Your Guide to a Transformational Dinner Party
We’re so excited you’ve decided to participate in *Ms. Unstoppable Night!*

We’ve included everything you need to make your gathering a success. Within this document you’ll find:

**WELCOME LETTER**
from Sarah

**MUSIC PLAYLIST**
curated by Sarah

**CONVERSATION STARTERS**

**RECIPES**

**CLOSING PRAYER**
from Sarah

*We hope you and your friends thoroughly enjoy your *Ms. Unstoppable Night.*
I’m so excited that you’ve decided to join the Ms. Unstoppable Movement. There’s nothing more powerful than a woman who knows who she is, and who challenges other women to discover their true identity too. This journey all started for me more than five years ago because of a blog. What I thought would be a place for me to vent quickly grew and became a sisterhood of women connecting with one another.

I would never have imagined that there were so many other women around the world who were desperate to break out of the boxes their insecurities and fear had created. The camaraderie of knowing we were more alike than we were different could have simply comforted me, but it actually motivated me. The sisterhood challenged me to not only create words of inspiration, but to also actually transform my life.

Fast-forward to now, and I feel so blessed to have a life that far exceeds what I thought was possible because of my history. It took work. I had to be willing to admit I wasn’t okay. I was forced to analyze my self-destructive thought patterns and deal with the actions that often sabotaged my peace, happiness, and joy. Along the way, I discovered some tools that I want to share with you, to empower you and your circle of friends to tap into your unstoppable too!

There’s nothing like a good old-fashioned girls’ night to garner the momentum necessary to change your life. Use this guide as the kick-start you need to challenge yourself and your girls to join the Unstoppable Movement. I’ve included some of my favorite recipes, powerful conversation starters, a link to my favorite tunes, and a prayer to end your evening. Whether you’re a seasoned pro in the kitchen or just want to make a few tasty treats to have on hand while you work to uncover another level of connection with your friends, I’ve got you covered. But your work doesn’t have to end when the evening is over. Grab a copy of my new book, Don’t Settle for Safe: Embracing the Uncomfortable to Become Unstoppable, and let’s do the work together—over and over again.

Unstoppable is your new normal. Embrace it!

LOVE, SARAH JAKES ROBERTS
Click the following link for a

**MS. UNSTOPPABLE SPOTIFY PLAYLIST**

curated by Sarah

http://spoti.fi/2kR64K3

“Set the tone with some of my favorite tunes.”

*SJR xoxo*
CONVERSATION STARTERS

1. Go around the table and give a compliment to the person on the right.

2. When is the last time you’ve laughed so hard it hurt and the last time you’ve cried or had to hold back tears?

3. What do you feel has been your hardest season of change in your life?

4. Were you vulnerable with other people during this time? Were you afraid of what people would think about you?

EXERCISE:
Share what you were afraid people would think about others would think about you. Then another person share a positive thought of that season.

NOTE FROM SARAH:
So often we can be so concerned that other people would see our experiences as negative that we don’t see that it actually encourages and inspires someone to overcome their fears. You never know whose life you can inspire by being vulnerable. Ask your guest to view the hardest season of change more positively.

5. Give an example of a time you made a decision based on insecurity? Did you learn anything from that?

6. What’s a challenge you’ve faced that has made you a stronger person in the end?
CONVERSATION STARTERS
continued

7. Are there any friendships you’ve had to end? Why did you decide to do so?

8. Why do you feel forgiveness is important? Is there an experience that you’ve had to forgive yourself or others for?

NOTE FROM SARAH:
You’ve heard it said before, un-forgiveness is like drinking poison and expecting the other person to die. Forgiveness is challenging because we feel like someone took something from us whether our time was wasted or finances lost, it’s difficult to move on when it feels like a part of you will be left behind. Forgiveness becomes easier when we realize that even our pain has taught us a lesson. I challenge you to dig beyond the pain and discover the purpose behind your tears. That is where the power is. Each time you feel un-forgiveness coming up in your heart, remind yourself of the invaluable lesson that time taught you. Make peace with your past, embrace your present, and believe in the hope that exists in your future. When you can begin to see your pain through the lens of purpose, you don’t have to hurt about anymore.

9. When do you feel you’re most connected to God? (for example: when at church, during prayer, during worship, etc)

10. What’s one challenge you’re going to make in your life to make you unstoppable? What’s standing in the way of you becoming unstoppable?
RECIPES

Small Bites
Cheeseburger Sliders
Shrimp Crostini
Smoked Fish Dip
Spinach Dip

Meals
Pasta Bar & Salad
Salmon and Veggies
Chicken, Waffles, and Green Beans

Desserts
Strawberry Shortcake
Chocolate Chip Cookies
INSTRUCTIONS FOR HOST:

There are a few ways to host the dinner.

**Fancy Style**
Host prepares menu and dining set up. Guests arrive ready to sit around the table and enjoy an evening of music and conversation.

**Comfy Style**
Divide grocery list amongst guests. Ask them to arrive at a designated time in comfy gear, prepared to dance, cook, and chat the night away.

**Potluck Style**
Ask each guest to choose and prepare an item of their choice.

**BONUS:**
Prepare a handwritten note for each guest with a positive affirmation for them to take away at the end of the evening.
Small Bites
PULL-APART CHEESEBURGER SLIDERS

Ingredients

- 2 tbsp. extra-virgin olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 lb. ground beef
- 1 tsp. yellow mustard
- 1 tbsp. Worcestershire sauce
- kosher salt
- 1 tsp. Freshly ground black pepper
- 12 slider buns (or dinner rolls)
- 12 slices cheddar cheese
- 4 tbsp. butter, melted
- 1/4 tsp. garlic powder
- 1 tbsp. sesame seeds
Preparation

1. Preheat oven to 350°F (175°C).

2. Heat olive oil in a large skillet over medium heat. Sauté onions until soft. Add garlic and cook until fragrant, about 30 seconds. Add the ground beef and stir to break up meat. Sauté until cooked through. Stir in mustard and Worcestershire sauce. Season to taste with salt and pepper. Remove skillet from stovetop and drain excess fat.

3. Coat a 9x13 baking dish with cooking spray. Place the bottom halves of the slider buns in the dish. Top with cooked beef mixture. Place a slice of cheese over each slider. Place the top halves of the buns on top.

4. Brush the tops of the buns with the melted butter. Sprinkle garlic powder and sesame seeds on top.

5. Bake at 350° until the cheese melts and everything is warmed through, 15-20 minutes.
SHRIMP CROSTINI

Ingredients

• 1 (8-ounce) package cream cheese, softened
• 1/4 cup mayonnaise
• 5 cloves garlic, minced and divided
• 2 tablespoons minced green onion
• 1 tablespoon black pepper
• 2 tablespoons butter
• 3 tablespoons minced fresh parsley leaves
• 24 medium fresh shrimp, peeled and deveined
• 24 toasted French bread rounds
• Cherry tomatoes, halved, for garnish
• Fresh parsley leaves, for garnish

Directions

1. In a small bowl, mix together cream cheese, mayonnaise, 2 cloves garlic, green onion and pepper; set aside.

2. In a large skillet, melt butter over medium heat. Add remaining 3 cloves garlic and parsley. Add shrimp; cook for 3 to 4 minutes, or until pink and firm. Do not overcook.

3. Spread cream cheese mixture evenly over French bread rounds. Top each with 1 shrimp. Garnish with tomato halves and parsley leaves.
SMOKED FISH DIP

Ingredients

• 2 cups flaked smoked whitefish
• 2 tablespoons fat-free mayonnaise
• 4 tablespoons fat-free sour cream
• 1 pinch Old Bay™ Seasoning
• 4 drops hot pepper sauce, or to taste
• 3 drops Worcestershire sauce, or to taste
• 3 drops liquid smoke flavoring (optional)
• cracked black pepper to taste

Preparation

1. Place whitefish, mayonnaise, and sour cream in the bowl of a food processor.
2. Season with Old Bay™ seasoning, hot pepper sauce, Worcestershire sauce, liquid smoke, and cracked black pepper.
3. Blend all ingredients until consistency reaches a spread.
BEST SPINACH DIP EVER

Ingredients

• 1 cup mayonnaise
• 1 (16 ounce) container sour cream
• 1 (1.8 ounce) package dry leek soup mix
• 1 (4 ounce) can water chestnuts, drained and chopped
• 1/2 (10 ounce) package frozen chopped spinach, thawed and drained
• 1 (1 pound) loaf round sourdough bread

Preparation

1. In a medium bowl, mix together mayonnaise, sour cream, dry leek soup mix, water chestnuts and chopped spinach.

2. Chill in the refrigerator 6 hours, or overnight.

3. Remove top and interior of sourdough bread. Fill with mayonnaise mixture.

4. Tear removed bread chunks into pieces for dipping.
Meals
PASTA BAR

1. CHOOSE 2-3 PASTAS
   - Spaghetti
   - Angel Hair
   - Ziti
   - Rotini
   - Ravioli
   - Tortellini
   - Macaroni
   - Penne
   - Farfalle (Bowtie)

2. CHOOSE 2-3 SAUCES
   - Marinara
   - Meat
   - Alfredo
   - Primavera
   - Cheese
   - Pesto

3. CHOOSE YOUR TOPPINGS
   - Parmesan Cheese
   - Meatballs
   - Sausage
   - Steamed veggies
   - Grilled Chicken
   - Crushed Red Pepper
   - Basil
   - Shrimp
   - Scallops
   - Mushrooms

Preparation

1. Cook pasta according to package directions.
2. Heat sauce and any other ingredients that need to be cooked.
3. Lay out all ingredients and serve with garlic bread and salad.
KALE SALAD WITH APPLES ANDcheddar

Ingredients

• 4 cups very finely chopped or slivered curly kale or Russian kale (about 6 ounces on the stem, or half of a 3/4-pound bunch, stemmed and washed in two rinses of water)

• 2 tablespoons coarsely chopped toasted almonds

• 1 apple, sweet, cored and cut in 1/4-inch dice (like a Fuji, or a sweet-tart, like a Gala, Braeburn or Pink Lady)

• 1 ounce sharp Cheddar cheese, cut in 1/4-inch dice

• 2 tablespoons fresh lemon juice

• Salt to taste

• 1 very small garlic clove, puréed

• 5 tablespoons extra virgin olive oil

• 2 tablespoons freshly grated Parmesan

Preparation

1. Combine the kale, almonds, apple and Cheddar in a large bowl.

2. Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Sprinkle the Parmesan over the top, and serve.
ROASTED SALMON GLAZED WITH BROWN SUGAR AND MUSTARD

**Ingredients**

- Salmon fillets, *preferably wild or farmed organically*
- Dijon mustard
- Brown sugar
- Salt and black pepper

**Preparation**

1. Heat your oven to 400°F.

2. Make a mixture of Dijon mustard and brown sugar to the degree of spicy-sweetness that pleases you. Salt and pepper the salmon fillets.

3. Place the salmon fillets skin-side down on a lightly oiled, foil-lined baking sheet. Slather the tops of the fillets with the mustard and brown sugar glaze and slide them into the top half of your oven. They ought to be done in 12 minutes or so, and they pair beautifully with simple braised greens.
SHREDDED PARMESAN BRUSSELS SPROUTS

Ingredients
• 3 pounds brussels sprouts, trimmed
• 1/2 cup extra-virgin olive oil
• Kosher salt and freshly ground pepper
• 1/2 cup freshly grated Parmesan cheese

Preparation
1. Preheat the oven to 425°F.

2. In a food processor fitted with a slicing blade, coarsely shred the brussels sprouts. On 2 large rimmed baking sheets, toss the brussels sprouts with the olive oil, season with salt and pepper and spread in an even layer.

3. Roast in the oven for 30 minutes, until the brussels sprouts are tender and browned in spots; rotate the pans and stir the brussels sprouts halfway through roasting.

4. Sprinkle with the Parmesan cheese, toss and bake for 1 more minute, or until the cheese is melted. Transfer the brussels sprouts to a bowl and serve.

Make Ahead:
The brussels sprouts can be baked up to 2 hours ahead; rewarm them before serving.
GARLIC ROASTED POTATOES

Ingredients

- 3 pounds small red or white potatoes
- 1/4 cup good olive oil
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons minced garlic (6 cloves)
- 2 tablespoons minced fresh parsley

Preparation

1. Preheat the oven to 400°F.

2. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated.

3. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning.

4. Remove the potatoes from the oven, toss with parsley, season to taste, and serve hot.
CHICKEN AND WAFFLES

Ingredients

- Vegetable oil, for shallow frying
- 1/4 cup hot sauce
- 1 large egg, lightly beaten
- 8 chicken tenders (about 1 pound)
- 3/4 cup instant flour (such as Wondra)
- 1 teaspoon poultry seasoning
- Kosher salt and freshly ground pepper
- 3 tablespoons unsalted butter
- 2 scallions, sliced, plus more for garnish
- 1 1/2 cups low-sodium chicken broth
- 4 buttermilk or Belgian-style frozen waffles
- Maple syrup, for serving
CHICKEN AND WAFFLES
continued

Preparation

1. Heat about 1 inch of oil in a large cast-iron or heavy-bottomed skillet over high heat. Whisk the hot sauce and egg in a medium bowl; toss the chicken in the mixture to coat.

2. Combine the flour, poultry seasoning, and salt and pepper to taste in a medium bowl. Set aside 3 tablespoons seasoned flour in a separate bowl; dredge the chicken in the remaining seasoned flour until coated, shaking off any excess.

3. Place the chicken in the hot oil and fry until golden and cooked through, 2 to 3 minutes per side, turning once. Transfer to a rack to cool slightly; discard the oil.

4. Melt the butter in the same skillet and whisk in the reserved seasoned flour until smooth. Whisk in the scallions, then slowly pour in the broth. Bring to a simmer, whisking until the gravy is smooth. Meanwhile, toast the waffles.

5. Place a waffle on each plate and drizzle with maple syrup. Top with chicken and gravy and garnish with scallions.
THE BEST GREEN BEANS EVER

Ingredients

- 1 pound green beans
- 2 tablespoons bacon grease
  (can substitute 2 tablespoons butter)
- 2 cloves garlic, minced
- 1 large onion, chopped
- 1 cup chicken broth, plus more if needed
- 1/2 cup chopped red bell pepper
- 1/2 to 1 teaspoon kosher salt
  (can substitute regular tablesalt, use 1/4 to 1/2 teaspoon)
- Ground black pepper

Preparation

1. Snap the stem ends of the green beans, or cut them off in a big bunch with a knife if you’d prefer. Melt the bacon grease in a skillet over medium-low heat.

2. Add the garlic and onions and cook for a minute. Then add the green beans and cook until the beans turn bright green, about a minute. Add the chicken broth, chopped red pepper, salt and pepper to taste. Turn the heat to low and cover the skillet with a lid, leaving the lid cracked to allow steam to escape.

3. Cook until the liquid evaporates and the beans are fairly soft, yet still a bit crisp, 20 to 30 minutes. You can add more chicken broth during the cooking process, but don’t be afraid to let it all cook away so the onions and peppers can start to caromelize.
Desserts
STRAWBERRY SHORTCAKE

Ingredients

• 1 1/2 pounds strawberries, stemmed and quartered
• 5 tablespoons sugar
• 2 cups all-purpose flour
• 2 teaspoons baking powder
• 1/4 teaspoon baking soda
• 2 tablespoons sugar
• 3/4 teaspoon salt
• 1 1/2 cups heavy cream (whipped cream)
• 11/2 cups heavy cream, chilled
• 3 tablespoons sugar
• 1 1/2 teaspoons vanilla extract
• 1 teaspoon freshly grated lemon zest
STRAWBERRY SHORTCAKE
continued

Preparation

1. Mix strawberries with 3 tablespoons sugar and refrigerate while juices develop, at least 30 minutes. Preheat the oven to 400°F.

2. Sift together the flour, baking powder, baking soda, remaining 2 tablespoons sugar, and salt in a medium bowl. Add heavy cream and mix until just combined. Place mixture in an ungreased 8-inch square pan and bake until golden, 18 to 20 minutes.

3. Remove shortcake from pan and place on a rack to cool slightly. Cut into 6 pieces and split each piece in half horizontally.

4. Spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top. Spoon more strawberries over the top and serve.

5. Whipped Cream: Using a mixer, beat the heavy cream, sugar, vanilla, and lemon zest until soft peaks form, about 1 1/2 to 2 minutes.
SOFT CHOCOLATE CHIP COOKIES

Ingredients

• 2 teaspoons baking soda
• 2 cups butter, softened
• 1 1/2 cups packed brown sugar
• 2 (3.4 ounce) packages instant vanilla pudding mix
• 4 eggs
• 2 teaspoons vanilla extract
• 4 cups semisweet chocolate chips
• 2 cups chopped walnuts (optional)
• Add all ingredients to list

Preparation

1. Preheat oven to 350°F (175°C). Sift together the flour and baking soda, set aside.

2. In a large bowl, cream together the butter, brown sugar, and white sugar. Beat in the instant pudding mix until blended.


4. Finally, stir in the chocolate chips and nuts. Drop cookies by rounded spoonfuls onto ungreased cookie sheets.

5. Bake for 10 to 12 minutes in the preheated oven. Edges should be golden brown.
CLOSING PRAYER

God,

No one understands a woman quite like a woman so help us to be gentle with our differences and sensitive to one another’s pain. This hand that I’m holding is the hand of a woman who has yet to fully max out her potential. The women in this room are still revealing the mysteries that you’ve placed inside of them. Thank you for allowing me to be a part of their journey. I ask that you would help us to navigate the ups and downs of life with sensitivity, wisdom, and vulnerability. Help us to find the words that are hard to say. Open our hearts so that we can be healed, transformed, and set free from our insecurities. Allow us to live lives that take us out of our comfort so that our faith may be increased. May our feet walk on water, our souls be forever free, and our minds fixed on an unstoppable mentality.

Amen.