

INSPIRING IDEAS FOR EVERYDAY LIVING

Canadian Living

**HEALTHY
PACK & GO
LUNCHES**

**QUICK
& EASY
DINNER
SOLUTIONS**

**SHIFT
WORKERS'
SURVIVAL
SECRETS**
(HOW TO FIND
BALANCE)

**NURSE
PRACTITIONERS:
CHANGING
THE FACE OF
CANADIAN
HEALTH CARE**

**LIVING LARGE
IN HALF THE SPACE**

Quinoa and
Chickpea Salad
With Tomato
Vinaigrette

MARCH 2011 \$3.99



PM40064924

DESK-ERCISE!
THE AMAZING WORKPLACE
WORKOUT



sophisticated sparkle ▷

**SHERILYN ALLEN, 24,
TELEVISION HOST**

“Stilettos and red lips just make you stand out and feel sexy,” says Sherilyn Allen. T-shirt, Garcia, \$29. Reversible sequined skirt, Lundström, \$245. Necklaces, Lia Sophia, J.Crew and Sears. Bracelets, Lia Sophia. Pumps, Town Shoes.

BEAUTY BIT

In addition to her black eyeliner and lash extensions – “I always need to have big lashes” – she’s currently trying the lash-boosting serum, Rapidlash, 3 mL, \$60.