



# The Slow Kitchen

## CHEAT SHEET

12 SIMPLE WAYS TO USE WHAT YOU HAVE — DIFFERENTLY  
(a little fun for your food + your brain)



### Soup, But Make It a Sauce

Blended veggie soup spooned under proteins or roasted vegetables = instant comfort upgrade.



### Let Dressings Do Double Duty

Use dressings as marinades or dips for crudité (hello color-rich, raw veggies!).



### Skip the Salad Bowl

Large lettuce leaves as wraps for proteins, grains, legumes, or leftovers.



### Turn Leftovers Into Sushi

Roll, slice, or build sushi-style bowls. Add tamari, coconut aminos, or wasabi if you like.



### Don't Toss the Scraps

Air-fry or roast carrot peels, parsnips, and odds and ends until crisp. Dash of salt!



### Dry-Toast Seeds

Pumpkin, sesame, sunflower. Toss with herbs for instant crunch on soups, salads, or vegetables.



### Toast Your Cooked Beans

Garbanzo, edamame, lupini, or lentils + avocado oil, salt, pepper. Toaster oven until crisp.



### Mash a Vegetable You've Forgotten About

Rutabaga, turnips, or parsnips for lighter comfort food.



### Let Bread Take a Back Seat

Japanese sweet potato toast, slather-ready with olive oil, garlic, and flaky salt.



### Make an "Expensive" Topper

Chia, toasted buckwheat, hemp, dash of cinnamon. Sprinkle on smoothies, yogurt, or breakfast bowls.



### Turn Dinner Into Breakfast

Add a fried egg or two. Protein-rich, blood-sugar-friendly, and grounding.



### A Smarter Sweet (No Sugar Needed)

Coconut manna truffles with cacao nibs, matcha, turmeric, açai, ube, or favorite superfood powder. Chill and pop out. You're welcome.



**Remember:** Midlife isn't the time for more restriction — it's the time for better ideas. Save this. Screenshot it. Let it remind you: you don't need more food rules — you just need new ways to play.