

MAGAZINES

Vibrant Eating
Spring Clean Your Diet
Junk Food
Juicing
Smoothies
Batching Made Easy
Breakfast
Lunch
Salads
Evening Meal
Vegan Protein
Healthy Snacks
Chocolate
Healthy Drinks
Healthy Eating In Winter
Healthy Holidays
Delicious Christmas

1-HOUR TO HIGH VIBE

A Disorganised Kitchen
Kitchen Countertops
Kitchen Cupboards
Fridge & Freezer
Kitchen Accessories
Your Batching Experience
Your Water
Juicing Routine
Breakfast Experience
Packed Lunches
Evening Meals
Junk Food
Healthy Snacks
Salads
Your Protein Sources
Festive Eating

HOW-TO GUIDES

Reset Your Body In 24-Hours Or Less
Remove Junk Food From Your Life
Take Your Diet To The Next Level
Set-Up A High Vibrational Kitchen
Create A Juicing Station
Create A Smoothie-Making Zone
Plan A Week Of Batching
Plan & Prep Your Breakfasts
Plan & Prep Your Lunches
Plan & Prep Your Evening Meals
Create Delicious Dressings
Make Healthy Snacks At Home
Make Amazing Mocktails
Know & Plan Your Macros
Create A Winter Storecupboard
Plan A Healthy Festive Menu

PRINTABLES

What I Want: Health
Junk Food Hit List
Pairings & Associations
High Vibrational Kitchen Checklist
Batching Calendar
Daily Macro Tracking
High Protein Favourites
My Go-To Proteins
Salad Ingredients
Dressing Ingredients
Dressing Recipes I Love
Favourite Spa Water Combinations
Drinks Recipes I Love
Drinks To Always Have On Hand
Favourite Mocktail Recipes
Delicious Christmas
Festive Menu
Christmas Menu Countdown Calendar

MAGAZINES

Mindset
Organisation
Make Space
Intention Setting
Fresh Start
Life Reclamation
Best Life
Morning Routine
Perfect Day
Evening Routine
Success
Home Office
Financial Organisation
Financial Abundance
Friendship
Personal Style
Enough Is Enough
Rewrite Your Story

1-HOUR TO HIGH VIBE

Your Mindset
To-Do List
Weekly Schedule
The Week Ahead
The Next 12 Months
Cellphone
Everyday Handbag
Bedroom Nightstand
Your Underwear Drawer
Your Shoes & Bags
Your Skincare & Make-Up
Bath & Shower
Office Desk
Filing System
Purse / Wallet
Money Systems
Your Success System
Social Life
Your New Year's Eve

HOW-TO GUIDES

Know If It's A Definite Yes
Stop Self-Sabotaging
Create A Perfect Day For Yourself
Make Space For Magic
Bring In More Money
Organise Absolutely Anything
Create The Perfect Home Office
Figure Out Your Net Worth
Create Your Perfect Circle Of 5
Take Control Of Your Life
Detox Your Closet
Create A Squealicious Vision
Set Yourself Up For Success
Create The Perfect Evening Routine
Get Out Of Overwhelm
Create The Perfect Home Office
Make The Highest Decision In Any Situation
Why Is This Happening To Me?
What Is Your Life Trying To Tell You?
Close The Year In Style

PRINTABLES

Body, Heart, Mind & Soul Check-In
What Do I Want Right Now?
What Do I Need Right Now?
What Do I Know For Sure?
What I Want: Wealth
What I Want: Happiness
Birthday Wishlist / Black Friday Shopping List
Things I Will Buy Myself In The Future
Morning & Evening Routine Planner
Things I'm Looking Forward To This Week
Reward Menu / My Best Month Ever
Home Office Checklist
Successful Project Checklist
Make Space For Magic Planner Page
Enough Is Enough Worksheet / What's Sparking Me
Tolerations List / Energy Drains
Story Rewrite Template
Seasonal Closet Planner
New Year Prep Lists / This Was The Year That I...

BREAKFAST RECIPES

Fresh Fruit Salad w/ Macadamia Cream
Dried Fruit Salad with Almond Milk
Power-Packed Smoothie Bowl
Raw Muesli
Overnight Oats with Superfoods
Apple Pie Overnight Oats
Blueberry Dream Muesli
Simple Chia Pudding
Breakfast Parfait w/ Granola
* Gourmet Avocado Toast
* Savoury Breakfast Burritos

SALADS & DRESSINGS

Classic Jar Salad
Kale & Avocado Salad
Creamy Sea Salad
Mango Salad
Sumptuously Satisfying Super Salad
Simple Vinaigrette
Tastebud Tantaliser Dressing

SOUPS & SIDES

Green Ginger Soup
Classic Gazpacho
* Mason Jar Soup
Truly Raw Coleslaw
Harvest Veggie Slaw
Marinated Veggies
Almond Hummous
Cashew & Macadamia Cheese
Mushroom Pâté
Karen's Favourite Guacamole
Raw Mayonnaise
Super-Sexy Olive Cream
Raw Sweet Potato Salad
"Fried" Mushrooms
Marinated Mushrooms
Italian Flax Crackers

MAIN MEALS

Raw Thai Veggie Curry
Veggie-Nut Burgers
Carrot & Almond Loaf
* Vegan Power Bowl with Tahini Dressing
Karen's Favourite Nori Rolls
Asian Nori Rolls
Classic Spring Rolls
Butternut Noodles & Tahini Orange Dressing
* Lentil & Mushroom Bolognese
Creamy Sunflower Seed Ranch Wraps
* Creamy Chickpea Spinach Skillet
Hemp Protein Bowl
* Maple Tamari Tofu Power Bowl

SWEET STUFF & SNACKS

Chocolate Dipping Sauce
Raw Halva
Fruit and Nut Surprises
Fig Rolls
Pecan & Raisin Flapjacks
Chewy Mango Cookies
Chocolate Banana Lollies
Curried Nori Bites
Cookie Dough Bites

DESSERTS

Raw Carrot Cake
Raspberry Passion Pudding
Healthy Banana Split
Marvellous Mango Pudding
Raw Banoffee Pie
Chocolate Pudding
* Chocolate Protein Mousse
Persimmon Pudding

JUICES

Beets the Best Juice
Pine-Apple-Berry Juice
Happy Juice
Luke's Juice
Green Goddess Juice
Get the Green Buzz Juice

SMOOTHIES

Strawberry Ice-Dream Smoothie
V8 Smoothie
Goji Berry Smoothie
Mono Melon Smoothie
Orange & Banana Smoothie
Passion Fruit Smoothie
Simple Green Smoothie
Superfood Smoothie
Dark Cherry & Chocolate Smoothie
Protein Smoothie
Young Coconut Smoothie

MILKS & SHAKES

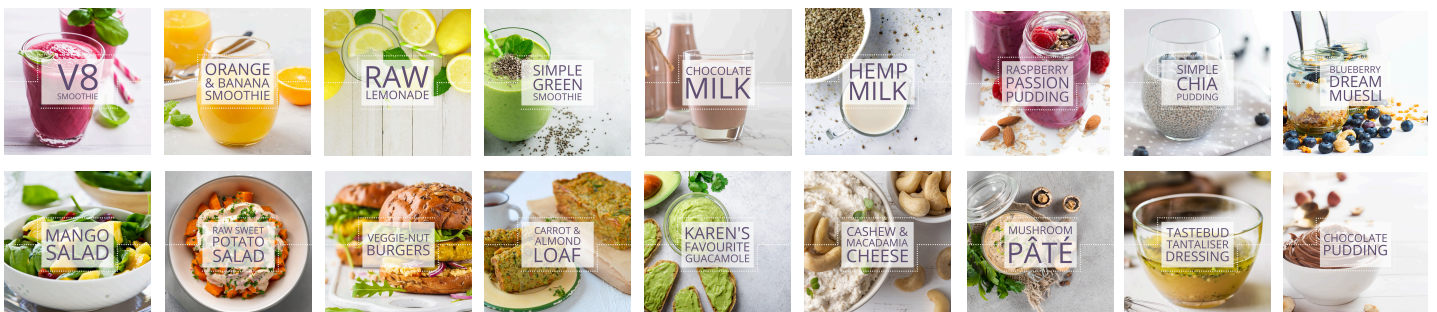
Sweet Comfort Milk
Sweet Vanilla Pecan Milk
Vanilla & Sesame Shake
Almond Milk
Cashew Milk
Hemp Milk
Maca Milk
Liquid Toffee
Chocolate Milk

OTHER DRINKS

Spa Water
Raw Lemonade
Immune Booster
Strawberry Daiquiri
G&T
Pina Colada
Mojito
Healthy Festive Punch

FESTIVE RECIPES

Crumbled Portobello Meatloaf
Creamy Mushroom Gravy
Raw Sage & Onion Pâté
Vegetable Tartlets
Festive Slaw
Raw Christmas Pudding
Vanilla Cream
Raw Banoffee Pie
Orange & Pomegranate Sorbet
Raw Mint Chocolate
Gingerbread Men



PURE MAGIC & MASTERY PROGRAMS

YOUR NEXT CHAPTER PROCESS

8 Parts | ▾



Your Next Chapter Workbook



7 Aspects Check-In



Body, Heart, Mind, Identity Check-In



Your End of Chapter Reality



Getting Organised for Success



Make Space for Magic for Your Next Chapter



YNC Notion Template



End of Chapter Review



Raw Food Reset Day

MONEY MEDITATIONS

4 Parts | ▾



Connect with the truth of what you're ready to receive



Call your money in



Your best next step



What money requires from you

HIGH VIBRATIONAL YOU PROGRAM

5 Parts | ▾



Module 1: Who Are You & Why Are You Here?



Module 2: Create Your Own High Vibrational Woman Avatar



Module 3: What Life Do You Really Want to Live?



Module 4: Create Your High Vibrational Fantasy Land



Module 5: Create Your High Vibrational Living Game Plan

YOUR NEXT CHAPTER MINI TRAININGS

15 Parts | ▾



1: Choose Your Next Chapter Avatar



2: How to Raise Your Personal Vibration



3: How to Feel Good About the Past



4: How to Speed Things Up & Slow Things Down



5: How to Ask For Signs & Read Them



6: What to Do When it Feels Like Everything is "Going Wrong"



7: What to Do When it Feels Like Everything is "Going Right"



8: How to Generate a Huge Influx of Health, Wealth, Love or Happiness



9: How to Feel Great About Your Chapter



10: How to Use Your Most Powerful Resources



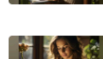
11: How to Flow with Change When Something Better Comes Along



12: How to Elevate Your Story Even While You're Living It



13: How to Perk Up Your Sixth Sense & Spiritual Antennae



14: How to Be Around Others Who Don't Get It, Or Don't Want to Get It



15: The Perfection of the Whole

HIGH VIBRATIONAL WOMAN WORKSHOPS

7 Parts | ▾



How to Become a High Vibrational Woman



Your Next-Level Gameplan (Workshop)



10 Tell-Tale Signs That You Are Ready For Your Next Level



The 7 Secrets to Creating and Living an Ecstatic Life (Starting Today!)



How to Create Your Dream Life by Following the Whispers of Your Soul (and Putting on Your Big Girl Panties!)



3 Simple Secrets to Raising Your Vibration and Stepping into Your Next Amazing Level



How to Know When Your Soul is Calling You To Grow