

# It's about time!

Everything Kristina is stocking up on this month.  
by Kristina Hall

## Epic Bites

These jerky-like nibbles are irresistible to protein fanatics like me. You get clean protein and no junk—just a hint of spices, fruits, and superfood seeds! I keep these portable snacks in my car for that “I’m getting hungry” time of day.



“Too busy for a facial but know that your skin needs a pick-me-up? This facial mask smells heavenly thanks to its coconut water electrolytes. It also contains willow bark to help cleanse pores!”

*These time-saving products are quick to grab when you're jetting through January.*

## Modern Table Creamy Garlic & Herb Pasta Meal Kit

As a working mom with two little ones, I can't always make gourmet dinners! When I'm in a serious time crunch, this is my go-to quick fix. For extra protein and greens, I often add cooked chicken and stir in peas—a kid-approved hack!



## Cedar's Snack Pack with Hummus Chips

Finally! a healthy, non-GMO, gluten-free snack pack I can throw in my bag and eat on the go. Great for traveling—the whole family loves it, and they get a double dose of hummus with every bite (here's hummus in the chips!).



## Rhythm Superfoods Organic Kale Chips



When I don't have time to make kale chips myself, these gluten-free and certified organic “dried not fried” kale chips satisfy my crunchy salty craving while giving me protein, fiber, and nutrients.

Bulletproof Cold Brew Original + Collagen Protein



Yummy, creamy deliciousness! This cold brew coffee is made with zero sugar, grass-fed butter, and bulletproof Brain Octane® oil from coconuts. It powers my brain and fuels my energy anywhere. Keto approved!

## EDITORS PICKS



Time-saving tip! The delicious living team is loving mini open shelving to keep essentials organized and quick to grab. Instead of stowing unrelated objects on long, cluttered shelves, group similar items in small, super visible vignettes. Do you use the same bowl and dash of vanilla extract in your muesli every morning? Group the bowl and bottle on a mini shelf. Have a few books or magazines you're always hunting for? Shelf them together.

