



## Asian Fusion From VeggiEAT and Cost-Effective Party Planning

Welcome back to Clark County Credit Union's new podcast, *The Perfect Bite!* What is the perfect bite? That mix of flavors, textures, colors, and aromas that come together in one amazing amuse-bouche. Welcome to your perfect bite of food, finances, and your future self. Join Clark County Credit Union for your weekly serving of food reviews from local restaurants, personal finance tips, and action to realize your goals and dreams.

This is Episode #3 and you'll join co-hosts Crystal Price and Shannon Hiller from Clark County Credit Union as they taste-test VeggiEAT. Listen to the episode on [Apple Podcasts](#), [Spotify](#), Google Podcasts, and your other favorite podcast spots – follow and leave a [5-star review](#) if you're enjoying the show!

- Episode Summary & Player
- Show Notes
- *The Perfect Bite* Summary

## **The Perfect Bite Episode #3: Asian Fusion From VeggiEAT and Cost-Effective Party Planning**

In this third bite, join co-hosts Crystal Price and Shannon Hiller from Clark County Credit Union as they step outside their comfort zones to taste-test VeggiEAT, discuss creating a budget for your party, and mental health tricks to get out of your comfort zone. You'll learn party supplies that are great bang for the buck, insights from Gretchen Rubin, and how to use the resources in your circle. This episode covers everything from VeggiEAT to Gretchen Rubin. Here's a small sample of what you will hear in this episode:

- How was VeggiEAT?
- What's it like eating vegetarian?
- How do you get back into the party-planning mode?
- "13 Mental Tricks To Get Yourself Out Of Your Comfort Zone"
- How do you develop your signature item?
- Who are the *Wild Kratts*?
- What is the superhero stance?
- How often does Shannon play tennis?

Learn more at [CCCULV.org](http://CCCULV.org) and check out the financial resources at [CUinsight.com](http://CUinsight.com).

Check out the episode and show notes below for much more detail.

### **Show Notes**

- **Asian Fusion From VeggiEAT and Cost-Effective Party Planning**
  - [0:16] Welcome to [The Perfect Bite](#)
  - [0:31] Learn more at [CCCULV.org](http://CCCULV.org) and check out the financial resources at [CUinsight.com](http://CUinsight.com)
  - [0:46] [Crystal Price](#), [Shannon Hiller](#)
  - **Food: VeggiEAT**
  - [1:14] [VeggiEAT](#)
  - [1:29] [Pandemic](#)
  - [1:54] [Vegan](#), [Vegetarian](#)
  - **Finances: Party Budget**
  - [5:02] How do you get back into the party-planning mode?
  - [5:42] [Party Planner](#)
  - [5:53] [Target](#)
  - [6:27] [Smoker](#)
  - [6:33] [Budget](#)
  - [8:39] [BYOB](#)
  - [9:06] [Dollar Store](#)
  - [9:17] How do you develop your signature item?
  - [9:48] [CPA Exam](#)

- [11:12] [Wild Kratts](#)
- [12:27] Call 702-939-3115 or visit [MembersAuto.com](#) today
- **Future Self: Getting Out of Your Comfort Zone**
- [3:06] [The Happiness Project](#) by Gretchen Rubin
- [13:13] "[13 Mental Tricks To Get Yourself Out Of Your Comfort Zone](#)"
- [13:39] What is the [superhero stance](#)?
- [13:58] [Wonder Woman, She-Ra](#)
- [15:02] [Podcast](#)
- [16:22] How often does Shannon play tennis?
- [17:12] [Finances](#)
- [17:48] Learn more at [CCCULV.org](#) and check out the financial resources at [CUinsight.com](#)
- Theme Song: Happy Today by Joystick

## **What is *The Perfect Bite*?**

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## **How do I learn more about Clark County Credit Union?**

Thanks for listening to *The Perfect Bite*. Learn more at [CCCULV.org](#) and check out the financial resources at [CUinsight.com](#)