FLORIDA LIVING:
~LOVE + GRATITUDE~

THE

QUARTERLY JOY

GRAPEVINE

2024

SOUL FOOD

1st ED. 4.24.24

5 HOTTEST HAIRSTYLES

#ABUNCHA EZ @HOME DIY RECIPES

THE "IN" STYLES

WHAT'S "HOT" NOW

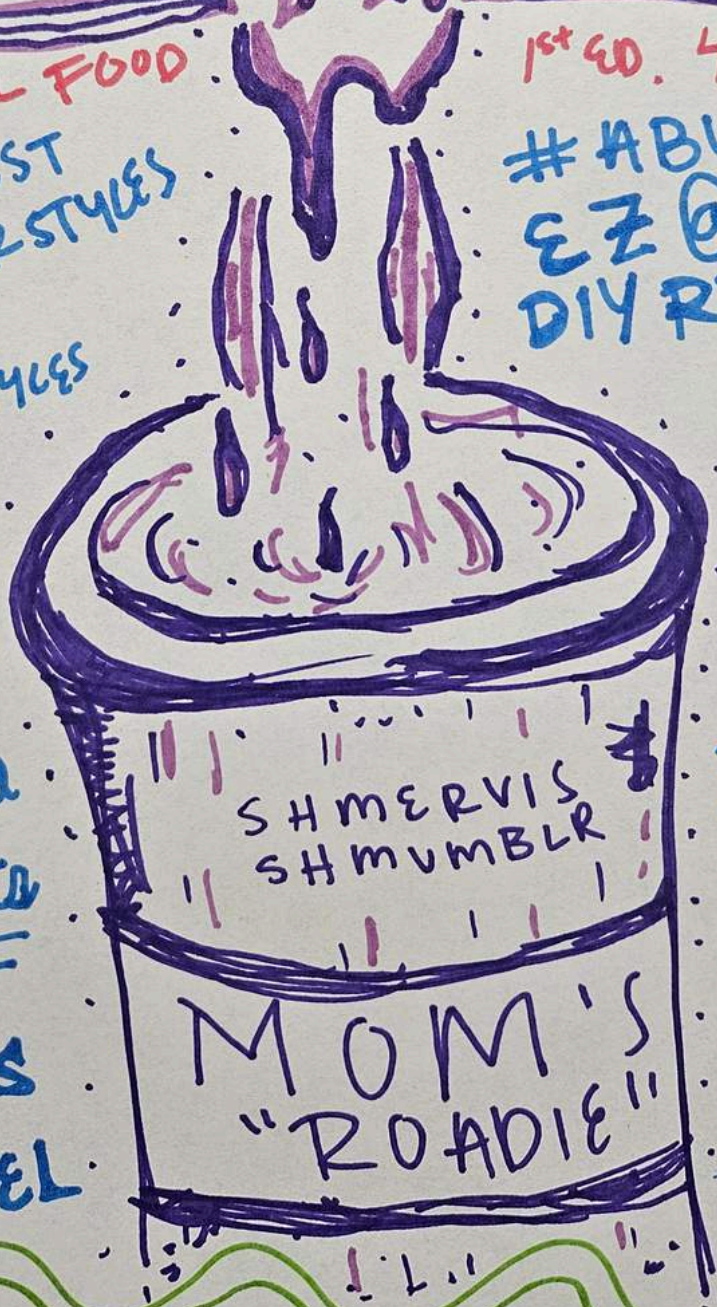
HOW 2 SELF HEAL

Wut is spiritual ???

Skincare Secrets

IDEAS + TRAVEL

Be cool + LOVE



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Fashion
IS MY PASSION

5 Hottest Hairstyles -ON EARTH-

4. THE SHIHTZU

3. THE WILLIE NELSON

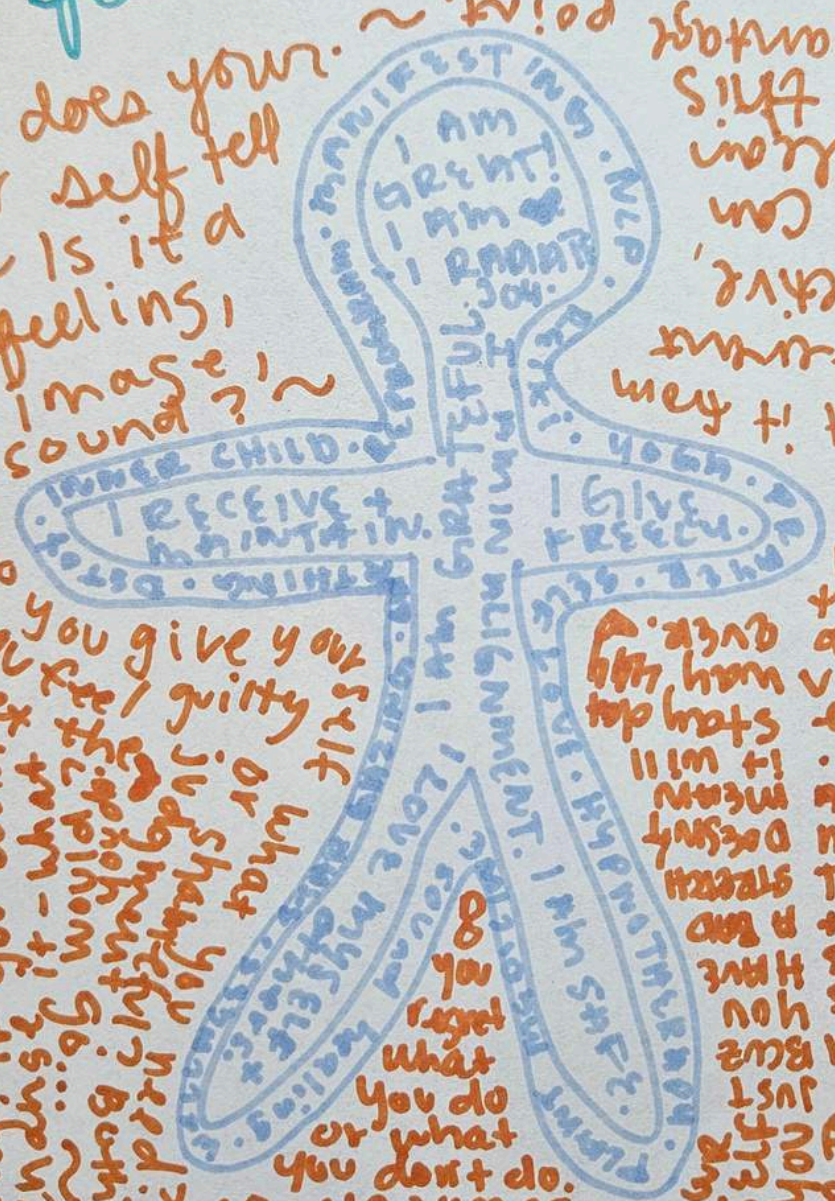
5. THE SLICK IT ALL BACK

2. THE LIONNESS

1. THE TRINITY

HOW 2 SELF HEAL

feel ~ surrender ~ let go



what does your higher self tell you? ~ is it a word, color, feeling, taste, image, sound? ~

Did something in the past trauma you or impacted you do to you give you guilty or ashamed to this day?

IF you could do anything in the world you'd do it?

IF you could change anything in the world would you do it?

What do you BELIEVE in you.

What do you think you're capable of?

What do you regret you do or what you don't do.

What are you most proud of?

What are you most ashamed of?

What are you most grateful for?

What are you most thankful for?

What are you most afraid of?

What are you most excited about?

What are you most passionate about?

What are you most curious about?

What are you most interested in?

What are you most skilled at?

What are you most talented at?

What are you most gifted at?

What are you most blessed with?

What are you most lucky for?

What are you most fortunate for?

What are you most privileged for?

What are you most honored for?

What are you most humbled for?

What are you most proud of?

What are you most ashamed of?

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What are you most gifted at?

What are you most blessed with?

What are you most lucky for?

What are you most fortunate for?

What are you most privileged for?

What are you most honored for?

What are you most humbled for?

Look at it from a different perspective, what can you learn from this new vantage point. ~

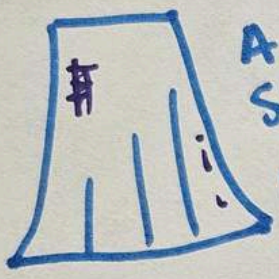
Do you believe that you are unique, valuable + empowered ... WRITE a self love message to yourself + PUT IT some place special for a bad day. Just have a look at it when you need it that's what it will mean because of your quick.

THE "IN" STYLES

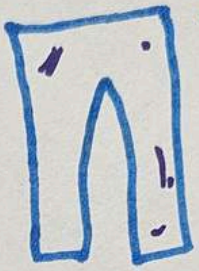
FASHION IS A CYCLE TURNING FOREVER

EVERYONE ALWAYS DO'S A DEEP V-T

CUT-OFFS = APPROACHABLE



A LONG MAXI SKIRT IS USUALLY MORE UNRISQUÉ



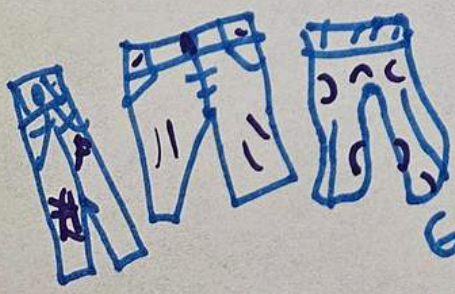
THE YOGA PANTS THAT HOLD IT ALL IN + ARE THIN

JEWELRY PULLS IT ALL TOGETHER + MEANT POWER IN YE OLDE TIMES.

comfortable footwear is better for aging.

COLLARS + ZIPS SAY "I'm clean cut + preppy". PAIR WITH BOAT SHOES + NEON.

CROP TOPS ARE A WAY OF LIFE.



CAPRIS, PETAL PUSHERS + GAUCHOS

Who doesn't love a good culotte?

A LONG VEST COVERS IT ALL UP.

U DON'T HAVE 2 WEAR THONGS ALL THE TIME

WRITE DOWN WHAT IS HOT TO YOU AND WHY.

SKINCARE Secrets

TONY MOLY · LANEIGE

DR. JART · SHHHH!!!

GUA SHA
TURMERIC + HERBS
KOREAN FACEMASKS
SERUMS + OILS
THE RIGHT MOISTURIZER
PIMPLE PATCHES
TONICS + WATERS
SPRITZE + MISTS
ESSENTIAL OILS
SWEET POTATOES
CLEANSERS
EXFOLIANTS
SELF-LOVE
SLEEP
POSITIVE SELF-TALK
MIRROR WORK

Hold on
2.22
your buns

Amy

Poem:
"LIGHT"

CAN YOU
OPEN UP
AND PUT
IN THE LIGHT
OF YOUR OWN
SOUL TO OPEN
YOUR HEART
TO THE PORTAL
OF THE INFINITE
THAT OPENS TO
GOD'S CUPPED
HANDS INVITING
YOU TO SURRENDER

???

~ RAISE YOUR FREQUENCY ~

GRATITUDE LIST:

1.

2.

3.

4.

5.

HAVE YOU EVER:

seen a shadow
in the corner...

... or heard a
whisper alone...

...

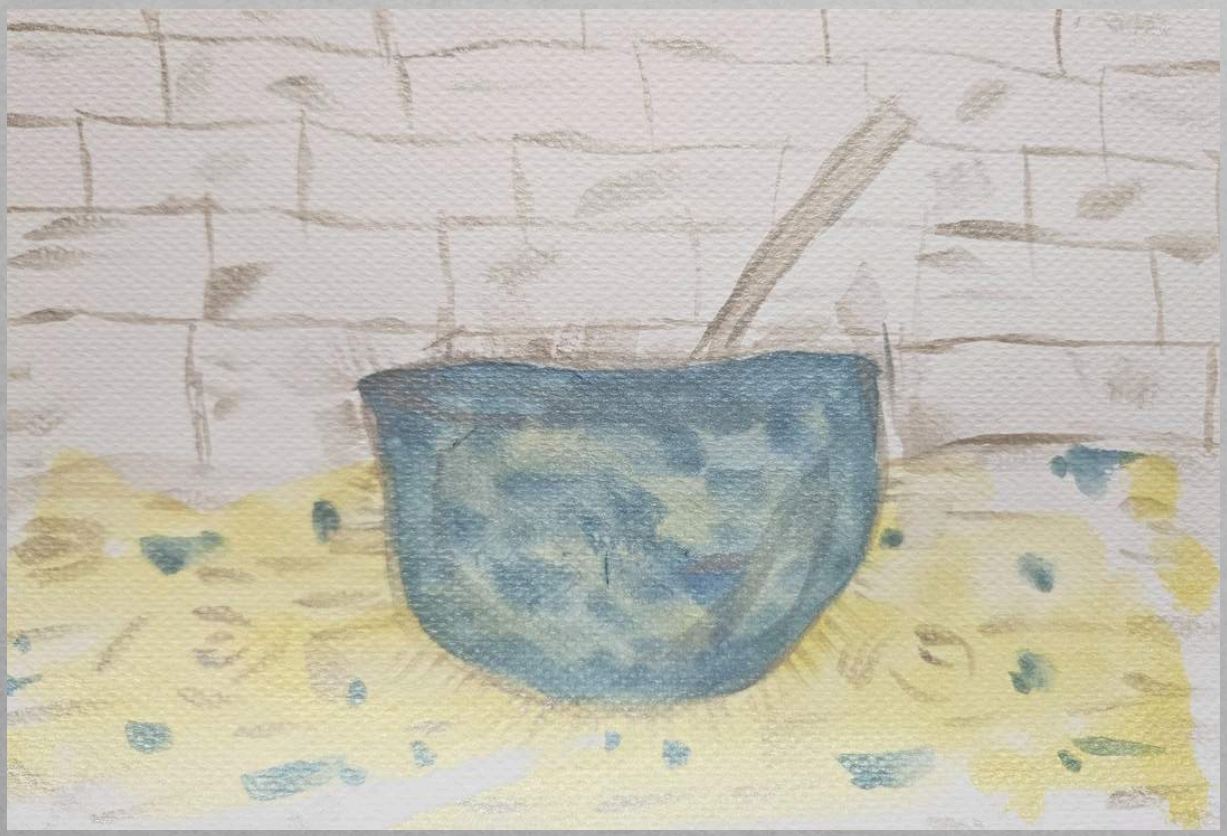
or felt a chill run
down your spine...

... or experienced
a "knowing" on
the inside of you...

...


FOOD
F O
O D
FOOD
FOOD FOOD


BOWLS



RECIPE #1

ZUCCHINI
POTATO
PANKO
GOAT CHEESE
BUTTER
MUSHROOM
HERBS
SPICES
LEMON

AIRFRY THE VEGETABLES
COCONUT OIL & SPICES

11 MIN.

ADD MUSHROOMS, PANKO, GOAT CHEESE, BUTTER

5-7 MIN

RECIPE #2

FROZEN BANANAS
MILK OF CHOICE
VANILLA
SALT
COCOA POWDER
NUT BUTTER
SUPPLEMENTS/
PROTEIN

BLEND IT ALL UP

TOP WITH GRANOLA, DRIED FRUITS, CHOCOLATE, DRIED COCONUT, CHIA SEEDS FRUIT

RECIPE #3

ONION
SWEET POTATO
CARROT
CELERY
TOMATO
ZUCCHINI
HERBS + GARLIC
BROTH
NOODLES OR QUINOA

SAUTE THE ONIONS IN OIL

ADD THE CARROTS, CELERY, POTATO, AND GARLIC AFTER A FEW MINUTES

ADD THE BROTH AND TOMATOES

BRING TO BOIL THEN SIMMER WITH THE GRAINS

RECIPE #4

RICE
AVOCADO
SWEET POTATO
RED ONION
HERBS
HUMMUS
GOAT CHEESE
PINE NUTS

MAKE THE RICE + ROAST VEGETABLES OR AIR FRY

ASSEMBLE THE BOWLS

TOP WITH HOT SAUCE + LIME

RECIPE #5

WATER INFUSERS

GRAPEFRUIT +MINT

CUCUMBER + MINT + LIME

LEMON + PARSLEY

CLEMENTINE

*YOU CAN ALSO ADD LIQUID CHLOROPHYLL TO YOUR WATER FOR MORE DETOXIFYING EFFECTS.

TAKE AS RECOMMENDED.

RECIPE #6

COCOA POWDER
VANILLA
MILK
SALT
SWEET: SUGAR, HONEY, AGAVE
CINNAMON
MARSHMALLOWS

*HEAT THE MILK ON THE STOVE ON MEDIUM LOW. ADD COCOA AND THE REST OF THE INGREDIENTS.

TOP WITH LOVE..

RECIPE #7

RAMEN NOODLES
GREEN ONION
HOT SAUCE
FRIED EGG
LIME
CILANTRO

PRETTY SELF-EXPLANATORY.

RECIPE #8

OATMEAL
MILK
WATER
DRIED CRANBERRIES
CINNAMON
CHOCOLATE CHIPS
NUTS
DRIED COCONUT

TOP WITH MILK OR ICE CREAM.


PLATES

RECIPE #9

PANCAKE MIX
BANANA
CINNAMON
FLAX SEED/CHIA/HEMP HEARTS
CHOCOLATE CHIPS

*YOU CAN ADD PROTEIN POWDER
AND ADJUST THE LIQUIDS.

RECIPE #10

BAGGED SALAD
SHAVED CARROT
HERBS
OLIVE OIL
BALSAMIC VINEGAR
MUSTARD
LEMON
SALT + PEPPER
PINE NUTS

MAKE YOUR BAGGED LETTUCE
COME TO LIFE!

RECIPE #11

BREAD
HUMMUS
HERBS
BELL PEPPERS
AVOCADO
SMOKED PAPRIKA
GARLIC POWDER
EGG

TOAST YOUR BREAD & TOP IT

RECIPE #12

PIE CRUST
EGGS
MILK
HERBS + SPICES
VEGGIES
GRUYERE
HOT SAUCE
HERBS

PREPARE THE PIE CRUST.

MAKE THE QUICHE FILLING. EGGS + MILK --> ADD VEGGIES AND OTHER FILLINGS.

BAKE + TOP WITH YOUR FAVES.

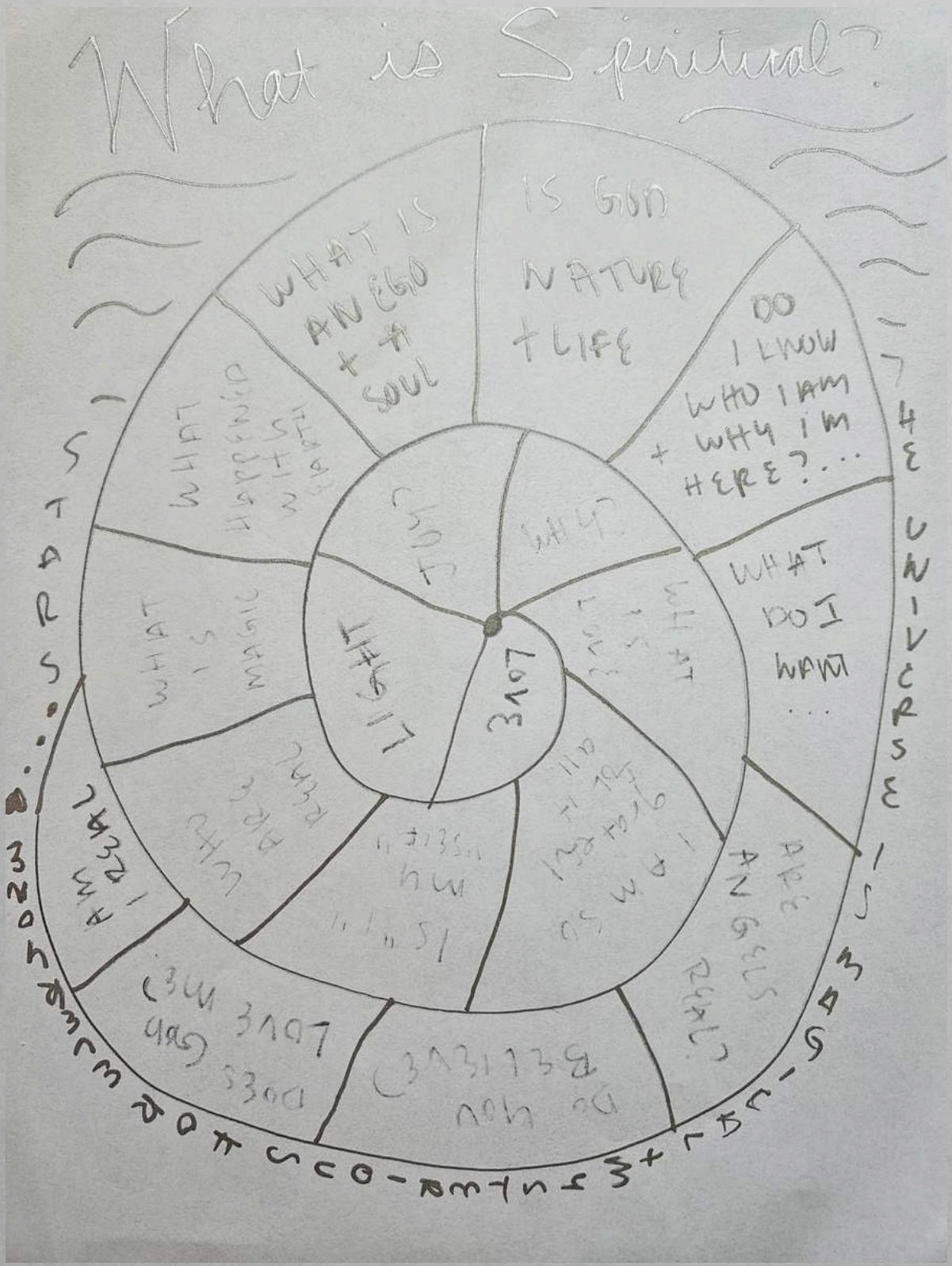
TREAT YOURSELF.

#chickychickyparmparm

you matter!

* yuh, u do... *

(self-love is a practice.)


What is Spiritual?
IS GOD NATURE + LIFE
DO I KNOW WHO I AM + WHY I'M HERE?...
WHAT DO I WANT...
WHAT IS AN EGO + A SOUL
LOVE
LIGHT
THE UNIVERSE IS SPIRITUAL...


BE
COOL+
LOVE!
YOU
OOOOOOOOOOOOOOO
...(PUT ME ON UR FRIDGE)...

T H A N K Y O U

LETTER FROM THE EDITOR

Just wanted to swing on and by and thank you for being here my sparkle queens and kings and non-binaries!

I've always loved drawing and writing and creating with markers, crayons, and colored pencils. Grandma gave me an album of my childhood drawings that I made for her. Your hands are magical tools for creation, rather than destruction. When we create things with our hands, we engage in kinesthetic learning.

I am a visual learner. That's probably why I also like literature, art, and graphic design. Visual communication. Some people are auditory learners. If I hear it, I won't remember it. Knowing yourself is an integral part of self-development and expansion as you learn, grow, and heal on your own personal journey.

My intention is to create beautiful content that instructs and delights. Did Aristotle say that or Socrates? It's all Greek to me...

Please enjoy!

Lauren West

EDITOR-IN-CHIEF

The Scoop:

LET'S LINK

S E N D I N G B L E S S I N G S + A B U N D A N C E

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A magazine is a periodical publication, which can either be printed or published electronically.

It is issued regularly, usually every week or every month and it contains a variety of content. This can include articles, stories, photographs and advertisements.

To create your own, choose a topic that interests you.