

# Welcome Getting Organized

The little report that will help you  
get some control of your life.

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A Gift to You From  
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Life is busy. Time is short. Money is short. You're juggling home, family, friends, a job – or two, and trying to figure out how the heck you can ever get ahead.

There are lots and lots of books and courses out there on business skills and self improvement. But what happens is that you spend every spare minute trying to improve your life, but your real life is falling apart around you.

Too many times your task list focuses on work time, while the rest of your life is left dangling.

Has any of this every happened to you?

- You get into bed and notice that the sheets have a slight smell of a locker room.
- You get up in the morning and walk into the kitchen and your stomach turns.
- You throw the coffee grounds into the garbage, only to have them spill all over because the garbage is overflowing.
- You notice that your nice entertainment center is now a weird shade of gray, and the dust is about 1/8 inch thick.
- You reach behind the chair to retrieve the pen you dropped, only to come out with a face full of cob-webs.
- You call your best friend just to talk. She announces that they are on their way out to dinner for her birthday. You totally forgot.

How successful do you feel at these moments? You could be the best neurosurgeon in the country, but if you don't have your life together, you still won't feel like much of a success.

The fact is, the mundane things play as big a role in your success as the brainy stuff. You need a clean organized home to be able to relax in and have enjoyable time with your family and friends. You need your health to be able to do anything well and to enjoy life.

No one every shows you how to get control of the personal side of your life. Over the next few days - I'm going to give you some tips to help you get some control of your 'real' life.

I just met 2 women the other day. Talk about a sad story. It was a mother – daughter team. They both looked unkempt, ragged and old. The daughter was walking with a cane. They had gotten themselves "into a pickle" the mother told me. It was a nice day, so they decided to walk to the store. But now they couldn't make it home carrying what they had bought.

So with the dog leash in one hand (this is hyper-dog mind you) I picked up the case of bottled beer to carry home for them. But within a few feet, they still couldn't make it. I reached over to grab more bags from them and noticed that they were also lugging a half gallon of vodka.

As we reached the door, the daughter said "I can't believe at 50 years old, I'm back living with my mother." I wanted to blurt out, "*you're* 50? No - I'm 50." I would have easily pegged her at about 70.

It bothered me all the way home how the choices we make in life can affect the rest of our lives.

Yes, you can live in a mess, sitting in front of your TV drinking and eating junk food. Many people do. But I suspect that you want more out of your life. Otherwise you wouldn't be reading reports like this.

So let's jump in and start getting control over some of the everyday stuff so you can free up some time, and have more peace of mind.

This first one is very important to me.

### **Start your day off right.**

Imagine walking into a clean bathroom in the morning. You do your thing and come out looking great. You walk into your nice clean kitchen where the coffee is brewing. What a relaxing way to start the day. How could anything be bad today?

Well, OK, that means you had to have done something the night before.

No matter how tired you are, make yourself do this. Take the extra 15 minutes and clean off the counters, put the dishes away. The pay off is well worth it. Here's why –

When you get up in the morning – you can set the tone for the day. If you get up to a clean relaxed environment, you automatically start your day off better. Much less stress. Walking into the kitchen and not seeing piles of dirty dishes is amazingly positive. Try it for a few days and see for yourself.

Heck, I sleep walk my way through this every night. But I don't allow myself to go to bed until it's done. I wash all the animal bowls so they're ready to be filled in the morning. The coffee is set up so it's ready when I walk into the kitchen.

I take a paper towel and do a quick wipe down in the bathroom. I don't clean it every night, but it looks clean. Plus when you do this, you won't get build up that's hard to clean. Makes life easier all the way around ☺ And it takes about 30 seconds.

Next, we'll fast forward to morning....

[If you want all of my quick and easy housecleaning secrets –](#)

## **How to be more productive everyday**

OK, so you're cleaned up and ready to sit down with your coffee or green tea, and a healthy breakfast. When you sit down, make sure to have a pad of paper. Plan your day. The whole day.

If you need to run to the post office or the cleaners, write it down.

If you need to pick your child up at a different time, put it on the list.

Write down what you are going to have for dinner. Do you need to pick anything up? Put it on the list. Take the meat out of the freezer and put it in the fridge. Right now.

Do you need to send a note to a teacher?

Is this the day to dust & vacuum?

Do you need to check emails?

Put it on the list.

Every time you put something on the list, you are telling your subconscious that it's important. And for some reason, handwriting your list is still more effective. ( The same goes for goals too.)

There's just something about the way our brain works that make the act of writing something down more significant.

Keep your list with you. Every time you complete a task, cross it off.

Again, this is an important step. You are acknowledging an accomplishment.

How many times do you complain because no one notices when you do something? How often do you give yourself credit for a job well done?

Every time you cross something off the list, give yourself a compliment, "Good Job".

In just a couple of days, you'll start to notice that you're getting more done, forgetting fewer things, and feeling a lot better about yourself.

Amazing technology, that pen and paper!

Tomorrow, we'll talk about specific ways to use lists to keep you organized.

Until then, feel good about yourself. You're getting better everyday.

Want to get more control of your life?

<http://commonsenseliving.com/wholelifeoverhaul.com>

## **Never Run Out of Toilet Paper**

You have the best intentions. You mean to keep things in order. But somehow it always gets out of control.

You went grocery shopping just yesterday, but today you ran out of something else. It can't wait. You have to go to the store again.

Here's a management system that will keep you on top of things:

The next time you go to the store or order online, buy 2 of the things you use the most often. Things like toothpaste, toilet paper, Kleenex, shampoo, deodorant, butter, salad dressing, and so on.

Keep a lined post-it note pad in the kitchen, on the desk and in a drawer in the bathroom.

Whenever you open the second item, make sure that it gets written down on the pad. Do it right away so you don't forget. For larger items, such as laundry detergent, when it gets to the halfway point, put it on the list.

One day a week, gather your lists together. Sit down with the sale papers and do a rough outline of what food you would like in the house over the next week for breakfast, lunch, dinner, and snacks.

Try to get as many sale items as possible. If you use coupons, get those pulled too.

Don't forget to look over your desk too. Do you need paperclips, tape, paper, printer cartridges? The same methods apply. Buy 2. When you open the second one, put it on the list.

Check your calendar for any special things that are happening over the next week. Do the kids have a field trip that they need a brown bag lunch for? Is there a food drive? Birthday? Party?

Now, make your master list in the order of the store aisles. This works for online ordering too. Makes the shopping go a lot faster and helps cut down on impulse buying.

A money saving tip is to plan next week's menu by using the sale papers. Buy as many things on sale as you can. Plus, this will give you a lot of new ideas. Maybe salmon is on sale, and you haven't had that in a while! Or there's a great deal on steak. Maybe red bell peppers are on sale. Those would be great grilled with the steak. You get the idea, right?

Want to look and feel better fast? Focus on fresh fruits and veggies, chicken and fish. Skip the packaged foods.

More Healthy Eating Help –  
Look and feel years younger in just a few weeks -  
<http://HighEnergyEating.com>

## **Keeping track of birthdays and other life events:**

You've been reminding yourself for to pick up a birthday card, but you kept putting it off. Now the birthday has passed. Feeling like a heel, again?

Here's my method for never forgetting another birthday. And by the way, people really appreciate it when you remember their birthday. If you want to get in someone's good graces – just send them a birthday card on time! Hardly anyone does this. You will definitely stand out in their mind.

Take a calendar. Write down every birthday, anniversary, and other important event for the entire year. As you learn of birth dates or events, make sure to write them on your calendar.

At the end of the year, do not throw away this calendar until you have transferred all of these dates to the new calendar.

The first of each month, add all of the cards and gifts you need for the month to your master shopping list for that week.

Buy them all. Ordering online saves a lot of time too, if you know basically what you're looking for. I've also gotten a lot of video games and band merchandise that my daughter is in to at eBay. Be sure to check them out. It's been a great time saver for me. Another great gift site is Collections.com.

Address the cards and wrap the gifts. People will be amazed at how together you are!

Get Control of Your Whole Life

<http://commonsenseliving.com/wholelifeoverhaul.html>

## Easy Party Planning

Worried about your party being a bummer? Relax. With the right planning, it's a cinch.

Start one month ahead.

- \* Plan the menu and activities. Order any online supplies.

Oriental Trading is a great place to get your party supplies. No matter whether it's a holiday party, a luau, a birthday party, a company picnic, or a fund raising event. You can get all kinds of stuff to make your party a great hit. I used them one year to plan the kids activities for a company picnic. All of the kids got fun stuff to go home with. The catalog is a great party planning tool too.

2 weeks ahead.

- \* Buy paper goods, (if you didn't already order them online) and dry goods (all the stuff that won't spoil).

- \* Buy and send invitations. Give plenty of notice if you want people to actually show up.

Plan foods that can either be made ahead, or are quick to cook. A lot of people think that barbeques are easy entertaining choices. Well, unless you have someone who is willing to stand at the grill for an hour or so, I think they're a real pain if you're cooking for more than 5 or 6 people.

You can still plan a summery meal without the hassles of grilling. Teriyaki chicken breasts is a good one. With cut up fresh pineapple, melon, and other fruits, broccoli salad, sliced tomatoes, potato salad, baked beans, coleslaw, carrot and raisin salad (add pineapple for a tropical taste), I mean, there is a ton of stuff. All of the sides can be made ahead, and all you have to do is cook the chicken which is really quick. And it's not the same stuff they get every where else!

Sweet and sour meatballs is another favorite. Just keep them warm in a crock pot.

For a winter party - chili is a great choice. Serve with a variety of toppings so everyone can create their own taste sensation. Or Fajitas are fun too.

There are a lot of different things you can do to make entertaining easier and more fun. Just get creative! It doesn't have to be gourmet. People really do like simple good tasting food. Let the natural flavor of the food come through.

Another time saver - have people bring a dish. I always have people willing to make desserts. Whenever someone says, "What do you want me to bring?" Never ever say "oh nothing..." If you had all the time in the world, you wouldn't be reading this report now would you? :)

And there should always be at least one sort of event. Whether it's watching a football game, or a costume contest, or swimming, or charades, there should be something to do to break things up.

Again, get creative. Even Bozo buckets can be fun, even for adults. Hula hoops, UNO, water balloons, and many other things can be fun. Sometimes it becomes a tradition that everyone looks forward to.

Don't think gourmet and stuffy. People will get bored. Think relaxed and fun and your parties will be a hit.

(Juggling aCt subscribers receive a Thanksgiving Survival Guide in November. You really can put a holiday dinner out without losing your sanity!)

One week before -

Get the house cleaned up so all it needs is a touch up cleaning right before the party. If you might have overnight guests - it happens sometimes - make sure you have plenty of clean sheets and towels.

If you're having any sort of swimming, make sure you have plenty of clean towels!

Get the rest of the shopping done. If you might have overnight guests, it's nice to have extra toothbrushes and stuff like that on hand. It's also a good idea to have band-aids, first aid cream, acetaminophen, upset stomach stuff, and general things like that on hand. You never know what weird things might pop up. Check your supplies.

2 days before -

Take a final inventory. Have everything you need? Have stuff on hand for an impromptu breakfast if overnight guests are a real possibility.

1 day before -

Quick touch up cleaning. If you're making desserts, most of them can be made ahead. Any jello molds should be made the night before. I like all of my food made fresh- so I don't start any of the cooking until the day of. But you can do the set up ahead of time. I wouldn't set the table just yet, but you can have the dishes out and cover them with a towel to keep them clean.

The day of the party -

If you're using coolers, get enough ice. Start cutting up any fresh foods. Get meats in marinades. Make salads. Have all of your prep work done before guests are due to arrive. You kept your menu simple so there won't be that much to cook, right?

Get yourself dressed and go have fun!

Now, how do you get the house clean - Fast?

<http://HowtoCleanHouseFast.com>

## **Paper, Paper, everywhere!**

One of the biggest challenges in life is dealing with all the paper. My gosh. For an electronic society, we sure get an awful lot of paper, don't we?

I can't seem to keep it totally together either, but here's how I keep control of it – as best I can.

When you come in – sit down and immediately sort the mail.

- => Bills
- => Things to read or attend to later
- => Sale papers
- => Catalogs
- => Magazines & newspapers

Throw away as much as you can on the first pass.

I am a pile person. Out of site is out of mind. So many of the organization tips just don't work for me. It has to be in front of me. My desk is only cleaned off if I know company is coming over. That's just a fact of my life. That's where the bills and current projects are. The spot in the center is the stuff that needs immediate attention.

I move the newspapers and magazines and catalogs to where I will sit and read them.

Then there seems to always be a stack on the table. Sale papers that I want to take advantage of, shopping lists, coupons.... But I have a secret basket on a lower shelf that I can just throw it all into if company shows up.

So the worst people would usually see is the messy desk. I can live with that.

Another great solution is a vertical sorter. You can have a slot for bills, school stuff, coupons, catalogs, etc.

If you're really organized like you're supposed to be, you can set up file folders for each in a drawer. But then you have to remember to check the files once a week for things that need tending to. That's where I lose it! We all have our faults, don't we?

Want an easy housecleaning system?  
It's easy, once you know these secrets-  
<http://HowtoCleanHouseFast.com>

## **How to have more energy**

What I am about to tell you will defy all logic - but bear with me!

When you come home all tired out and have absolutely no energy left, even if you're so tired that all you want to do is sit down and cry (I've been there many times recently), I want you to cook dinner.

That's right. Dead on your feet. No energy left. Totally zapped. And I'm telling you to cook! The nerve of some people!

Hey, I'm not asking you to make a world class dinner. Just make sure you get protein, and veggies and some carbs would be good too.

You can sauté a chicken breast, pork chop, or a steak in about 10 minutes. In that same time a baked potato can be done in the microwave. Throw together a salad, or just a bunch of raw veggies. Total time 20 minutes, max - and that's if you're really dragging!

Pour yourself some water with lemon, or cranberry juice, or grape juice, or green tea, or something along these lines. Or even a glass of wine.

OK, sit down and enjoy your little feast. Take your time. Unwind. Smell the food. Taste the food. Eat slowly - it's still only going to take you 10 or 15 minutes. Relax!

Feeling better already, aren't you? This really does work wonders. The hardest part is getting yourself started.

Now rinse off the dishes, put them in the sink, and go take a walk.

I know, I know, you were dead tired. I made you cook. Now I'm telling you to take a walk. Just 10 or 15 minutes. Not a marathon. A relaxing pace. Look around. Notice things. Breathe in the air. Just enjoy yourself for 10 or 15 minutes.

By now, you've probably blown a whole hour on yourself. The Shame!

Maybe you should get a little something done? You'll actually feel like it. (Don't forget those dishes!) Then you'll be off to bed feeling pretty good about yourself.

Now, if you played it your way - ate some cookies or chips, or maybe grabbed some fast food - you'd still be lethargic. Probably laying on the couch thinking, "gosh, I really should get up and do something." Finally you'd drag yourself to bed feeling guilty or depressed because you didn't get anything done that needed to be done.

What's that you say? You have kids? That's ok. You can feed them too. Talk with them. Find out what's going on in their heads. Then take them outside with you. They'll love it. They need to unwind too. And they need some 'just relaxing' time with you. You might be surprised to find you'll have fewer behavior problems.

Hey, the choice is yours. You can blow an hour on yourself and actually end up being more productive, or you can tell yourself that you just don't feel like it and melt into

the upholstery. I can't make that choice for you. Heck, I have a hard enough time having to make that choice for myself everyday. I can tell you, the right choice works every time.

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Do you really understand why you don't feel good?  
[Take Back Your Life!](#)

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What is a Whole Life Overhaul? It's a total life clean-up  
Start improving your life now- enroll today. Try the first 4 weeks for free.  
Next session starts Monday morning. [Enroll Here >>>](#)

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## **Fast Dinners**

Not much time for dinner? Here's some basic ideas for dinners that you can put together in about 15 minutes.

Meats -

These can all be grilled on a stove top grill or cooked in a sauté pan in about 10 minutes.

Grilled pork chop seasoned with Garlic Powder and Italian Seasoning.

Chicken breast seasoned with Fajita seasoning, Or Grill Mates – Roasted Garlic is good too.

Steak seasoned with Montreal Spicy Steak Seasoning.

Fresh Tuna seasoned with lemon Pepper, or drizzle with lemon juice and fresh ground black pepper.

Quick Side Dishes-

Watermelon

Cantaloupe

Fresh Pineapple

Refried beans

Baked potato (micro-waved)

Baked sweet potato (micro-waved)

Any raw or steamed vegetables

Salad -

While the rest of the food is cooking, throw together a salad – limited only by what's in the fridge, and your imagination.

Spinach or Leaf Lettuce

Tomato

Carrots

Broccoli

Onion

Red wine & vinaigrette Dressing

Fresh Ground Black Pepper

Craisins

Almonds or walnuts

And so on...

If you feel you still need more food, French bread with olive oil and parmesan for dipping is a fun, healthy, fast choice. I always keep some in the freezer. Place into freezer bags and freeze immediately while fresh. To defrost, simply wrap in a paper towel and use defrost setting on the microwave for about 30 seconds.

Relax and Enjoy your dinner!

**Want more delicious, healthy, FAST dinner ideas?**

Great tasting dinners you can make in a flash -  
And they're good for you!

[Cooking With A Thin Attitude >>>](#) **But Wait!**

You can get Cooking with a Thin Attitude for free- <http://HighEnergyEating.com>

## **How to Painlessly Get Your Fruits and Vegetables**

If you're like most people, you don't eat anywhere near the recommended 9 servings of fruits and vegetables a day. As a matter of fact, many people barely eat one serving.

Here's a ton of ways to get your 5-9 servings in everyday.

Have fruit and a glass of fruit juice with breakfast.  
Precut the night before to make it easy.

Have a fruit and/or fruit juice at morning break.

Have lettuce and tomato on your sandwich at lunch.  
Have a salad.  
Have fruits or vegetables.  
Drink fruit or vegetable juice.  
Drink Green Tea.  
Drink fresh squeezed lemonade.

Have cut up fruits or vegetables with your afternoon snack.

At dinner, have at least 2 servings. You can have a vegetable and a salad, or cut up fruit and a salad, or a vegetable and a fruit, or vegetables in your main course and a salad or cut up fruit. Dizzy yet?

Spaghetti sauce counts – tomatoes  
Fajitas are a great choice.  
Mandarin oranges are a sweet treat.  
Canned or frozen vegetables count too.

Applesauce is too processed. Doesn't count.

Have a glass of wine. (ONE)

Drink Green Tea.

Remember, a serving is only a half a cup. Not very much. A good salad can easily have 2 or 3 servings worth by itself.

For dessert, put fruit on your dessert, or go the European or Mediterranean route and have fruit and cheese.

Now I'm sure that the fact that I've included juices, and wine and green tea will raise some eyebrows. They all contain powerful anti-oxidants and therefore they count – but they shouldn't be your only source. You need some sort of greens everyday. Shoot for lots of colors and you'll be pretty well covered.

As you can plainly see, it's really not that hard to get your fruits and veggies in, no matter how busy you are.

And even then, you still need to take your vitamins. Your body needs a lot of stuff to perform it's best – and short of having a degree in nutrition, it's hard to figure it all out. I lay a lot of it out in the food guides in Suicide by Diet, but it really starts to get complicated when you try and figure out which nutrients need to be coupled up. If you eat a balanced diet, and take a few good vitamins – you should pretty well have it covered.

You'll also notice that you should eat throughout the entire day. That's how you keep your energy up, and your weight down. Don't make the mistake of eating the bulk of your food at night when your body doesn't need the energy.

Oh, one more thing. Don't be surprised when you start losing weight, and your skin starts looking better, and you have way more energy, and you feel a lot better. It just happens that way ☺

[Look and feel better in just a few weeks >>>](#)

## **Good Habits and Your Success**

I got a big reminder over the last couple of weeks about what happens when you let your good habits slip - and how easy it is to fall into the trap of being overwhelmed.

This week when I am getting back into the habit of having the dishes cleaned up before I go to bed, eating healthy, and actually getting to bed at a reasonable hour, I am seeing again what a difference it makes in my productivity.

We all get in those periods in our life when we feel like we're accomplishing a lot more by letting other things slide - when actually the opposite is true.

When you let the housework slide, the work you have to put into getting things back in order is horrendous.

Though you think you're saving time by grabbing some fast food, you're really not saving much time and you're cutting your energy reserves down when you need them the most.

When you push yourself to work that last couple of hours, even though you could pass out any minute - you're working much slower and making more mistakes. If you go to bed and get the rest you need, the work would get done much faster.

Funny how these things work, isn't it?

So as tempted as I have been to let my business slide for a couple of days, I won't. I don't want to get in that habit. I don't have to put in 8 - 10 - 12 hours everyday, but there are things that need to be done everyday.

It reminds me of a picture that Zig Ziglar talked about on one of his old tapes. It was about a water pump when you are camping. You can pump and pump and pump and not see much in the way of results. If you stop, the water drops back down to where it was when you started and you have to start all over again. If you had just continued a few pumps longer, you would have had your water.

I was reading an installment in another self improvement course this week where the author talked about belief. You know, one of those believe and it will come true sort of things. Belief is important when you are trying to reach your goals, but it's really hard to believe when your habits are out of whack.

Does that make sense to you?

Get in good habits. Then you feel good about yourself and what you can accomplish.

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### **Need help getting in good habits?**

Try a Whole Life Overhaul!

Next session starts Monday - [Click here to enroll >>>](#)

## **Bonus Chapter – Recipes**

OK, OK, you twisted my arm!

I've had a lot of requests for recipes mentioned in this report.

Broccoli Salad  
Carrot and Raisin Salad  
Tropical Slaw  
Grilled peppers  
Teriyaki Chicken

### **Broccoli Salad**

If you've never had this one, you are really missing out!  
Warning – once people taste this, you'll be making it all of the time.

Secrets – #1. cut the broccoli in smaller pieces.

#2. I don't like to use name brands when I give out my recipes, but in this case it makes all the difference.

1 bunch broccoli, cut into bite sized pieces  
2-3 Tablespoons Oscar Mayer Real Bacon Bits (it's a yellow pouch)  
½ cup purple onion, diced  
½ cup raisins  
½ cup Mayo  
¼ cup sugar  
1 Tablespoons Seven Seas Red Wine Vinaigrette

Mix first 4 ingredients in large bowl.  
Mix mayo, sugar, and red wine vinegar.  
Pour into broccoli mix and mix well.  
Chill.

Party Size-  
2 bunches broccoli, cut into bite sized pieces  
¼ cup Oscar Mayer Real Bacon Bits (it's a yellow pouch)  
1 small purple onion, diced  
1 cup raisins  
1 cup Mayo  
½ cup sugar  
2 Tablespoons Seven Seas Red Wine Vinaigrette

Mix first 4 ingredients in large bowl.  
Mix mayo, sugar, and red wine vinegar.  
Pour into broccoli mix and mix well.  
Chill.

### **Carrot & Raisin Salad**

3 cups grated carrots  
1 cup raisins  
1 Tablespoon honey  
6 Tablespoons mayonnaise  
¼ cup milk  
1 Tablespoon fresh lemon juice  
¼ teaspoon salt

Toss carrots and raisins together in a large bowl.  
In another bowl, mix remaining ingredients, and pour over carrots.

Stir carefully.

Chill to blend flavors while you make the rest of your dinner.

Also great with pineapple chunks added.

### **Southwest Marinated Steak with Grilled Peppers**

1 beef flank or top round steak, 1 inch thick  
3 red, yellow, or green bell peppers, quartered lengthwise  
½ cup Italian dressing  
¼ cup fresh lime juice  
1 Tablespoon honey  
1 ½ teaspoon ground cumin

In small bowl, mix dressing, lime juice, honey and cumin.

Place Steak, and ½ cup of the marinade in a plastic bag. Seal tightly. Turn to coat steaks. Marinade 6 – 8 hours, or overnight. Cover and refrigerate remaining marinade.

Remove steak from marinade, discard that marinade.

Brush both sides of the cut bell peppers with the reserved marinade.

Place steak on hot grill and cook to desired doneness.

Place peppers on grill, cook for 12 – 15 minutes or until tender, turning over once.

Brush steak and peppers with additional marinade a time or two, up until the last 5 minutes, then no more.

To serve, cut steak diagonally across the grain in thick slices. Serve with peppers.

## **Tropical Slaw**

1 lime  
1 16-oz. bag of cabbage mix for coleslaw  
1 cup fresh pineapple cut into matchstick thin strips

Grate 1 ½ tsp. lime peel.  
Squeeze 2 Tablespoons juice from the limes.

Toss grated peel, lime juice, cabbage mix, and pineapple sticks.

Chill while you prepare the rest of your dinner.

## **Make your own teriyaki**

Bottled teriyaki sauce is great, except that its main ingredient is corn syrup, which is really bad for you. If you want to be healthy, stay away from trans fats, hydrogenated anything, and corn syrup. Of course that means you pretty much have to make your own stuff because anything packaged has that junk in it. But it's not that hard.

You need-

¼ cup soy sauce  
¼ cup pineapple juice (or old versions were made with dry sherry or white wine)  
1 tablespoon vegetable oil  
2 teaspoons fresh chopped gingerroot, or ½ teaspoon ground ginger  
1 teaspoon sugar  
1 clove garlic, chopped, or ¼ teaspoon garlic powder.

I personally don't like that much garlic in my teriyaki, so I just sprinkle garlic powder on the meat before putting in the marinade.

But that's the beauty of making it yourself – you can adjust it to your own personal taste!

So much healthier, and tastes better too.

## **Teriyaki Chicken or steak**

OK, ready for this one?

Pour teriyaki sauce over meat.

Cover and refrigerate at least 30 minutes – longer is better.

Cook meat on grill, or in a grill pan, or sauté pan - turning once, until done.

Are you surprised at how easy healthy cooking is?

If eating good food is starting to sound pretty good to you, and you'd like to know more about what these power packed foods can do for you – be sure to check out [High Energy Eating](#). You'll get the food guides that list all of the disease fighting, energy providing foods that will make you lose weight without trying, plus tons of recipes. Great package!

Thanks for reading. I hope you enjoy your new organized way of life.

See you then,

*Carole*

#### **Resources –**

Need more help keeping your castle clean?  
Get your home Really Clean - Really Fast  
It's easy, once you know the secrets  
[Secret Confessions of a Clean Freak](#)

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