment
- Efficient Budget Investment
- Make the best of your meal time
- Portion and nutritional control

**ATTENTION:
SINGLES, NEWLYWEDS,
RETIREES, EMPTY
NESTERS**

Cooking for One or Two?

Cooking for one or two can be a great way to enjoy a great variety of ingredients, while getting the best value for your time and food budget. It can also be challenging for those used to cooking for a big family or group. Here are some best practices to keep your nutrition update without waste!

Plan a budget

Having a budget puts you in control of your food supplies and spending.

Choose quality over quantity

Smaller quantities of higher quality of wholesome ingredients is good for your health.

Meal Prep

Invest time in a system to pre make meals instead of wasting ingredients or spending money eating out.

Get creative with leftovers

A rice or noodle Stir Fry are great ways to enjoy left overs. Also, salads and sandwiches, perfect for a quick lunch or snack.





Shop for less

Fresh fruits and veggies can be frozen

Before they go bad and go to waste, eeze your fresh fruit and veggies. They are great for smoothies, soups and stews.

Keep track of Inventory

Check and take note of your supplies often to avoid spending on items you already have at home.

Double up and Save

Take advantage of BOGO sales with your favorite ingredients and avoid multiple trips to the store.

Choose smaller packages

Most food retailers offer single or two serving options, even pre seasoned or pre prepped packages.

Keep cans for quick meals

Low sodium, organic canned beans and veggies are great to complement a healthy meal when time is limited.

Keep track of expiration dates

In addition to nutritional information, labels provide important information like expiration dates and how ingredients are sourced.



WE
COOK
YOU
REACH
YOUR
GOAL



Learn more about our nutritional plans.
BREAKINGBREADWITHMIRA.COM

