



Ideas To Stay “In The Pink”

SCOTT & HARVEY
WINES



Eat Pink



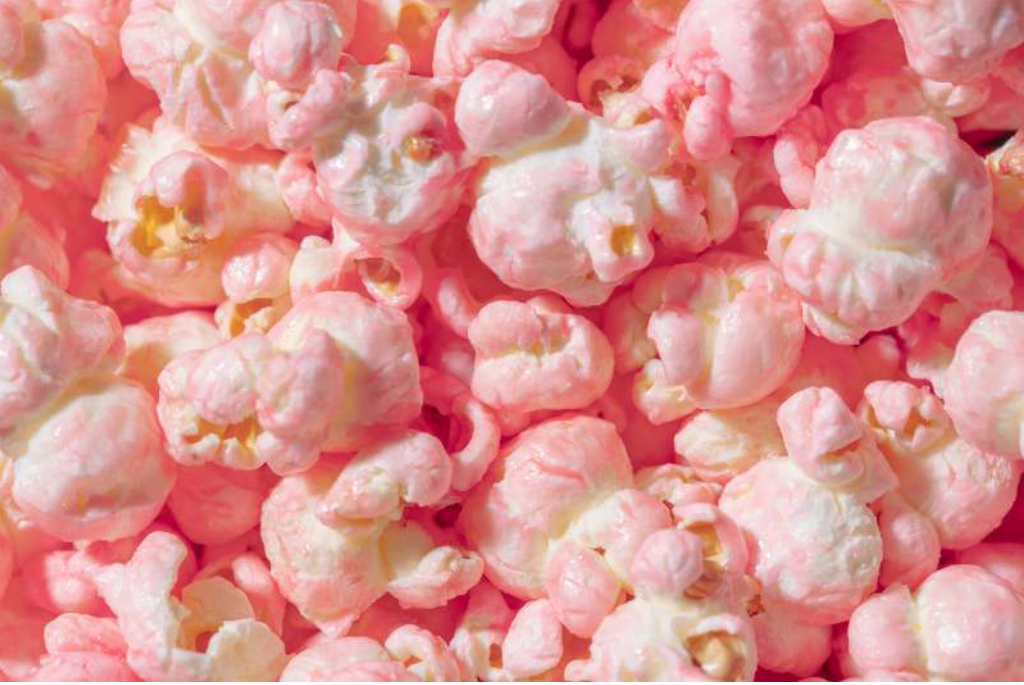
Pink Pasta

Create pasta using beet or tomato-infused dough, served with a creamy pink sauce made from roasted red peppers, tomatoes, and cream.



Watermelon Salad

A refreshing salad with cubes of juicy watermelon, fetacheese, mint leaves, and a sprinkle of pink Himalayan salt.



Princess Popcorn

Make popcorn and drizzle it with different coloredcandymelts to create a rainbow effect.

Add edible glitter or sprinkles for an extratouch of magic.



Magic Wand Pretzel Sticks

Dip pretzel sticks in white chocolate, coat with colorful sprinkles, and add a star-shaped piece of fruit or marshmallow at the end to resemble magic wands.



Mini Sandwiches and Wraps

Create a variety of mini sandwiches and wraps with colorful fillings like cucumber, cream cheese, and pink smoked salmon, or turkey and cranberry sauce for a touch of sweetness.



Drink Pink

Drink	Ingredients	Instructions
Rosé Margarita	<ul style="list-style-type: none"> • 2 oz rose wine • 1.5 oz silver tequila • 1 oz lime juice • 1/2 oz agave syrup • Lime wedge for garnish 	Instructions: Rim the glass with salt or sugar (optional). Fill a shaker with ice cubes. Add rose wine,tequila, lime juice, and agave syrup. Shake well. Strain into a glass filled with ice. Garnish with a limewedge.
Watermelon Mojito	<ul style="list-style-type: none"> • White rum • Watermelon chunks • Fresh mint leaves • Lime juice • Simple syrup • Soda water 	Muddle watermelon chunks and mint leaves in a glass. Add rum,lime juice, and simple syrup. Fill the glass with ice and top with soda water. Stirgently.
Raspberry Bellini	<ul style="list-style-type: none"> • Prosecco • Champagne • Raspberry puree 	Pour a spoonful of raspberry puree into a champagne flute. Top withchilled Prosecco or Champagne.
Pink Gin and Tonic	<ul style="list-style-type: none"> • Pink gin • Tonic water • Raspberries • Lemon • Lime wedge 	Fill a glass with ice. Pour in pink gin and top with tonic water.Garnish with raspberries and a lemon or lime wedge.

Keep it easy and just open a bottle of aspritzzy rose wine called Tickle Me Pink

<https://ticklemepinkwine.com/>



Healthy Diet: Consume a well-balanced diet that includes a variety of fruits, vegetables, wholegrains, lean proteins, and healthy fats. Avoid excessive consumption of processed foods, sugary snacks, and high-calorie, low-nutrient items.



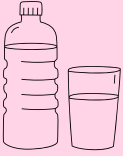
Regular Exercise: Engage in regular physical activity that you enjoy. This can include activities such as walking, jogging, swimming, cycling, yoga, or strength training. Aim for at least 150 minutes of moderate intensity aerobic activity per week, along with muscle strengthening exercises on two or more days.



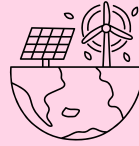
Adequate Sleep: Prioritize getting 7-9 hours of quality sleep each night. Establish a consistent sleep schedule and create a comfortable sleep environment to promote restful sleep.



Stress Management: Practice stress-reduction techniques such as meditation, deep breathing, mindfulness, and engaging in hobbies you enjoy. Managing stress is crucial for overall well-being.



Hydration: Drink plenty of water throughout the day to stay properly hydrated. Water is essential for various bodily functions, including digestion, circulation, and temperature regulation.



Continuous Learning: Keep your mind engaged by learning new things. This can involve reading, taking up a new hobby, enrolling in courses, or engaging in brain-teasing activities like puzzles and games.



Maintain A Positive Outlook: Cultivate a positive mindset and practice gratitude. Having a positive outlook on life can contribute to better mental and emotional health.