

Stronger

Healthier

Happier

SUNDAY MORNING

WITH LISA CLEARY

MARCH 17, 2024



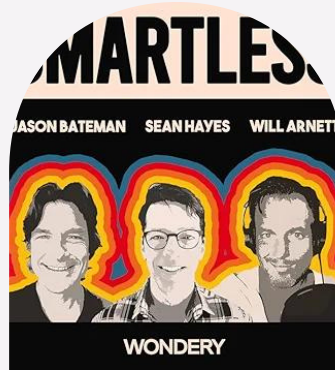
EAT

Chicken Marsala

I just made this last week and it was super easy and everyone loved it. It's just 10 minutes of prep time and 20 minutes of cooking time, so you can have a full meal ready in 30 minutes.

I doubled the ingredients on the sauce to make it extra saucy and I also added more mushrooms. You can serve with any pasta of your choosing. I like serving this with carbonada noodles which are like egg noodles. I also like to add broccoli or carrots (the only vegetable my kids will eat) to make the meal complete.

Enjoy! I hope you like it as much as we do.



LISTEN

Smartless

Hosted by Jason Bateman, Sean Hayes and Will Arnet, this podcast is humorous and engaging and you will find yourself wanting to listen to more episodes.

Each episode reveals a mystery guest that the other two hosts don't know about. It then becomes improvised and a real conversation is launched which is both funny and informative.

My favorite guests so far have been Ryan Reynolds and Adam Sandler. These are great to listen while you are driving. They are less than an hour and makes the drive go by quickly.



READ

Since We Fell

I love to watch and read thrillers. This book was suspenseful and engaging and I couldn't put it down. Dennis Lehane is the author and his writing never disappoints.

This is the story of a journalist who has an on-air mental breakdown and because of this, now lives as a virtual shut-in. Her ideal life starts to fray because of a chance encounter and now she is sucked into a conspiracy thick with deception, violence and possibly madness.

This book was a page turner filled with emotion and humor. I found reading it was much better than listening to the audio version. I thought the audio version was hard to follow.

LISA CLEARY, MANAGER ON DUTY