

Spring Greens & Soft Egg Breakfast Bowl



1 Serving



12 minutes

INGREDIENTS

1 cup baby spinach

½ cup steamed

asparagus, chopped

1 soft-boiled egg

¼ cup cooked

quinoa

1 tbs olive oil

Squeeze of lemon

Salt & pepper

Optional: fresh dill

INSTRUCTIONS

Arrange spinach, asparagus, quinoa, and avocado in a bowl.

Add the soft-boiled egg on top

Drizzle with olive oil and lemon

Season and finish with dill.

Pause and inhale before your first bite

NOTES

Soft-boil the egg for 6 min for a jammy center; 7–8 min for firmer yolk.

Use any tender spring greens: spinach, baby kale, pea shoots, or arugula.

Add quinoa or farro for a heartier, more filling bowl.

A squeeze of lemon or drizzle of olive oil brightens everything.

Optional: avocado slices, hemp seeds, microgreens, or a sprinkle of feta.

Strawberry–Basil Yogurt Parfait



1 Parfait



5 minutes

INGREDIENTS

1 cup Greek yogurt

½ cup sliced
strawberries

1 tsp honey

1 tbsp chopped
fresh basil

¼ cup granola

Zest of ½ lemon

INSTRUCTIONS

Layer yogurt, strawberries, and granola.

Drizzle with honey.

Sprinkle basil and lemon zest.

Enjoy slowly, noticing the contrast of textures.

NOTES

Fresh basil adds a bright, unexpected flavor — tear it gently to release the aroma.

Use Greek yogurt for a thicker, creamier texture.

Add granola just before serving to keep it crunchy.

A drizzle of honey or maple syrup works beautifully if you prefer extra sweetness.

Swap strawberries for raspberries or peaches depending on the season.

Honey-Lime Shrimp & Spring Slaw Bowl



1 Bowl



12-15 min

INGREDIENTS

8-10 cooked shrimp

1 cup shredded cabbage

1/2 cup shredded
carrots

1/2 cup sliced snap peas

1/2 cup cooked jasmine
rice

1 tbsp chopped cilantro

1 tbsp lime juice

1 tsp honey

1 tsp olive oil

Pinch of salt

INSTRUCTIONS

Layer rice, cabbage, carrots, and snap peas in a bowl.

Add shrimp on top.

Whisk honey-lime drizzle and pour over the bowl.

Sprinkle cilantro and take a slow breath before eating.

NOTES

Works with grilled, sauteed, or pre-cooked shrimp.

Add avocado or toasted sesame seeds for extra richness.

Swap jasmine rice for quinoa or cauliflower rice.

The honey-lime drizzle also works as a marinade if you want stronger flavor.

Turkey Meatball & Spring Greens Bowl



1 Bowl



~15 min

INGREDIENTS

4-5 cooked turkey
meatballs

1 cup baby spinach

1/2 cup roasted
asparagus

1/2 cup cooked farro

1/4 cup shaved
Parmesan

1 tbsp olive oil

Squeeze of lemon

INSTRUCTIONS

Build your bowl with farro, spinach, and asparagus.

Add warm turkey meatballs.

Drizzle with olive oil and lemon.

Finish with Parmesan.

Pause to notice the aroma before your first bite.

NOTES

Use homemade or store-bought turkey meatballs — both work well.

Farro can be swapped for brown rice or quinoa.

Add a spoonful of pesto for a brighter, herbier finish.

Great meal-prep option: assemble greens + grains ahead, add meatballs when serving.

Garlic-Butter Steak Tips with Spring Potatoes



1 Bowl



15-20 min

INGREDIENTS

1 cup steak tips, cooked
in garlic butter

1 cup roasted baby
potatoes

1/2 cup steamed green
beans

1 cup arugula

1 tbsp fresh parsley

Salt & pepper

INSTRUCTIONS

Add arugula to the bottom of your bowl.

Layer potatoes and green beans.

Add warm steak tips on top.

Sprinkle parsley and season.

Eat slowly, noticing the grounding warmth of the meal.

NOTES

Let steak rest for 3-5 minutes before slicing for maximum tenderness.

Baby potatoes can be roasted ahead for faster assembly.

Arugula adds peppery brightness — spinach works if you prefer mild greens.

Add a squeeze of lemon or a sprinkle of flaky salt to finish.

Lemon-Dill Cod Bowl with Spring Vegetables



1 Bowl



20-25 min

INGREDIENTS

1 cod fillet, baked with
lemon + dill

1 cup cooked wild rice

1/2 cup roasted carrots

1/2 cup sauteed
zucchini

1 tbsp olive oil

Extra lemon for serving

INSTRUCTIONS

Place wild rice in your bowl.

Add roasted carrots and zucchini.

Flake the cod over the top.

Drizzle with olive oil and a squeeze of lemon.

Take a mindful breath before eating.

NOTES

Cod can be baked, air-fried, or pan-seared — all work beautifully.

Wild rice can be swapped for jasmine rice or quinoa.

Dill pairs well with carrots, zucchini, and asparagus — feel free to mix veggies.

Add a dollop of Greek yogurt mixed with lemon for a creamy finish.