🌿 The Summer Meals Cheat Sheet

6 Nourishing Recipes That Practically Cook Themselves
For mothers, caregivers, and anyone who wants to eat well without hovering over a stove

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1. Roasted Potatoes, Zucchini & Feta or Tofu

Prep:
Scrub any potatoes (no need to peel, especially if organic), slice in half or quarters. Slice zucchini, cube tofu or feta.

Cook:
Toss potatoes with olive oil and salt, roast at 200°C (390°F) for 15 minutes. Then add zucchini and tofu or feta, drizzle with more oil, and roast until golden and soft (another 20–25 minutes). Add nutritional yeast if using tofu.

Why it nourishes:
Slow-release energy from potatoes, hydration and fiber from zucchini, and protein + minerals from tofu or feta.

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2. Tofu in Tomato Sauce with Bread or Quinoa

Prep:
Cube tofu. Choose a good jarred tomato sauce (with onion/herbs if possible). Warm some bread or cook quinoa.

Cook:
Simmer tofu in tomato sauce with a splash of olive oil until warmed through and flavorful (about 10 minutes).

Why it nourishes:
A comforting, quick protein meal rich in iron, lycopene (tomatoes), and healthy fats. Pairs beautifully with whole grain sides.

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3. Milk Rice — Sweet or Savory

Prep:
Add 1 large cup of rice and 1 liter of milk (dairy or plant-based) to a pot.

Cook:
Simmer gently, stirring occasionally, until thick and creamy (30–40 minutes).
→ For sweet: stir in soaked raisins just before serving.
→ For savory: stir in miso paste at the end, and optionally a drizzle of sesame oil.

Why it nourishes:
Soothing and grounding. Gentle on digestion, rich in carbs, calcium, and minerals — especially comforting on overstimulating days.

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4. Lentils — Salad or Baked with Feta & Tomatoes

Prep:
Cook beluga, brown, or green lentils. Crumble feta. Halve fresh tomatoes. Chop red onion (for salad version).

Salad version:
Toss lentils with vinaigrette, chopped onion, and feta. Serve warm or cold.

Baked version:
In a dish, layer lentils, feta, and raw tomatoes. Bake at 180°C (350°F) until the tomatoes collapse and the top is golden (about 20–30 minutes).

Why it nourishes:
Lentils offer plant protein, fiber, and iron. Tomatoes help absorb iron, and feta brings calcium and richness.

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5. Oven-Baked Omelet with Herbs & Cheese

Prep:
Whisk 8–10 eggs with salt and fresh herbs (parsley, dill, chives). Add cubed cheddar or gouda.

Cook:
Pour into an oiled baking dish and bake at 180°C (350°F) until set and golden (20–25 minutes). Serve with tomato salad, bread, or seasonal greens.

Why it nourishes:
Eggs are rich in choline, protein, and B vitamins. The cheese adds depth and fullness, and herbs bring minerals and lightness.

6. Creamy Red Lentil Curry with Vegetables

Prep:
Add red lentils to a pot with water and a splash of cream or milk. Add your own curry spice mix (cumin, coriander, turmeric, cardamom…).

Cook:
Simmer until the lentils soften (15–20 minutes). Add frozen mixed vegetables and cook until tender.

Serve with:
Whole grain rice or bread.

Why it nourishes:
A mineral-rich, soothing dish full of plant protein, warming spices, and easy digestion. Cream makes it creamy and satisfying without heaviness.

Keep it Simple. Keep it Nourishing.

Each of these meals is flexible — use what you have, swap where needed, and make them your own. Cooking can be something that holds you, even in seasons when everything else asks so much.

Save this guide for tired days, full days, or days when you need to care for everyone — *including yourself*.