**Introduction**

 I would like to begin with bit about me and how this recipe came about. I am a hardworking woman who gives herself relatively little time to actually slow down and relax, catch up on my “me time,” and reconnect with those who matter most to me. I also love to cook and discover new recipes that I can modify for personalization purposes. I thought it fitting to put two and two together and make a “recipe” for all those women out there like me- the ladies who forgo their self-care and rest for the betterment of their career, family, or other endeavors.

This is all well and good until someone makes a comment about how tired you look, how you should smile more, or the quintessential “what’s wrong?” Let’s see, I am sleep deprived, giving into my bad food cravings, stretched thin trying to maintain the delicate balance of being a wife, mother, friend, working professional, daughter- all the roles women are expected to perform. And it is incredible we can perform these different roles well; however, we are only human, and we are deserving of personal time to reconnect with what makes us… well, ourselves.

In these next few pages, I provide a recipe for a perfect day, guaranteed to make you feel refreshed and more able to take on the world. Remember, if we want to do our best, we should feel our best, and it’s okay to take the time to make that happen. I hope this recipe provides you with a perfect day or at least a start to something your mind and body will thank you for.

**Note:** Of course, not all of us women think alike and you will see substitutions for those of us who are perhaps more introverted or desire more “me time.” As always, feel free to make any modifications you see fit, and most importantly of all- have fun!

Lady’s Perfect Day

##### **Yield:** A Happy Woman

##### **Prep time:** 1 Day

##### **Total time:** 1 Day of Planning=1 Day of Fun

# Ingredients/Activities

### **Hot Coffee and Baked Good |** 8:00am-8:45am

### **Morning Walk |** 9:00am-9:30am

### **Makeup Done |** 10:00am-10:30am

### **Hair Appointment** | 11:00am-12:00pm

### **Manicure and Pedicure** | 12:30pm-1:15pm

### **Lunch with Girlfriends** | 1:30pm-2:15pm

### **Shopping with Girlfriends** | 2:30pm- 4:00pm

### **Home to Read/Watch a Show/Relax /Me Time**| 4:30pm-5:30pm

### **Get Ready for Dinner Date** | 5:45pm-6:30pm

### **Dinner and Date** | 6:45pm-7:45pm

### **Drinks and Movie** | 8:00pm-9 or 9:30pm

### **Hot Bubble Bath** | 9:45pm-10:00pm

### **Massage by SO (Substitute Face Mask if Single) |** 10:15pm-10:45pm

### **Sleep** | 11:00pm or Later

# Directions

1. Brew, fix, and serve coffee just how she likes it (cream &sugar, cream no sugar, sugar no cream, black) in bed. Offer baked treat or something small for breakfast like a scone, muffin, toast, or bagel. Can be sweet or savory depending on taste.
2. Tie up those walking shoes and throw on something comfortable, but sporty. Walk, take in the sights around you, breathe in the fresh air, and think about how much fun the rest of the day is going to be.
3. Freshen up and go have a professional create a look that flatters you and makes you feel best.
4. Have the hairdresser give you a new color to try, trim those dead and split ends, and style your hair so that it lasts the rest of the day.
5. Take yourself to a nail salon to get cuticles clipped, nails shaped, color added, feet and hands massaged, skin exfoliated, and any calluses removed for improved skin health and vitality.
6. Have lunch at a new or old favorite place with the girls for hearty conversation, renewed energy, bonding, and the experience. Talk about what to buy when you shop after.
7. Pick out a favorite shopping center. Strip mall if the weather’s nice or a bustling indoor mall to escape any unfavorable weather. Stores with sales are the best because it makes you feel like getting more bang for your buck; however, treat yourself if you stumble across something you “can’t live without.”
8. Say goodbye and head home to take a load off- you’ve done a lot so far and there’s more to come! Cuddle up with a good book, take a nap, watch TV, whatever makes you feel relaxed and happy.
9. Whether it be with your long-term partner, a first date, or anything in-between- get dolled up to go out to a nice dinner and good conversation.
10. At dinner, order appetizers you can share and comment on, get an entre you’ll devour, and dessert for some sweet memories after.
11. Depending on whether or not you see yourself as an introvert or extravert, rent a movie for at home indulgence or go to a theatre and crunch some popcorn while you lean back to take in a motion picture on the big screen. (This will also depend on if there is anything good being shown.)
12. Come home, kick your shoes off, and submerge yourself in a hot bubble bath, complete with scents, Epsom salts, bath bombs- you have plenty of options here.
13. Now, depending on if your part of an adorable couple or a stunning single lady, either have your significant other give you a nice massage and see where it leads, or put a face mask on and lay back to let it do some work.
14. By the end of this day, you should go to sleep with a smile on your face, content with everything you accomplished and the memories you made.

## Special Diet Information/Substitutions Coming Soon!