

I'm bringing you with me on a busy day here in New York,

but first we need iced coffee.

You know I love the Starbucks Espresso Americano, and today I am going to go with the Milk and Sugar. It is all mixed in and ready to go, but I'm adding a little cinnamon for an extra kick.

And I love that the bottles are actually recyclable.

Next, we're headed to Central Park to start my day the right way with some greenery and some water, then it's back to my desk to get a lot of work done,

including some video calls

and a little more iced coffee.

Now that we are fully fueled up, I'm gonna jump in a cab and race down to my store to grab a few things before back-to-back meetings in Soho and the West Village

before headed back uptown to grab my little guy

and end the day with a nice long walk.