



# HAPPY NEW YEAR

[www.withlovefromthetwins.com](http://www.withlovefromthetwins.com)



# HAPPY 2023

We wish everyone a happy and abundant 2023. This is a great time to set new intentions for the year and take a leap of faith on all the wonderful things you want to do. There's something about new beginnings that gets us excited and gives us new energy.

We are so excited for all the endless possibilities making their way to us. We are making room for all the blessings we prayed for, creating space for the beautiful things 2023 has to offer. May this first month be filled with so much ease and grace. Stay focused and don't forget to take care of yourselves. Make your goals attainable and attractive so that you are motivated to keep at it. Best of luck!

We can't wait to share great, new content with you this year. We know that everyone is on a healthy tip right now, so we have a healthy breakfast meal for you to start you off. It's on page 177 of our cookbook. #FoodStories

A healthy lifestyle is the best kind of lifestyle. Happy cooking and Happy eating.

With love, the twins.





# GET IN TOUCH



[www.withlovefromthetwins.com](http://www.withlovefromthetwins.com)



[info@withlovefromthetwins.com](mailto:info@withlovefromthetwins.com)



[instagram.com/withlovefromthetwins](https://www.instagram.com/withlovefromthetwins)



[facebook.com/withlovefromthetwins](https://www.facebook.com/withlovefromthetwins)



[twitter.com/Twinmade\\_Food](https://twitter.com/Twinmade_Food)

January 2023