

I'm Danielle Schaffer! In between my two full-time gigs as chef and chauffeur to my four kids, I seek to entertain, educate and inspire fellow moms who could use a good laugh and a few parenting tips through my lifestyle blog, City Girl Gone Mom, and podcast, The Mom Confidential. The juggle and struggle of a family and career-focused mom is indeed real, so taking time out to date myself is the only way I stay balanced. Penciling in a workout or a spa treatment is a must. In celebration of reaching over 350,000 readers on my parenting column on "TODAY," I decided to woo myself with a day trip to the Shoppes at Carlsbad. I'd say it went pretty well. In fact, there was so much chemistry, sparks flew all afternoon.



11 a.m.
Lucha Libre Taco Shop

→ Taco lovers, unite. Worth every minute you'll wait in line, Lucha Libre is a fun and funky hotspot paying homage to the colorfully masked luchadores. Make no mistake, the menu is just as colorful as the walls in this establishment, with an entire menu dedicated to Cali Burritos. Add crispy cheese to your Surfin' California Burrito with grilled steak and shrimp, fries and a boatload of other fresh fixins, and you'll thank me later.

2525 El Camino Real, Ste 218 C
Carlsbad, CA 92008
760.429.2935
luchalibretacoshop.com



Noon
Nektar Juice Shop

→ Happiness in a bowl. Or a cup. I'm not picky. Nektar Juice Shop has been one of my longtime favorite stops for juices, bowls and smoothies on the go. If your self-care rituals are as decadent as mine, the Nektar Cleanse is awesome for detoxing with fresh pressed juices like Turmeric Citrus Skinny Lemonade. Try the 6-Day Celery Detox to boost digestion or the Classic Detox to help you kick your sugar cravings and increase your appetite for whole foods.

2525 El Camino Real, Ste 216
Carlsbad, CA 92008
442.287.0144
www.nektarjuicebar.com



1:30 p.m.
Leap Coffee

→ I came for the coffee. I stayed for the coffee. And the avocado toast, and the almond butter toast, and the cardamom and the goji berry bowl. Hey, no judgment. The artisanal coffee is next level, fit for simple caffeine seekers to coffee connoisseurs alike. The vibe is hip and relaxing with friendly baristas. A sanctuary of sorts. Sit by the window, and enjoy the breeze.

5611 Palmer Way, Ste D
Carlsbad, CA 92010
760.448.6167
www.leap.coffee



Photos - Lucha Libre Taco Shop: Damien Noble Andrews



3 p.m.
Francesca's

→ Next time you find yourself walking past a Francesca's boutique, stop, turn around and walk in because there's something for everyone for every occasion. Plus, finding an outfit including all accessories for under \$100 without going to a department store is good for the soul. A bonus? In and out in 30 minutes, and the next five birthday parties are covered.

2525 El Camino Real, Ste 230
Carlsbad, CA 92008
760.583.2542
www.francescas.com

Wonder Woman
In addition to authoring her popular blog City Girl Gone Mom, Schaffer is also a top parenting contributor on "TODAY" and host of the popular podcast, The Mom Confidential.

“If I could compile a list of all my favorite fast, fresh and healthy seafood plates, the menu at Grubby's Poke & Fish Market covers it.”



4:30 p.m.
Grubby's Poke & Fish Market

→ If I could compile a list of all my favorite fast, fresh and healthy seafood plates, the menu at Grubby's Poke & Fish Market covers it. Spicy surf and turf, poke nachos, salads, ceviche—the list goes on. For the atmosphere-obsessed patron like myself, the décor was an absolute delight with modern fixtures and reclaimed panels of wood in hues that mimic the ocean. And don't forget the sake. Try the Sho Chiku Bai, it's just as sexy as it sounds when saying it out loud.

2525 El Camino Real, Ste 218
Carlsbad, CA 92008
760.828.9074
www.grubbyspoke.com

