A NERUVAI COMPANION GUIDE

THE JOINT COMFORT KITCHEN

40 simple recipes, a gentle 7-day meal plan, and a calmer way to make everyday nourishment feel doable.

A practical kitchen companion for adults who want more ease around food, movement, and ordinary routines. Educational wellness content, not medical advice.

Included with Neruvai Standard access

A softer way to feed the day

Food does not need to become another project to manage. This guide keeps the promise small: familiar ingredients, short methods, and enough structure to help you decide what comes next. Use the recipes as written or borrow one idea from each page.

How to use this guide

Choose one anchor. Pick breakfast, lunch, or dinner before the day gets busy. **Keep a flexible plate.** Add a vegetable, a protein, and a satisfying carbohydrate when it helps. **Notice, do not judge.** A meal is information about what supported you today, not a test you pass or fail.

The recipes emphasize colorful produce, beans, whole grains, fish or other proteins, herbs, nuts, and gentle preparation. They do not diagnose, treat, or cure joint conditions. If you have allergies, swallowing difficulties, kidney disease, diabetes, or another medical concern, ask your clinician or dietitian how to adapt the ideas.

The quiet kitchen rule

Make the next useful choice easier than the perfect choice.

Kitchen rhythm

1. Choose	2. Prep	3. Eat	4. Notice
Pick one anchor meal.	Wash and portion one ingredient.	Sit down for a few calm minutes.	Write one sentence about how it felt.

The 7-day kitchen map

This is a starting rhythm, not a prescription. Swap any meal for another recipe in the same category, use leftovers, and repeat the day that felt most supportive. Each day includes an optional snack from the collection.

DAY	FOCUS	BREAKFAST	LUNCH	DINNER
Day 1	Soft start	Golden Oat & Pear Bowl	Lemon-Dill Lentil Bowl	Sheet-Pan Lemon Herb Chicken
Day 2	Color and crunch	Blueberry Tahini Toast	Carrot-Ginger Red Lentil Soup	Ginger Tofu & Greens
Day 3	Steady energy	Warm Apple-Walnut Quinoa	Salmon & Cucumber Grain Bowl	Sweet Potato Black Bean Chili
Day 4	A warm reset	Savory Spinach Egg Cup	White Bean Rosemary Toast	Herbed Cod with White Beans
Day 5	Simple abundance	Ginger-Peach Chia Jar	Tomato White Bean Skillet	Sesame Salmon Rice Bowl
Day 6	Make it easy	Herbed Chickpea Breakfast Hash	Miso Sesame Noodle Cup	Golden Chickpea Stew
Day 7	Keep what works	Cinnamon Pumpkin Smoothie	Citrus Fennel Chickpea Salad	Roasted Vegetable Farro

Optional daily pause

Before the first bite, ask: “What would make this meal feel more caring?” It might be sitting down, adding water, warming leftovers, or choosing the simpler plate.

The recipe collection

Forty recipes organized around calm starts, satisfying bowls, simple dinners, and small comforts. Most recipes serve one or two; scale up for leftovers.

BREAKFAST

Golden Oat & Pear Bowl

Ingredients 1/2 cup rolled oats; 1 cup milk or oat milk; 1 ripe pear, diced; 1/2 tsp cinnamon; 1 tbsp pumpkin seeds.

Method Simmer oats and milk 5 minutes. Fold in half the pear and cinnamon. Top with remaining pear and pumpkin seeds.

BREAKFAST

Blueberry Tahini Toast

Ingredients 1 slice whole-grain bread; 2 tbsp tahini; 1/2 cup blueberries; pinch of cinnamon; 1 tsp sesame seeds.

Method Toast bread. Spread with tahini, add berries, cinnamon, and sesame seeds. Serve warm.

BREAKFAST

Warm Apple-Walnut Quinoa

Ingredients 3/4 cup cooked quinoa; 1 small apple, chopped; 1 tbsp walnuts; 1/2 tsp cinnamon; 2 tbsp yogurt or coconut yogurt.

Method Warm quinoa and apple with two tablespoons of water for 3 minutes. Finish with walnuts, cinnamon, and yogurt.

BREAKFAST

Savory Spinach Egg Cup

Ingredients 2 eggs; 1 cup baby spinach; 2 tbsp chopped red pepper; 1 tbsp feta; black pepper.

Method Wilt spinach in a small pan. Whisk eggs, stir in spinach and pepper, pour into a greased ramekin, top with feta, and bake at 375 F for 12 minutes.

BREAKFAST

Avocado Herb Egg Bowl

Ingredients 2 eggs; 1/2 avocado; 1/2 cup cooked quinoa; parsley; lemon; black pepper.

Method Soft-scramble the eggs. Add quinoa and avocado to a bowl, top with eggs, parsley, lemon, and pepper.

BREAKFAST

Ginger-Peach Chia Jar

Ingredients 3 tbsp chia seeds; 3/4 cup milk; 1/2 cup diced peach; 1/4 tsp grated ginger; 1 tsp maple syrup.

Method Stir chia, milk, ginger, and syrup. Chill at least 4 hours. Add peach before serving.

BREAKFAST

Herbed Chickpea Breakfast Hash

Ingredients 1 cup chickpeas; 1/2 cup diced sweet potato; 1/4 onion, sliced; 1 tsp olive oil; parsley; smoked paprika.

Method Pan-cook sweet potato and onion with oil and a splash of water until tender. Add chickpeas, paprika, and parsley; warm through.

BREAKFAST

Cinnamon Pumpkin Smoothie

Ingredients 1/2 cup pumpkin puree; 1 banana; 1 cup milk; 1 tbsp oats; cinnamon; ice.

Method Blend until smooth. Add water or milk to reach your preferred texture.

LUNCH

Lemon-Dill Lentil Bowl

Ingredients 1 cup cooked green lentils; 1/2 cucumber, chopped; 1/2 cup cherry tomatoes; 2 tbsp dill; juice of 1/2 lemon; 1 tbsp olive oil.

Method Toss all ingredients. Let stand 10 minutes so the lemon and dill settle into the lentils.

LUNCH

Carrot-Ginger Red Lentil Soup

Ingredients 1 cup red lentils; 2 carrots, sliced; 1/2 onion; 1 tsp grated ginger; 4 cups low-sodium broth; cumin.

Method Saute onion briefly. Add remaining ingredients and simmer 20 minutes. Blend half for a creamy texture.

LUNCH

White Bean Rosemary Toast

Ingredients 1 cup cannellini beans; 1 tsp olive oil; 1/2 tsp rosemary; 1 slice sourdough; lemon zest.

Method Warm beans with oil, rosemary, and lemon zest. Mash lightly and spoon over toast.

LUNCH

Roasted Pepper Hummus Plate

Ingredients 1/2 cup hummus; 1 roasted red pepper; cucumber slices; whole-grain pita; parsley.

Method Arrange hummus, pepper, cucumber, and pita. Finish with parsley and a drizzle of olive oil.

LUNCH

Salmon & Cucumber Grain Bowl

Ingredients 3 oz cooked salmon; 3/4 cup cooked brown rice; 1/2 cucumber; 1 tbsp yogurt; lemon; dill.

Method Layer rice, cucumber, and salmon. Stir yogurt with lemon and dill; spoon over the bowl.

LUNCH

Green Pea Mint Soup

Ingredients 1 1/2 cups frozen peas; 2 cups broth; 1/4 onion; 6 mint leaves; black pepper.

Method Simmer onion and broth 5 minutes. Add peas for 3 minutes, blend with mint, and season.

LUNCH

Turmeric Cauliflower Couscous

Ingredients 1 cup cauliflower rice; 1/2 cup chickpeas; 1/2 tsp turmeric; 1 tbsp raisins; 2 tbsp parsley; lemon.

Method Saute cauliflower rice with turmeric 5 minutes. Fold in chickpeas, raisins, parsley, and lemon.

LUNCH

Tomato White Bean Skillet

Ingredients 1 cup white beans; 1 cup crushed tomatoes; 1 garlic clove; handful of spinach; oregano.

Method Simmer tomatoes, garlic, and oregano 8 minutes. Add beans and spinach; cook until spinach softens.

LUNCH

Miso Sesame Noodle Cup

Ingredients 2 oz soba noodles; 1 cup mushrooms; 1 cup broth; 1 tsp white miso; 1 tsp sesame oil; scallions.

Method Cook noodles. Warm broth and mushrooms, remove from heat, whisk in miso, then add noodles and sesame oil.

LUNCH

Lemony Turkey Lettuce Cups

Ingredients 4 oz cooked ground turkey; 1/2 carrot, grated; lettuce leaves; 1 tsp olive oil; lemon; parsley.

Method Warm turkey and carrot with oil. Season with lemon and parsley; spoon into lettuce leaves.

LUNCH

Avocado Black Bean Tostada

Ingredients 1 baked corn tortilla; 1/2 cup black beans; 1/2 avocado; tomato; lime; cilantro.

Method Mash avocado and lime. Layer tortilla with beans, avocado, tomato, and cilantro.

LUNCH

Warm Mushroom Barley Bowl

Ingredients 3/4 cup cooked barley; 1 cup mushrooms; 1 cup spinach; thyme; 1 tsp olive oil.

Method Saute mushrooms with thyme. Add barley and spinach; stir until warm and tender.

LUNCH

Citrus Fennel Chickpea Salad

Ingredients 1 cup chickpeas; 1/2 fennel bulb, thinly sliced; 1 orange, segmented; arugula; olive oil.

Method Toss chickpeas, fennel, orange, and arugula with olive oil and a pinch of salt.

DINNER

Sheet-Pan Lemon Herb Chicken

Ingredients 4 oz chicken breast or thigh; 1 cup broccoli; 1/2 sweet potato; lemon; oregano; olive oil.

Method Place everything on a sheet pan. Roast at 400 F for 25 minutes, until chicken reaches 165 F.

DINNER

Ginger Tofu & Greens

Ingredients 4 oz firm tofu; 2 cups bok choy; 1 tsp grated ginger; 1 tsp sesame oil; 1 tbsp low-sodium tamari.

Method Brown tofu. Add bok choy and ginger with a splash of water; cover 3 minutes. Finish with tamari and sesame oil.

DINNER

Herbed Cod with White Beans

Ingredients 4 oz cod; 1/2 cup white beans; 1 cup cherry tomatoes; parsley; lemon; olive oil.

Method Bake cod, beans, and tomatoes at 400 F for 15 minutes. Add parsley and lemon.

DINNER

Sweet Potato Black Bean Chili

Ingredients 1 sweet potato, diced; 1 cup black beans; 1 cup crushed tomatoes; cumin; 1 cup broth.

Method Simmer all ingredients 25 minutes, adding broth if needed. Serve with lime.

DINNER

Sesame Salmon Rice Bowl

Ingredients 4 oz salmon; 3/4 cup cooked brown rice; 1/2 cup edamame; cucumber; sesame seeds.

Method Bake salmon at 400 F for 12–15 minutes. Serve over rice with edamame, cucumber, and sesame.

DINNER

Lentil Stuffed Pepper

Ingredients 1 bell pepper; 3/4 cup cooked lentils; 1/4 cup cooked quinoa; tomato; parsley; cumin.

Method Mix filling, stuff pepper, and bake covered at 375 F for 30 minutes. Uncover for 5 minutes.

DINNER

Rosemary Turkey Meatballs

Ingredients 4 oz ground turkey; 2 tbsp oats; rosemary; garlic; 1 cup zucchini ribbons; tomato sauce.

Method Mix and form meatballs. Bake at 400 F for 15 minutes. Warm with sauce and serve over zucchini.

DINNER

Creamy Cashew Broccoli Pasta

Ingredients 2 oz whole-grain pasta; 1 cup broccoli; 2 tbsp soaked cashews; lemon; garlic.

Method Cook pasta and broccoli together. Blend cashews with 1/4 cup pasta water, lemon, and garlic; toss.

DINNER

Golden Chickpea Stew

Ingredients 1 cup chickpeas; 1 cup cauliflower; 1/2 onion; 1/2 tsp turmeric; 1 cup coconut milk; spinach.

Method Simmer onion, cauliflower, turmeric, chickpeas, and coconut milk 15 minutes. Stir in spinach.

DINNER

Roasted Vegetable Farro

Ingredients 3/4 cup cooked farro; 1 cup zucchini; 1/2 red pepper; 1/2 red onion; basil; olive oil.

Method Roast vegetables at 425 F for 20 minutes. Toss with farro, basil, and olive oil.

SNACK

Apple Almond Crunch

Ingredients 1 apple, sliced; 1 tbsp almond butter; 1 tbsp chopped almonds; cinnamon.

Method Spread almond butter over apple slices and finish with almonds and cinnamon.

SNACK

Golden Hummus Carrots

Ingredients 1/2 cup hummus; carrot and celery sticks; 1/4 tsp turmeric; pumpkin seeds.

Method Swirl turmeric into hummus. Serve with vegetables and pumpkin seeds.

SNACK

Cherry Cacao Yogurt

Ingredients 3/4 cup plain yogurt; 1/2 cup cherries; 1 tsp cacao; 1 tbsp walnuts.

Method Fold cacao into yogurt. Top with cherries and walnuts.

SNACK

Pear Ginger Oat Bites

Ingredients 1 pear, grated; 1 cup oats; 2 tbsp tahini; 1/2 tsp ginger; pinch of salt.

Method Mix, shape into small bites, and chill 30 minutes. Keep refrigerated.

DRINK

Cucumber Mint Cooler

Ingredients 1/2 cucumber; 1 cup water; lemon juice; mint; ice.

Method Blend cucumber, water, and lemon. Strain if desired; pour over ice with mint.

SNACK

Berry Flax Compote

Ingredients 1 cup mixed berries; 1 tbsp ground flax; 1/2 tsp cinnamon; yogurt or toast.

Method Warm berries 5 minutes. Stir in flax and cinnamon; spoon over yogurt or toast.

SNACK

Savory Seed Trail Mix

Ingredients 2 tbsp pumpkin seeds; 2 tbsp sunflower seeds; 1 tbsp roasted chickpeas; rosemary; smoked paprika.

Method Toss everything with rosemary and paprika. Store in a sealed jar.

DRINK

Warm Cocoa Date Milk

Ingredients 1 cup milk; 1 soft date; 1 tsp cacao; pinch of cinnamon; vanilla.

Method Blend until smooth and warm gently. Do not boil.

SNACK

Orange Olive Oil Cake Bite

Ingredients 1/2 cup oat flour; 1 egg; 1 tbsp olive oil; zest of 1 orange; 1 tbsp maple syrup.

Method Mix, spoon into two small ramekins, and bake at 350 F for 15 minutes.

A simple shopping list

Buy what matches your week. Fresh, frozen, and canned options all count. Choose low-sodium canned foods when available and rinse beans if that feels useful.

Produce

apples; pears; peaches; berries; oranges; lemons; limes; cucumber; carrots; celery; sweet potato; broccoli; cauliflower; zucchini; spinach; bok choy; mushrooms; tomatoes; bell peppers; fennel; arugula; onions; garlic; mint; parsley; dill; basil

Pantry

rolled oats; quinoa; brown rice; barley; farro; soba; whole-grain pasta; whole-grain bread; corn tortillas; red lentils; green lentils; chickpeas; black beans; white beans; pumpkin seeds; sunflower seeds; walnuts; almonds; chia; flax; tahini; almond butter; olive oil; sesame oil; low-sodium tamari; miso; cacao; cinnamon; cumin; turmeric; smoked paprika; dried oregano; rosemary; thyme

Protein & chilled

eggs; plain yogurt or coconut yogurt; milk or oat milk; tofu; salmon; cod; chicken; ground turkey; feta; edamame; hummus

Flexible extras

low-sodium broth; crushed tomatoes; coconut milk; raisins; pumpkin puree; maple syrup; dates; oat flour; vanilla

Substitutions that keep the recipe yours

A good recipe can bend. Use this table when a texture, budget, preference, or pantry gap asks for a different choice.

Instead of	Try
Salmon or cod	Tofu, beans, eggs, or chicken
Greek yogurt	Plain yogurt, coconut yogurt, or tahini-lemon sauce
Brown rice	Quinoa, barley, farro, or cauliflower rice
Chickpeas	White beans, lentils, or edamame
Spinach	Kale, bok choy, cabbage, or frozen greens
Sweet potato	Winter squash, potato, or carrots
Tamari	Low-sodium soy sauce or a pinch of salt and lemon
Fresh herbs	Frozen herbs, dried herbs, or citrus zest
Oats	Quinoa flakes or oat flour where the recipe allows

The 45-minute prep reset

A little preparation can make the next meal feel less like a decision. Set a timer, play something calming, and stop when the timer ends.

1. Wash and cut

Rinse produce. Cut one tray of vegetables and store it where you can see it.

2. Cook two anchors

Make one grain and one pot of beans or lentils. Cool promptly and refrigerate.

3. Build a sauce

Whisk lemon, olive oil, herbs, and a spoon of yogurt or tahini.

4. Portion the easy wins

Set aside washed fruit, seeds, and hummus for snacks.

5. Label the next step

Write “add greens” or “warm with lemon” on a note. Reduce tomorrow’s choices.

Storage note

Label leftovers with the date and refrigerate promptly. Reheat until hot, use clean utensils, and follow the storage guidance that fits your ingredients and household.

A final invitation

Let nourishment be one place where you do not have to earn care. Return to one recipe, one breath, and one next useful choice.

The Joint Comfort Kitchen is a companion to The Quiet Mind Reset and The 7-Minute Monk Mobility Method. It is included with Neruvai Standard access and is designed for everyday education and reflection.