

ISSUE 11

NEWSLETTER

LKSFASHION.COM

***WEEKLY
STYLES***

FREE
GIFT WITH
PURCHASE

WEEKLY

MEDITATION:

Abundance Meditation

by Bob Proctor

**RECIPES
FOR THE
WEEK**

WORKOUT

VIDEO TO TRY THIS WEEK

**FRESH
SEPTEMBER
fashion & more**



Monday



Tuesday



Wednesday



Thursday



FRIDAY



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

Weekly Meditation

The Abundance
Meditation by Bob
Proctor

NY Best Selling Author,
Featured in the Movie
The Secret



[https://www.youtube.com/
watch?v=RKOlsS4QCRU](https://www.youtube.com/watch?v=RKOlsS4QCRU)

A guided meditation to
inspire us to attract and
develop abundance



**BEST
SELLER**



FULL BODY PILATES ABS FAT BURN 🔥 Slim & Tone | 10 min Pilates Workout



<https://www.youtube.com/watch?v=a1K-durkqdE>

will help burn body fat and tone your abs with no equipment needed.

Do this 10 minute workout everyday and enjoy the results!



Channel the warmth of autumn with burnt orange workout sets that radiate positivity and energy. This color is not just a trend; it's an inspiration to keep pushing your limits! ❤️



RECIPE



Click the link to see video

Salmon Mafaldine with red pepper cream sauce. MUST TRY!
by [@onestopchop](#)

- 4-6oz salmon filets
- Mafaldine pasta
- 1 cup fresh spinach
- 1 small yellow onion diced
- 1 roasted red pepper, diced
- 4 cloves garlic, minced
- 1/4 cup chicken broth
- 1 1/2 cups heavy cream
- 1 1/2 cups fresh shredded Parmesan cheese
- 2 Tbsp avocado oil
- 2 Tbsp unsalted butter
- 1 tsp Lemon pepper seasoning
- 1 tsp Old bay
- 1 tsp All purpose seasoning
- 1 tsp Smoked paprika

STEAK WITH DRY RUB SALAD

by [thecymbal.life](#)

Ingredients:

STEAK WITH DRY RUB

- Flank Steak or London Broil
- 2 TBSP Applewood Smoke Rub
- 2 TBSP steak seasoning
- 2 tsp salt
- 2 tsp Black Pepper

ITALIAN BALSAMIC VINAIGRETTE

- 2/3 C Balsamic Vinegar
- 1/4 C EVOO
- 1 Packet Good Seasonings Italian Dressing Mix

SALAD TOPPINGS

- Romain Lettuce, chopped
- Heirloom Tomatoes
- Red Onion, sliced
- Bleu Cheese Crumbles
- Cucumbers, seeds removed & sliced

Directions:

Add dry rub to both sides of steak and massage in. Grill on both sides until desired internal temperature is reached. Let rest while preparing the rest of your ingredients.

Whisk together balsamic vinegar, oil and Italian seasoning packet. Set aside.

Wash & prepare all veggies. Layer lettuce, tomato, onion, cucumber and bleu cheese crumbles onto a large serving plate or bowl. Drizzle balsamic vinaigrette then top with sliced steak. Enjoy!



FOLLOW US ON SOCIAL MEDIA /SIGN UP FOR OUR MAILING LIST TO GET OUR WEEKLY NEWSLETTER, NEW ARRIVAL UPDATES, SPECIAL DISCOUNTS and more

