

About Us

My husband and I maintain that no matter what gets thrown our way, we will do our best to enjoy life to the fullest. Regardless of the lemons, we've learned not to simply "make lemonade", but to make the sweetest lemonade out of our circumstances. Through this we've both learned to laugh a lot at our days, and to enjoy every moment of being a parent.

A little over 3 1/2 years ago, we both made the decision that in order to live life to it's fullest, we needed to be healthy. We were far from it!! I'm talking 5 scoops of ice cream a night for dessert, hamburger helper for dinner, and eating out nearly every day for lunch. While I won't out my husband, I will tell you that I was over 300 lbs and desperately grasping at what the word healthy even meant anymore. That's why the recipes. I've tried just about everything in an attempt to get our family on the healthy boat. I've had countless failures, and lots of success too. I hope you enjoy our recipes and stories. No matter where you're coming from, this is the website to get you headed in the right direction.

Joshua gets mad props on this website. While I knew I should start this idea 2 years ago, I was hesitant. I worried that I wouldn't be able to keep up with adding one more thing to my already crazy schedule. God kept nudging me to share what I've learned with others, but it was just so daunting.

One night while I was cooking. Josh casually said to me, "Mom, one day you should cook your recipes on tv or something so someone else can learn how to cook. Then they will get inspired and cook too!"

It hit me like a ton of bricks. The idea that I have a gift, but am not willing to share it to help others??!? I was disgusted with my previous thoughts of doubt and failure and quickly replaced them with confidence and ambition. God knew I needed to hear that from my kind-hearted son in order to

actually do something about it.

So thank you Joshua. You always motivate me to go above and beyond, to push myself beyond what I think is possible. Here's your mom, not settling. I know you will do the same in everything you do.



Thad and Mandi Metzger live in Northern California. They have 3 children. Joshua (7), Samuel (3) and Aurora (1). Thad and Mandi are passionate about living a healthy life inside and out. On a typical week you'll find them at the local crossfit, running their youth group ministry, and hanging out with their kids.

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