

real life made simple

Canadian Living

SUMMER LOVIN'

it's grill time!

GOURMET
HOT DOGS GALORE

SUCCULENT PROSCIUTTO-
WRAPPED SCALLOPS

FLAVOURFUL
BEEF & CHICKEN
KABOBS

plus

LAMB, PORK,
TOFU, PINEAPPLE
AND MORE!

backyard bliss!

DESIGN INSPIRATION
FOR YOUR OUTDOOR
SPACE

UNDERSTANDING
EMOTIONAL
EATING AND
WHY IT MATTERS

20⁺ stylish
dresses
FOR SUNNY DAYS

cook the
cover
TOP-NOTCH
HOT DOG
TOPPINGS
PAGE 90

10 tricks, tips and ideas we love this month



Norvan Windshell **JACKETS** in Sprint and Atmos, \$160 each. arcteryx.com.



Shell **PANTS** in Dark Sprint, \$350. arcteryx.com.

1 RUN FOR FUN

Breathable, flexible and made to help you move, the Norvan running line from Canadian high-performance outdoor equipment company Arc'teryx has got you covered while you're out covering the trails. With the Durable Water Repellent finish and array of fun hues, you're guaranteed to be comfortable for the long haul.

Norvan **TANK TOP** in Groovie/Black, \$100. arcteryx.com.



5 BLENDED FAMILY

If you're ever going to splurge on a small kitchen appliance, a Vitamix blender should be on your list. Everyone knows the company has great products, and that's why we couldn't be more thrilled about this top-of-the-line edition. The Ascent Series A3500 Gourmet SmartPrep Kitchen System is a smart blender that also has a food processor attachment, which means you can have two powerful machines in your kitchen, without taking up extra space on your counter or in your cupboards.

Vitamix Ascent Series A3500 Gourmet SmartPrep KITCHEN SYSTEM, \$1,230, vitamix.com.



6



Moosehead Chelada Lime & Salt BEER, moosehead.ca.

Salud to summer

Ber lovers will rejoice when they take the first sip of this refreshing cerveza! This light brew (at only 4% ABV) from Canadian Moosehead Breweries is flavoured with salt and lime for that delicious Mexican-style punch. It makes the perfect summer sipper.

7 GOING FOR GOLD

Complement the summer sun and a golden tan with a pair of gilded sandals. Metallic gold works as a neutral that goes with every colour, making it the perfect subtle addition to any outfit. Here are three picks that take first place in our hearts.

Julep Leather SANDALS in Platino, \$130, cougarshoes.ca.



Spinna SANDALS in Gold, \$90, aldoshoes.com.



Noto Leather SANDALS in Gold, \$240, maguireshoes.com.

