Real Housewives of White Suburbia

Pumpkin spice lattes and mini-vans La Croix Target, Whole Foods, Trader Joe's Grass fed beef and free range chicken

Pinterest and book clubs Anxiety Zumba, yoga, pilates Anthropologie and calorie counting

Competitive dance and credit card debt HGTV Hayden, Brayden, Caden Young Living and Lularoe

Sushi and gossip Play dates Paleo, Whole 30, Gluten-free Grey's Anatomy and alcoholism

Car pools and soccer snacks PTA Xanax, Prozac, Zoloft Toxic-free window cleaner and first world problems