

February 2024 Newsletter

Title: The Super Bowl Snack You HAVE to Try

Subtitle: Open for this month's FREE meals plans and recipes!

It's that time of year again! I love the Super Bowl. Not because of the game itself, but because I love friends and food!

I've been experimenting in the kitchen a lot lately, thanks to a month-long food elimination plan to support me in my trauma-healing journey and clear up some autoimmune skin issues. I am loving the mental clarity I have and the energy is a fun bonus!

These Buffalo Chicken Taquitos are grain-free and dairy-free, but packed full of flavor. I wish you could've seen my expression when I bit into the first one. I'll be sharing these on the local morning news this Friday; they're that good!

Buffalo Chicken Taquitos

Ingredients:

- 2 cups cooked chicken, cubed in tiny chunks or shredded
- ¼ cup Primal Kitchens buffalo sauce
- 1 package Siete almond flour tortillas (the almond flour gives the perfect texture, but if you have allergies, you could try their cassava or chickpea flour ones)
- Avocado or extra virgin olive oil
- Optional: shredded cheese

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Cover a large baking sheet with parchment paper.
3. Mix the chicken and sauce together so that buffalo sauce is covering every piece. Adjust sauce as needed. You want it to be coated, not soupy. Nobody likes soggy taquitos!
4. Place a dollop of avocado oil on your parchment paper, then lay a tortilla on the oil, moving it around so it gets coated completely. Spray oil would work well here if you don't want a mess. If you get too much oil, coat more tortillas with it. You'll do this to all of them eventually anyway.
5. Place chicken mixture (plus cheese if you want) down the center of the tortilla, then roll it like a taquito and place on the pan, seam-side down.
6. Repeat with the rest of the taquitos.
7. Place in the oven for 20-25 minutes, until edges just start browning. For my oven, 22 minutes is the magical time.
8. Serve with salsa, guacamole, ranch dressing ([I love this one](#)), or more buffalo sauce!

Book Update!

As you may know, I signed a two-book contract with Tyndale last September. The manuscript for book one is completed, and the official editing process has begun! Birthing a book baby takes a huge village, and my book is in good hands with an incredible team. Will you join me in prayer for this process? I share much of my story in this book, which is scary and builds up plenty of room for self-doubt and imposter syndrome. I'll be gathering a launch team soon to help promote the book, so if you're interested, shoot me an email back!

Want to partner with your body in nourishment? Check out my [Nourishment Journal](#) that I designed with my individual client needs in mind. This is a great way to start checking in with yourself to determine if you're getting enough nutrients.

Monthly Meal Plan

Every month, all newsletter subscribers get access to an *exclusive meal plan, grocery list, and recipes* for the entire month! That's right, this is the only place you can get it. Be sure to tell a friend to subscribe for access!

This month's meal plan is for those of you with a busy month ahead. These recipes are fast and tasty, especially if you're on the go!

[Click Here](#) for the Meal Plan

[Click Here](#) for the Recipe List

Need Family Meal Ideas? Buy my recipe book on Amazon!

I partnered with my friend, pediatrician Dr. Alina Olteanu, to bring you a brain food recipe book that the whole family will love! It is available now on Amazon! Grab a copy [here](#).

On the podcast last month:

(List and link podcast titles for January)

Sponsor Deals for January:

Trumeta mushroom coffee is a premium, organic coffee made with mushrooms like Lion's Mane, Reishi, and Cordyceps to support productivity, stress resilience, and sustained energy. You can get a FREE electric mixer and 40% off the coffee, plus free shipping, when you go [here](#).

Juj Bitters are digestive bitters formulated to help support digestion, soothe gastric discomfort, and they're celiac-friendly, unlike other bitters. I am loving adding a few drops into my flavored seltzer for a mocktail! Check them out [here](#), and use the code spark to get 10% off.

Supplements I Recommend:

Got stress? Check out my recommended supplements and protocols. They're available in my [Full Script store](#), and creating an account is free! All of my clients get 10% off their first order.

Looking to quick start your wellness journey? [These are the products I started with.](#) Combine them with the Three Day Reset and you will see a huge boost in your health and well-being! I've partnered with this company for nine and a half years now, and there's a reason I still take the products. They work!