



“ YOU ARE
WHAT
YOU ORDER ”
Spiritual Waitress

AFFIRMING & HEALTHY RECIPES

USING
POSITIVE, HEALING,
LOVING & SUCCESSFUL
INGREDIENTS

CREATED BY
DAWN APPEL

THE SPIRITUAL WAITRESS

Welcome!

Dawn Appel also known as the SPIRITUAL WAITRESS -
Is here to serve & empower you by making you aware that.
'YOU ARE WHAT YOU ORDER.'

Certified Motivational Speaker,
Mind Realignment Specialist & Manifestation Mentor / Coach

Here to teach you how to master the art of manifesting absolutely everything into existence. Once you are conscious of where you are applying your focus, feelings & attention, you will soon realize that everything you think, feel & say is in fact, everything that you were ordering in for your life.



SPIRITUAL WAITRESS,
would like to serve you with
HEALTH
LOVE
SUCCESS
WEALTH
HAPPINESS
& ABUNDANCE

You have access to healthy options, decisions & choices the moment you wake up each day.

This is the first book full of Affirming & Healthy Recipes using POSITIVE, HEALING, LOVING & SUCCESSFUL ingredients that will serve you with an abundance of wellness.

Once you start feeding yourself with these powerful & confident recipes, you will witness a miraculous change in your mental health, thus seeing a change in your physical life.

Remember, what you put into your mind & your body, will have a result on how you look & feel.

Spiritual Waitress

AIAMOTIVATION.COM | EBOOK

48 AFFIRMING & HEALTHY RECIPES

INGREDIENTS

RECIPES

1. MOMENTUM PIE

3 Cups of Maintain Momentum
2 Spoon of New Beginnings
13 Sprinkles of Delighted

I maintain momentum while remaining open to accepting new beginnings each day as this keeps me feeling extremely delighted with the life I choose.

2. RESPECT CANEPE

9 Oz of Respect
3 kg of Compliment
6 lbs of Responsibility

Remembering that all we project is all that comes back to us. As we reflect love & respect we are immediately complimenting our own responsibility to honor ourselves & those we attract into our circle. Project love & respect & it shall shadow us on our journey.

3. ELEVATE LOAF

4 kg of Increase
2 lbs of Ability
12 Kg of Desire

I understand the power & capacity of my brain. Each day i elevate my emotional state which increases my ability to coordinate & harness my thoughts, I use these powerful tools daily to manifest everything I desire into form.

4. ACCOMPLISH SALAD

2 Oz of Decisions
10 Cups of Accomplish
6 Grams of Increase

Decisions present themselves to me when I am dedicated to accomplishing all my goals & increasing my self worth.

5. BELIEF QUICHE

7 Cups of Sea of Belief
3 Oz of Organized
8 Kg of Open to the Unknown

As I open myself up to the unknown, I realize that being organized & efficient allows me to indulge in a sea of belief

6. HAPPINESS BOARD

9 Grams of Laughter
7 lbs of Endorphins
2 kg of Happiness

A Free form of natural therapy lives within you at all times. encouraging laughter will increase endorphins which live within your brain & nervous system, these hormones are activated when the mood is improved & aids in increasing the happiness in your body & mind.

7. CONDUCTING CHARCUTERIE

6 Oz of Conducting Myself
1 Drop of Choice
11 Cups of Perspective

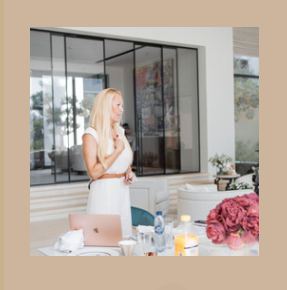
I am conscious of how I conduct myself & aware that the choices I make are all about my own perspective.



REASONS TO BE GRATEFUL

LIFE BLESSING

Each day you wake up, its a sign that you have been given another day to live your best life. This is a gift, we must appreciate & value this offering we call life.



HEALTHY BODY & MIND

We have full control over our DNA, the body reacts to the commands we send it. So its important that you are transmitting feelings & thoughts of gratitude for having a healthy & vibrant mind & body.

SUCCESS & ABUNDANCE

When we are thankful & grateful for trusting in all we believe we are deserving of, the universe responds to us with more of the same. If you wish to be successful, you must access the power to attract more success from inside by believing in your desires. We have unlimited support 24/7, you simply need to be grateful for being part of this fabulous cosmic energy.



LOVE & HAPPINESS

To love who you are & the choices you make will expand & attract the love you deserve & the opportunities you believe in. When you love your life, the body you have been graced with, the work you are passionate about & the place you make a home. I assure you that this love & dedication will bring you many more reasons to feel happy.

FRIENDS & FAMILY

We are surround by people who love to see us happy & healthy. When you wish the best for yourself & those close to you, its in fact a win win. As you send out joy, success, peace & love to your friends & family, you are actually attracting the same to show up in your life.



INGREDIENTS

RECIPES

8. AUTHENTIC APPETITE

7 lbs of Values & Choices
2 Grams of Kind
9 kg of Being Authentic

Remain proud of being authentic & ethical while you demonstrate how wonderful it feels to be kind to others when you value the choices you make.

9. DESIRE DESERT

9 Oz of Focus
3 Oz of Deserving
6 lbs of Desires

Its essential to preserve your focus & pay attention to your true desires. Then empower yourself with dedication as you marry everything you are deserving of.

10. CONFIDENT PLATTER

11 Cups of Represent yourself
4 kg of Transformation
3 lbs of Confidence & Passion

I choose to accessorize my dreams with confidence & passion, for this brings a transformation in my character & allows me to represent myself in a way I would like others to see me.

11. PEACE PIE

5 kg of Intentions
12 Spoons of Peace
1 Gram of Insightful

When I set intentions while i make my list of insightful notes, it brings me to a place of both peace & excitement about what is on the way to me.

12. INSPIRATIONAL ROULADE

2 lbs of Development
3 Oz of Belief
13 Kg of Inspiration

I consider development in order to see improvement in my life. As I apply belief to my own potential, I attract others who also inspire me to become the best version of myself.

13. ELEMENT PLATE

12 Grams of Encourage
3 lbs of Guided
3 Oz Solutions

I start each day with self encouragement, I know I am being guided at all times as long as I use powerful elements such as Kindness, Laughter, Healing, Solutions, Gratitude, Respect & Love

14. HEALTHY OPTION

9 Grams of Communicate
1 lbs of Healthy
11 kg of Consistent

As we communicate with confidence, we witness much more clarity in our decisions. Its important to know that we are remaining consistent with our reactions & responses.

15. DIVINE LOAF

6 kg of Divine Guidance
5 Cup of Proud
7 Grams of Strategy

Trust in your divine guidance & be proud of maintaining mental strength by using strategies that suit your environment.



INGREDIENTS

RECIPES

16. PROSPEROUS PUNCH

2 lbs of Wealth
3 Oz of Prosperity
13 Kg of Benefit

It is time to convert your thoughts about prosperity & wealth to the reasons why you enjoy feeling abundant & successful. Placing more focus on the natural gifts as well as the luxuries in life, you are connected to what we call wealth energy, the more feeling you apply to the reason of having money, the more you will benefit in reality.

17. COMPASSIONATE ROLL

4 Cups of Benevolent
9 Oz of Compassion
5 lbs of Awakening

When you master the art of compassion, you will connect to a benevolent & charitable side of you. Awakening the warm heart that you were born with, This is when you will witness how giving also converts to receiving.

18. HABIT SOUP

8 Bowls of Adapt New Habits
2 Oz of Miraculous
8 lbs of Elevate Your Dreams

I enjoy adapting new habits which elevate my dreams because it continues to present me with miraculous results

19. RECIPROCAL BITE

5 kg of Opportunities
12 Grams of Reciprocate
1 lbs of Determined

As we reciprocate our self worth, self love & self healing, we are naturally creating reason to embrace more possibilities & opportunities. When we are determined to make change, this is when we will see significant change.

20. WISDOM BOWL

7 kg of Aspirations
2 lbs of Achieve
9 kg of Solutions

Wisdom comes from within, you have the ability to achieve all your aspirations when you trust that each challenge comes with a solution. Fuel your inner powers with precision & enlightenment.

21. AFFIRMING SAUCE

7 kg of Affirming
3 lbs of Nourishing
8 Oz Excited

The power of affirming your dreams & desires reinforces your natural connection to the higher realms. Trust in this unlimited source of Love, Health & Wealth by planting & nourishing daily mental seeds that will grow into the loving, healthy & successful life you have been manifesting.

22. GRACEFUL WRAP

9 Grams of Graceful
7 lbs of Rewards
2 kg of Impression

The universal principal was designed for us to learn, practice & make an impression during our time here on earth. If you are graceful & willing to create your own opportunities, you will indeed acquire all the rewards.

23. FREQUENCY SOUP

8 Grams of Emotions
4 Spoons of Harness
6 Grams of Value

As you harness your emotions you will develop an empowered ability to honor your intentions. Knowing your own worth & value will increase the abundant flow coming back into your daily life.



INGREDIENTS

RECIPES

24. DIRECTION TOAST

9 Grams of Listen
4 Oz of Humor
7 lbs of Direction

It is all down to your commitment, the power has always & will always come from within. When you choose to listen in order to seek your potential direction, you will establish that using love & humor will in fact empower you.

25. WISDOM BUN

3 Oz of Wisdom
7 Oz of Precision
8 Oz of Optimum

It is your birthright to all the divine qualities that life offers. Choose to embrace wisdom & apply the precision to the results you aim to achieve to that you will gain an optimum outcome.

26. COSMIC CAKE

9 kg of Cosmic
3 kg of Beauty
6 lbs of Balance

The cosmic universe comes complete with magic & beauty. Are you taking advantage of this fascinating place? you can choose to work in balance with the world & its events & once you do, you will soon see how many reasons we have to celebrate this life.

27. ASSUMPTION CRUST

7 kg of Attraction
2 lbs of Intention
9 kg of Assumption

Using the 3 most dynamic laws of Attraction, Intention & Assumption you are already guaranteed to achieve great results. It all starts with the thought, moves to feeling & finally the power of visualization brings the dream alive.

28. BRAVE SPREAD

8 Grams of Brave
4 Spoons of Safe
6 Grams of Mindset

Your mind can conceive anything you tell it. Choose to be brave in challenging situations, Decide to feel safe & secure in a demanding occasions & maintain a positive mindset even if things feel over whelming.

29. HARMONY SLICE

7 kg of Harmony
3 lbs of Joy
8 Oz Permanent

By choosing to live in a permanent state of perfect harmony, the only feeling you will experience is living with daily bursts of joy, pleasure & peace.

30. PERSISTENT CUP

12 Grams of Staying Persistent
3 lbs of Ambition
3 Oz Skill Sets

I Choose to stay persistent with my desires & ambitions while workin on developing new skill sets to serve my intentions.

31. IMPRESSION PLATTER

7 kg of Stimulation
1 Gram of Techniques
10 lbs of Impression

Leave a human impression wherever you visit. Explore the world of brain stimulation & adapt new daily techniques on how to accomplish the power to live in a constant state of mental & physical awareness.



INGREDIENTS

RECIPES

32. REFLECT ROLL

6 kg of Purpose
4 Grams of Reflect
8 lbs of Explore

As you engage more into treating yourself with love & respect, you'll soon become more aware of your purpose, it will allow you to reflect on your feelings & explore more opportunities that duplicate this energy.

33. YES STARTER

3 Oz of Yes
7 Grams of Immediate
8 Oz of Trust

If the answer to your question isn't YES then its a profound NO. Trust in the power of intuition, it will give you feedback & answers with immediate effect.

34. RECEIVING BITES

7 kg of Receiving
3 lbs of Flow
8 lbs of Excited

As you give, you open yourself up to receiving the same. Remember how excited you feel when you give to someone who demonstrates delight as they receive, its a beautiful infinite flow of abundance.

35. MEDITATION MOULD

7 kg of Meditate
2 lbs of Awareness
9 kg of Balance

Meditation allows you to connect to your high self, this increases your self awareness which teaches you how to respond in a way that keeps you controlled & in balance with your inner peace.

36. BOOST BAR

4 Kg of Navigate
7 Spoons of Dedicated
7 Grams of Boost

When you choose to trust your intuitional instinct & remain dedicated to your purpose. You will observe a boost in your confidence when navigating your adventurous journey.

37. TRANSITION TASTE

3 kg of Unlimited
7 lbs of Legacy
8 Oz Transition

Transition to a better version of yourself by believing in the unlimited power that is provided to you every second of the day. Allow your legacy to live on through others.

38. VIBRATIONAL SEED

2 Grams of Influence
8 Kg of Benefit
8 kg of Vibrational

I accept the path I am on, I choose to stay connected at all times to the power of the universe, allowing the vibrational influence I was born with, to guide me to continue living the life that benefits my body & mind.

39. NATURAL ROAST

5 kg of Create
6 Grams of Natural
7 Kg of Refreshed

Today i decide to create a new resilient plan that supports my natural desire to be loved, respected & successful by installing this refreshed acceptance of love & respect for myself first with the confidence in my own ability to succeed.



INGREDIENTS

RECIPES

40. ENCOURAGEMENT SANDWICH

4 kg of Peace
7 Grams of Joy
7 lbs of Prosperity

I send out feelings of abundance, joy, peace, love & prosperity, in return this attracts others connected to the same energy field who constantly to show up in my world. I am always surrounded with people full of love, support & encouragement.

41. IMAGINATION BALL

6 Kg of Imagination
4 lbs of Vibration
8 Oz of Reality

Everything starts with a thought, its the imagination which is the root itself. But as I apply intention to my ideas it becomes a feeling, this is when vibration connects to the my vision & soon enough it all shows up in my reality..

42. GRATEFUL PIE

7 kg of Grateful
7 lbs of Reproduce
4 Oz Blessed

I wake up feeling grateful for my health, for time itself, for the love inside me & more-so for the ability to reproduce many more reasons to feel blessed every morning.

43. CHANGE SALAD

11 kg of Frequency
3 lbs of Change
4 Grams of Compliments

I am in frequency with my own dreams & visions. I remain conscious & aware of what I am ordering & manifesting in for my life. Each time I make a change, I see change that compliments & supports me.

44. ACCEPT NIBBLE

7 lbs of Believe
8 kg of Accept
3 kg of Trust

I trust the universe so much that my response to everything that occurs is 'its fine' I accept that as long as I believe in who I am & why I am here, I shall be supported unconditionally.

45. SMILE DESERT

2 Kg of Appreciate
8 Cups of Understand
8 lbs of Smile

I am so blessed to wake up each day, I appreciate this gift I call life. I understand that I have all the tools to attract more reasons to smile & to live in peace & balance life.

46. OPPORTUNITY CAKE

6 Oz of Achieve Results
4 Oz of Commitment
8 lbs of Opportunities

I can always achieve results when I am dedicated to commitment & growth because this attracts opportunities for me & those around me.

47. ENDORPHIN GLASS

2 Grams of Exercise
9 Kg of Endorphins
7 kg of Nature

I use many forms of therapy to insure my endorphins naturally flow through my system daily. I play with animals, exercise, listen to music, walk in nature & meditate. Its all free.

48. PRINCIPLE GRAIN

7 kg of Aspirations
8 Grams of Principle
3 lbs of Learning

Be at one with success & happiness. Condition your habits so they benefit your aspirations & principles. Explore the world of brain stimulation & be open to learning about your self worth & awareness.



CREATE YOUR OWN AFFIRMING & HEALTHY RECIPE



Choosing any 3 Ingredients

**Perspective Encourage Release Enriched Money Value Imagination Happy Inspired
Proactive Best Angel Mentor Recognize Journey Essential Momentum Beautiful
Organize Divine Vibration Respect Awareness Jubilate Conclusion Joy Forever
Attention Determination Knowing Wholehearted Solution Prosperous Talented
Energized Driven Surrounded Attraction Master Honest Attitude Quantum Meditation
Reactions Frequency Universe Spiritual Humble Relationship Complete Reliable
Honor Incredible Magnet Experience Destiny Compassionate Trust Behave
Recommend Change Persistent Designed Belong Possible Compliment Quintessential
Habitual Attraction Ordering Select Healing Timing Vivacious Necessary Intuition
Loving Feeling Opportunity Transform Guarantee Actualize Initiate Order Consistent
Demonstrate Prepare Journal Offer Mindful Teach Quantity Manifest Vibration
Perceive Invest Cosmic Certain Imagine Control Victory Upgrade Perfect Harmony
Maintain Gratitude Laughter Invite Successful Versatile Impression Fun Emotion
Growth Admire Wish Loyal Patient Worth Treat Identify Thankful Assure Birthright
Affirmation Thrive Resourceful Compliment Polite Helpful Understand Genuine
Desire Fit Goal Aware Innovate Fabulous Achievement Calm Gift Develop Optimistic
Myself Courage Respond Life Uplift Impression Diligent Focussed Supportive
Passionate Inspire Financial Abundance Energy Key Grounded Kindness Health**

[ORDER MORE CLARITY HERE](#)



AIAMOTIVATION.COM | [EBOOK](#)