

Fall Reset Intensive. We share a daily quote, a tip for your personal inspiration on health and vitality, plus a recipe or legal cocktail to keep you motivated and on track.



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Diane Vetterlein & LynAnn King

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Fall Reset Intensive - Getting Back on Track



Day 7—Fall Reset

The journey continues . . .

Inspirational Quote of the Day

"Be intentional when dining." ~ Diane & LynAnn

Tip of the Day

5 Ways to Create Special Moments at the Dinner Table

This is our life, Now. Creating those special memorable moments with friends and family often happen around meals. Here are 5 ways

to enhance that experience.

- **Eat in the Dining Room** - it may be the special Sunday dinner, or nightly dinner - you choose what works best.
- **Use the Good China** - why not? You personally selected that china because it made you happy.
- **Dress Up for Dinner** - yes, we have our good clothes for wearing out in public, and our at home attire (or is that tired - ha!) Seeing everyone dressed up can actually make your meal even more special and memorable.
- **Invite Friends and Family to dinner** - make those invitations. Spend as much time with your friends and family as you can while you still have the chance.
- **Encourage One Another** - a fun game, and a great practice, is to go around the table and say one nice thing about each person. These words of encouragement have the power to feed our spirit and lift us up.



Create Special Moments at the Dinner Table

Recipe or Cocktail of Day - Stretch and Make Something New

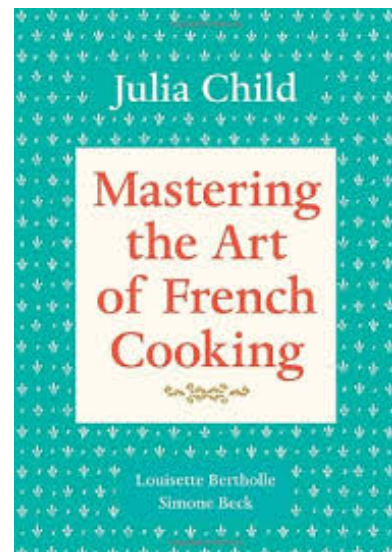
Look Up a Recipe

When going out to a restaurant, you'll notice that the menus are filled with your favorites. You know yours.

It could be Chicken Marsala, Filet Mignon with a wine reduction sauce or as simple as Bacon-Cheddar Burgers with Carmalized Onions.

Whatever your preference, pull out your favorite recipe book or go online where there's a wealth of pictures and recipes, and announce your plans.

Challenge your cooking skills, it's fun!



Pull Out Your Favorite Recipe Book



Rack of Lamb



Sesame Seed Crusted Ahi Tuna



Filet Mignon with Red Wine Reduction

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