

# Five-Minute Comfort Bowl Builder

For evenings when your brain has quietly left the building

## Step 1

### Choose Your Cozy Base

*Pick one thing that warms up fast and doesn't require decisions.*

- Rice (microwave pouch)
- Quinoa (pre-cooked)
- Mashed potatoes
- Noodles or pasta
- Cauliflower rice
- Couscous

## Step 2

### Add a Protein

*Anything pre-cooked, pre-chopped, or easily reheated.*

- Rotisserie chicken
- Pre-cooked meatballs
- Canned beans
- Tofu cubes
- Leftover anything

## Step 3

### Toss in a Veggie

*(Fresh, Frozen, or Whatever Survived the Week)*

- Steamed broccoli
- Frozen mixed veggies
- Pre-chopped peppers
- Spinach
- Roasted veggies from earlier in the week

## Step 4

### Add a Sauce or Seasoning

*That Feels Like a Hug*

Teriyaki  
Alfredo  
Salsa  
Soy sauce + sesame oil  
Ranch (no judgment)  
Butter + garlic + herbs

## Step 5

### Optional Magic

*A sprinkle, a crunch, a flourish—whatever makes it feel finished.*

- Cheese
- Green onions
- Crushed crackers
- Nuts or seeds
- Chili crisp
- Lemon squeeze

## Final Blessing

Assemble. Heat. Stir. Eat.  
You have created dinner  
from the ashes  
of your remaining brain cells.  
This is magic.  
You are doing great.

