

lemon-herb chicken

SUMMER GRILLING

Servings: 1-2 | Total Time: 20-25 min

INGREDIENTS:



2 chicken breasts, 2 tbsp olive oil, juice of 1 lemon, 1 tsp garlic powder, 1 tsp dried oregano, ½ tsp smoked paprika, salt + pepper. Veggies: 1 zucchini, 1 red pepper, 1 cup cherry tomatoes, 1 tbsp olive oil.

INSTRUCTIONS:



Whisk marinade and coat chicken; rest 20 minutes. Grill chicken 6-7 minutes per side until golden. Toss veggies with oil, salt, and pepper. Grill veggies 10-12 minutes until lightly charred.

MINDFUL MOMENT:

Pause between flips and notice the warmth, the scent, and the quiet around you.

maple- mustard salmon

SUMMER GRILLING

Servings: 1-2 | Total Time: 20 min

INGREDIENTS:



2 salmon fillets, 1 tbsp pure maple syrup, 1 tbsp Dijon mustard, 1 tsp olive oil, ½ tsp garlic powder, salt + pepper. Salad: 2 ears corn, 1 cup cherry tomatoes halved, ¼ cup chopped parsley or basil, juice of ½ lemon, 1 tbsp olive oil.

INSTRUCTIONS:



Mix maple + mustard and brush over salmon. Grill salmon skin-side down 6-8 minutes. Grill corn until charred; slice off kernels. Toss corn with tomatoes, herbs, lemon, and oil.

MINDFUL MOMENT:

Let the glaze caramelize while you take one slow, grounding breath.

coconut- lime shrimp

Servings: 2 | Total Time: 15 min

SUMMER GRILLING

INGREDIENTS:



1 lb shrimp, 2 tbsp coconut milk, 1 tbsp lime juice, 1 tsp honey, ½ tsp chili powder, salt + pepper. Salad: 1 mango diced, ½ cucumber sliced, 1 tbsp lime juice, 1 tsp olive oil, pinch of salt.

INSTRUCTIONS:



Mix coconut milk, lime, honey, chili powder. Coat shrimp; grill 2–3 minutes per side. Toss mango + cucumber with lime and oil.

MINDFUL MOMENT:

Notice the tropical aroma as the shrimp caramelizes on the grill.

smoky paprika chicken

SUMMER GRILLING

Servings: 1-2 | Total Time: 20 min

INGREDIENTS:



2 chicken thighs, 1 tbsp olive oil, 1 tsp smoked paprika, ½ tsp garlic powder, ½ tsp cumin, salt + pepper. Toss: 1 cup cherry tomatoes halved, 1 tbsp chopped parsley, 1 tsp olive oil, salt + pepper.

INSTRUCTIONS:



Rub spices into chicken. Grill 6-7 minutes per side. Toss tomatoes with parsley, oil, salt, pepper.

MINDFUL MOMENT:

Let the smoky aroma pull you gently into the present.

balsamic halloumi

SUMMER GRILLING

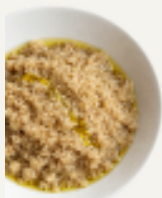
Servings: 1 | Total Time: 20 min

INGREDIENTS:



1 zucchini sliced, 1 red pepper sliced, 6 oz halloumi sliced, 1 tbsp balsamic vinegar, 1 tbsp olive oil, salt + pepper. Quinoa: $\frac{1}{2}$ cup cooked quinoa, drizzle olive oil, pinch of salt.

INSTRUCTIONS:



Brush veggies + halloumi with balsamic + oil. Grill until tender and golden. Serve with warm quinoa drizzled with olive oil.

MINDFUL MOMENT:

Stack your grilled veggies slowly, noticing the colors and textures.

chili-honey pork

SUMMER GRILLING

Servings: 2 | Total Time: 25–30 min

INGREDIENTS:



1 small pork tenderloin, 1 tbsp honey, 1 tsp chili powder, 1 tsp olive oil, salt + pepper. Green beans: 1 cup green beans, 1 tsp olive oil, salt + pepper.

INSTRUCTIONS:



Mix honey, chili powder, oil; rub onto pork. Grill 15–18 minutes, turning occasionally. Toss green beans with oil + salt; grill 8–10 minutes.

MINDFUL MOMENT:

Let the pork rest while you enjoy the quiet of the outdoors.