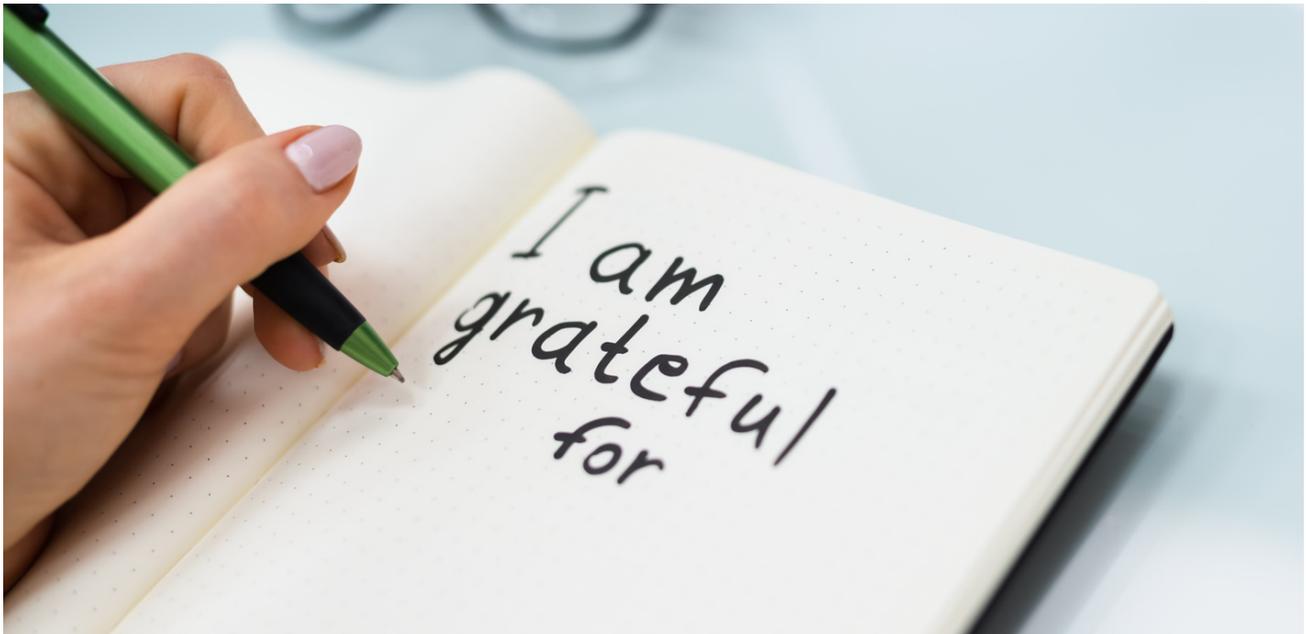




HOW A SIMPLE DAILY PRACTICE CAN CHANGE YOUR LIFE



But Jen, Thanksgiving is over...?!

Don't let a calendar holiday be the only time you and your loved ones practice gratitude. I used to scoff at the idea of such a thing, let me explain why it's so powerful.

*"Enjoy the little things for one day you might look back and realize they were the **BIG THINGS**".*

ROBERT BRAULT



THE "WHAT" AND THE "HOW" OF GRATITUDE

GRATITUDE:

- Boosts the immune system and has been shown to help contribute to an overall sense of well-being.
- Improves mental health- Gratitude is one of many factors that contributes to positive mental health outcomes.
- Improved relationships -Gratitude not only improves your physical and mental well-being; it may also improve your relationships. It has been shown to strengthen bonds between parents and children.
- Increased optimism and curbed frustration.



Gratitude involves recognition of the positive things in your life and how they affect you. This can range from acknowledging a beautiful flower you pass on the sidewalk to the feeling of thanks that comes from recovering from a serious illness.

You can practice gratitude in lots of different ways, like:

- gratitude exercises, such as journaling
- paying attention to the little things in life, like the birds in the trees
- telling someone you're grateful for them or for something they did, even if it was a long time ago
- doing something kind for someone in your life to express your gratitude
- meditating on the positive aspects of your life
- giving thanks through prayer



Your kids are doing it all the time! They live in the moment. Observe them as they discover something new, greet someone they love or simply soak up their unabashed curiosity. Rediscovering even the smallest degree of that as adults can have huge benefits.



WHAT THE NUTRITION!?!

While gratitude isn't a nutrient per-se, we can find it in food when we take a moment to appreciate what we are about to enjoy!

Slow Cooker Beef Shank

- 1 1/2 tbsps
- Extra Virgin Olive Oil (divided)
- 2 lbs Beef Shanks
(cut into 3-inch pieces)
- 3 Garlic (cloves, minced)
- 1/2 White Onion (large, sliced)
- 3 cups Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 2 cups Cauliflower Rice (cooked)
- 3 bunches Broccolini
(trimmed, chopped)



1. Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker.
2. Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
3. Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
4. Meanwhile, steam the cauli rice in a pan with a little water and season to preference.
5. Next, add the broccolini to a large pan over high heat and cover halfway with water. Boil for about six to eight minutes, or until fork-tender.
6. Divide the beef shank, rice, and steamed broccolini onto plates and enjoy!

