

ISSUE 10

NEWSLETTER

LKSFASHION

**BEST
OUTFIT
IDEAS**

FREE
GIFT WITH
PURCHASE

TRENDING

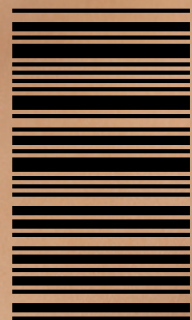
MEDITATION:

The 6 Phase Meditation

by Vishen Lakhiani

**WEEKEND
RECIPE**

**FRESH
SEPTEMBER
fashion & more**



LKSFASHION.COM

SEPTEMBER



FROM CLASSICS



to casual



FASHION



**SWEATER DRESS
OBSESSION**

TO COLOR POPPING



HOT



DENIM

ice coffee



GIFT WITH PURCHASE

GET ONE OF OUR TOP SELLERS FOR FREE WHEN YOU SPEND \$175

ADD ITEMS TO YOUR CART THEN CHECK THE GIFT ICON TO UNLOCK YOUR GIFT 📺

OFFER ENDS ON WEDNESDAY SEP 20TH OR WHILE SUPPLY LASTS

corn and bean salad 🌽🥬

by @lifemadesweeter



🌟 ingredients (4-6 servings as a side)

🌿 salad:

- 1 cup cooked or canned black beans, drained and rinsed
- 1 cup cooked or canned black-eyed peas, drained and rinsed
- 1 small finely chopped red onion
- 1 cup fresh or defrosted frozen corn kernels
- 1 cup quartered cherry tomatoes
- 2 chopped bell peppers
- chopped avocado
- finely chopped jalapeño
- 2-3 tbsp chopped cilantro
- Tortilla chips of choice for serving - we like Siete

🥫 dressing:

- 1/3 cup olive oil or avocado oil
- red wine vinegar or balsamic vinegar
- 2 tbsp fresh lime juice
- maple syrup (or preferred sticky liquid sweetener of choice)
- chili powder or cayenne
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder or 1/2 clove finely minced garlic
- finely chopped cilantro
- salt + cracked black pepper

Trending Meditation!

by Vishen Lakhiani
CEO of Mindvalley

📺 <https://www.youtube.com/watch?v=oeQfRtiY-ZM>



"perfect to start our day!"

*check the MINDVALLEY app for more. Mindvalley is your daily coach App for Evolved Education. Learn about Mindfulness and how to set Goals for your Mind, Body, and Health

Treat the fam with this delicious salad! ➔





comfort



weekend vibes

