

# GLOW GREEN

## SIMPLE PLANT-BASED SECRETS FOR A RADIANT LIFE

Nourish your body, mind, and soul with simple plant-based living.

By PLABCurlove



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# WELCOME / INTRODUCTION

## WELCOME TO GLOW GREEN: SIMPLE PLANT-BASED SECRETS FOR A RADIANT LIFE

There's a gentle shift happening in the world—a return to the quiet wisdom of plants, the nourishing embrace of mindful living, and a deep appreciation for the earth's natural gifts. Whether you're a seasoned green goddess or just beginning your plant-based journey, you're in the right place.

My own story started by accident, really. Years ago, feeling weary and out of balance, I found solace in a simple act: swapping my bottled face cream for a homemade oat-and-maple mask. The transformation wasn't just in my skin—it was in my mindset, my energy, even my relationships with others and the world around me. The journey since has been a collection of small, loving choices, always guided by the belief that radiant health comes from harmony—body, mind, and soul.

Glow Green isn't about perfection or all-or-nothing rules. It's about progress, about tuning in to what truly feels good for you, and finding pockets of peace and gentle joy among life's busyness. Change happens slowly, one small swap or mindful meal at a time. There's no rush.

As you open these pages, I invite you to move at your own pace. Savor, reflect, experiment, and return whenever you need inspiration. This guide is yours—a companion, not a command.

“

**Small steps in alignment create the most lasting change.**

Unknown

Let's begin your radiant journey—together.

# HOW TO USE THIS GUIDE

## NAVIGATING, NOTING, AND SAVORING YOUR GLOW GREEN EXPERIENCE

Welcome to your step-by-step path to a naturally vibrant life! Glow Green is designed for gentle exploration, trial, and celebration. Here are a few tips to help you get the most from this guide:

- **Each section stands alone:** Feel free to jump to what excites you most—beauty rituals, kitchen magic, garden greens, or moments of mindful living.
- **Take notes:** Use a dedicated journal to jot down favorite recipes, reflect on new intentions, or log your progress. Print pages that resonate, and tape them to your mirror or fridge for daily inspiration.
- **Mindful moments matter:** Give yourself space and time. Brew a soothing tea, light a candle, and settle somewhere soft. Allow these practices to be a gift, not a task.
- **Customize & create:** Make each ritual your own. Adjust recipes, remix routines, and adapt templates to fit your lifestyle.
- **Celebrate small wins:** Every step counts. Mark your progress with simple affirmations, photos, or short notes on what's shifting in your routine or mindset.

Remember, this guide isn't about getting things "right." It's about exploring what feels good for *you*, in your unique rhythm.



**Find joy in the journey—each mindful choice is a celebration of your growth.**

Glow Green

**Let's dig in—curiosity, kindness, and gratitude first!**



A v tu chvíli se něco změnilo. V ten okamžik si Levi... Založí si ruce na prsou a chvíli mě klidně pozoruje...  
Jen se na nás podívejte. Dva arcipřátelé stojí...  
proti sobě ve falešně uvolněném postoji, zatímco...  
kolem nás. Moderní spaghetti postroj, zatímco...  
Vystřelím první. „Takže je to všechno jedno velké...  
nedorozumění?“

Levi neodpovídá. Jen zírá někam nad moje...  
„Vypadá to asi takhle. E-maily, které...  
jsou. E-maily, které neměly být odeslané...  
valo ten, který zrušil mou objednávku...  
TMS. Asi se nějak odeslal sám. E-maily...  
a dělají si, co chtějí. Hm, tak to...  
předstíraný klid ztrácí na přesvědčení...  
myslím, je to jediné možné vysvětlení...  
nulý týden ptala na termín doručení...  
chvíli. A ty bys mi přece nelhal, že ne...  
le. „Nelhal bych ti.“ Pronese to vážně a...  
bylo důležité, abych mu to uvěřila. Cha...  
„Určitě ne.“ Odstrčím se ode dveří a...  
kanceláře. „Stejně jako by sis nevybral...  
mně vozil kvůli dress codu, který tady...  
vyzadoval. Ani by ses nepostaral, abych...  
Zastavím se před knihovničkou. Mezi...  
si všimnu několika osobních předmětů. Polidřívají...  
bem, na který nejsem připravená:...  
figurek s kývajícími hlavami ze sci-fi...  
grafe. Na jedné je Levi s dalším tmavovlasým...  
tění lezou po skále. Na druhém je žena. M...  
blond vlasy. Mladá, tak v Leviho věku. Usmívá...  
a v náručí drží batole s hlavou plnou...  
očividně domácí výroby, polepený knoflíky, mušličkami a...

Srdce mi zřetka poskočí. Vlastně jsem nad tím od té doby...  
Věděla jsem, že má dítě. A nepřekvapuje mě, že je...  
co jsem to zjistila, často přemýšlela. A nepřekvapuje mě, že je...  
ženatý. Sice nenosí prstýnek, ale to nic neznamená – já ho...  
sim, a rozhodně nejsem vdařilá. Upřímně – nevím, proč mě to...  
tak zasáhlo. Rozhodně nemám s Levim žádné postranní úmysly...  
Ale ta domáckost, kterou stografe evokuje, stejně jako ten...  
ný důvěrný tón, když píše mnou minulý týden přijal hovor...  
je očividné, že Levi má...  
Někoho, ke komu se každý večer vrací. A kromě toho má ještě...  
Levi Ward, pán tisíců poštů a miliónů strohých pokýv...  
kariéru, která je mnohem stabilnější než moje.  
nutí, někam patřit. A já ne. Štěstí vážně není spravedlivý.  
Poraženecky si povzdychnu a otočím se k němu. „Jen mi po...  
něz proč, Levi.“

„Je to složitá situace.“  
Levi zavrtí hlavu, obezřetně zvažuje, co říci, a pak se mu...  
nějak podaří vyslovit to nejměšnější, co jsem kdy slyšela. „Dej...  
mi pár dní.“  
„Pár dní? Levi, jsme tady s Roció proto, abychom pracovaly...  
Nechaly jsme v Marylandu přátele, rodinu, partnery, a teď si...  
tady točime palci.“  
„Tak na pár dní odjed,“ přeruším mě ostře. „Navštiv svého...  
partnera a vrať se, až...“  
„O to sakra nejde!“ Prude se mi obrátí a ukáže mi prsty ofnu. Reike...  
mi radila, že ho mám konfrontovat klidně, ale kůň už je venku...  
ze stáje a volně pádí po pláních. Jsem si jistá, že lidé v sousedních...  
kancelářích slyší, jak na Leviho zvyšuju hlas, ale to mi naprosto...  
nevadí. „Reditel NZÚ chce hlášení o tom, jak postupuju. Můj...  
šéf vyhrožuje, že když mu brzo nepředložím výsledky, pošle sem...  
někoho jiného. Potřebuju svoje vybavení. Nechci, abys to udě...  
lal pro mě – udělej to pro náš projekt!“ Asi jsem popošla blíž...  
němu, nebo možná on ke mně, protože najednou cítím jeho

SECTION 1:

PLANT-

BASED

BEAUTY

UNLOCKING RADIANT SKIN & HAIR  
WITH NATURE'S WISDOM

# WHY PLANT-BASED BEAUTY MATTERS

Our skin and hair are not just features to be polished and preened—they are living, breathing expressions of our inner health and the care we give ourselves. Typical beauty products often rely on synthetic additives, preservatives, and harsh surfactants, which can disrupt our natural balance. Turning to plant-based beauty, you invite purity and gentle nourishment straight from the earth.

## **Benefits of Plant-Based Beauty:**

- **Fewer chemicals:** Minimize exposure to parabens, sulfates, and artificial fragrances.
- **Nutrient-rich:** Plants deliver antioxidants, vitamins, and hydrating oils directly into your skin and hair.
- **Eco-conscious:** DIY recipes and minimal packaging promote sustainability.
- **Holistic harmony:** The process of making and using natural treatments is calming and ritualistic—a gift for body and soul.

Switching to plant-powered beauty doesn't mean tossing all your current products. Instead, you can start slow, replacing one or two items as you explore nourishing whole-ingredient recipes. You'll soon notice softer textures, brighter glow, and perhaps most of all, a refreshed sense of empowerment.



**Let the beauty of what you love be what you do.**

Rumi

# DIY SKINCARE AND HAIRCARE: SIMPLE SWAPS

Let's make plant-based beauty feel effortless. Here are a few foundational swaps to begin your radiant transformation:

## 1. Swap Harsh Cleansers for Oil Cleansing:

Use pure jojoba or sweet almond oil to gently dissolve makeup and impurities, leaving skin balanced and supple.

## 2. Replace Chemical Toners with Floral Waters:

Rosewater or witch hazel offer soothing toning and hydration without drying alcohols.

## 3. Ditch Fragrance-Laden Hair Conditioners for Coconut Milk Masks:

Blend coconut milk with a hint of aloe vera for deep hydration and shiny locks.

## 4. Upgrade Body Scrubs:

Create an energizing exfoliant with coffee grounds and a splash of olive oil—your skin will thank you.

### Easy Ritual:

After your evening facial routine, place your hands over your heart, inhale the gentle botanical scent, and set an intention for self-kindness.



### Glow Tip:

Fresh oranges are a little *glow secret weapon*! They're packed with vitamin C, natural acids, and essential oils that brighten, smooth, and refresh both skin and hair. Here's a little "**Glow Tip**" ritual you can do using the fruit *and* the zest:



# FOR GLOWY SKIN

## Orange-Zest Glow Mask You'll need:

- 1 tbsp fresh orange juice
- ½ tsp finely grated orange zest (use organic oranges if possible)
- 1 tsp plant-based yogurt

## How to use:

1. Mix the juice, zest, and plant-based yogurt into a smooth paste.
2. Apply to clean face for 10 minutes.
3. Gently massage in circular motions (the zest gives a mild exfoliation).
4. Rinse with cool water and follow with moisturizer.

✨ **Result:** Brighter, more even tone, plus a fresh citrus glow.



# FOR HAIR & SCALP SHINE

## Orange Oil Rinse or Infusion

### Option 1: Quick Rinse

- Mix 1 cup warm water + juice of ½ an orange + 1 tsp apple cider vinegar.
- Pour over clean, damp hair as a final rinse.
- Don't wash out — it leaves hair soft, shiny, and lightly scented.

### Option 2: Orange-Zest Oil Infusion

- Add fresh zest (from 1–2 oranges) to ½ cup coconut or jojoba oil.
- Let it sit in a sunny window for 3–5 days, then strain.
- Massage a few drops into your scalp or ends before shampooing.

 **Benefits:** Vitamin C and citrus oils help clarify the scalp, boost shine, and the scent uplifts mood.

**Pro Tip:** Always patch test first — citrus oils can be photosensitive, so use these treatments in the evening or avoid direct sun exposure for a few hours after.



# EASY RECIPES: FACE MASK, TONER & HAIR MASK

## SOOTHING OAT & MAPLE FACE MASK

### You'll Need:

- 2 tbsp finely ground oats
- 1 tbsp maple syrup
- Splash of plant milk (almond or oat)

### How To:

Mix all in a bowl. Apply gently to clean face. Rest for 10–15 minutes, allowing the mask to nourish and calm your skin. Rinse with warm water and pat dry.

### Why It Works:

Colloidal oats soothe redness and sensitivity, while maple is nature's antibacterial moisturizer.



### Glow Tip: Quick Radiance Boost ✨

- A splash of cold water or a gentle facial massage in the morning wakes up your skin.

## FLORAL TONER

### **You'll Need:**

- 1/2 cup rosewater
- 2 tbsp witch hazel (alcohol-free)
- 3 drops lavender essential oil

### **How To:**

Shake well and decant into a glass spray bottle. Mist over clean skin morning and night.

### **Why It Works:**

Rosewater hydrates and soothes, witch hazel gently tones, and lavender reduces stress.

# NOURISHING AVOCADO HAIR MASK

## **You'll Need:**

- 1 ripe avocado
- 2 tbsp coconut oil, melted
- 1 tbsp aloe vera gel

## **How To:**

Mash ingredients into a smooth paste, apply to damp hair from roots to tips. Cover with a warm towel; leave on for 20–30 minutes. Rinse thoroughly.

## **Why It Works:**

Avocado and coconut oil infuse hair with essential fatty acids and vitamins, restoring softness and shine.



**Nature does not hurry, yet everything is accomplished.**

Lao Tzu



## MORE RECIPES & GLOW TIPS

### COFFEE & OLIVE OIL BODY SCRUB

#### **You'll Need:**

- 1/2 cup used coffee grounds
- 2 tbsp olive oil
- 1 tbsp coconut sugar

#### **How To:**

Mix and rub gently onto damp skin in circular motions. Rinse and enjoy radiant, polished skin.

### **Quick Green Tea Hair Rinse**

#### **You'll Need:**

2 bags green tea steeped in 2 cups water, cooled

#### **How To:**

Pour over clean, washed hair as a balancing final rinse.



#### **Glow Tip: Oil it up** 🥥

- A quick dab of coconut, argan, or jojoba oil on the ends adds instant shine.
- Just a little goes a long way—no greasy hair needed!

## BODY BUTTER FOR ALL SEASONS

### **You'll Need:**

- 1/2 cup shea butter
- 1/4 cup coconut oil
- 1/4 cup almond oil
- 10 drops sweet orange essential oil

### **How To:**

Melt shea butter and coconut oil together, let cool. Blend with remaining ingredients until creamy. Store in a glass jar and use generously!

### **Affirmation:**

"With each caring touch, I honor my body and its wisdom."



“

SELF-CARE IS  
NOT A LUXURY;  
IT'S AN ACT OF  
SURVIVAL.

— Audre Lorde

SECTION 2:  
PLANT-  
BASED  
NUTRITION  
+ RECIPES

EAT CLEAN, LIVE GREEN – THE  
BEAUTY OF NOURISHING FROM  
WITHIN

## EAT CLEAN, LIVE GREEN

The path to glowing skin, abundant energy, and soulful vitality begins on your plate. Plant-based nutrition is about embracing a spectrum of colors, flavors, and nutrients while honoring your body's unique needs.

### Why Choose Plant-Based Eating?

- *Energy you can feel:* Plants are alkaline, hydrating, and rich in vitamins, keeping you refreshed and clear-headed.
- *Sustainable:* Eating more plants supports planet health—and is a vote for ethical food production.
- *Digestive harmony:* Fiber-rich meals help your gut (and your mood!) thrive.
- *Endless variety:* Each meal is a creative palette—swap, remix, and customize to your tastes.

This isn't about strict rules. Even a few plant-based swaps each week can yield big changes! Listen to your body, stay playful, and nourish yourself in ways that feel joyful.



**Let food be thy medicine and medicine be thy food.**

Hippocrates

**Ready to glow from within? Let's stock the pantry!**

# PANTRY ESSENTIALS CHECKLIST

Stock your kitchen with these foundational plant-based ingredients. They'll make nourishing meals a breeze and keep your glow steady all week.

## **Whole Grains:**

- Rolled oats
- Brown rice or quinoa
- Whole grain pasta or buckwheat

## **Legumes & Proteins:**

- Chickpeas (canned or dry)
- Lentils
- Black beans
- Tofu or tempeh

## **Nourishing Fats:**

- Extra-virgin olive oil
- Avocados
- Raw nuts and seeds (almonds, sunflower, chia)

## **Herbs & Spices:**

- Turmeric
- Cumin
- Paprika
- Nutritional yeast
- Fresh basil, cilantro, parsley

## **Sweeteners:**

- Maple syrup
- Medjool dates
- Coconut sugar

## **Produce Staples:**

- Leafy greens (kale, spinach, lettuce)
- Root veggies (sweet potato, carrot, beets)
- Citrus (lemon, lime, orange)
- Garlic & onions

## **Ferments:**

- Kombucha or sauerkraut
- Plant-based yogurt

*Pro Tip: Keep pantry jars labeled, and display fresh produce on the counter where you'll see (and eat!) it first.*





RECIPE: VEGETABLE POT PIE

# VEGETABLE POT PIE RECIPE

## Wellness Note:

Comfort food can be wholly nourishing! This veggie pot pie brings grounding root vegetables, creamy cashew sauce, and the “hug in a bowl” warmth of golden baked crust.

## Ingredients:

- 2 cups chopped carrots
- 1 cup diced potato or sweet potato
- 1 cup green peas
- 1 cup mushrooms, sliced
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup unsweetened plant milk
- 1/2 cup raw cashews (soaked 1 hr)
- 1 tbsp nutritional yeast
- 1 tsp thyme
- 1 tbsp olive oil
- 1 sheet vegan puff pastry (storebought or DIY)
- Sea salt & black pepper

## Instructions:

1. Preheat oven to 400°F (200°C).
2. In a pan, heat olive oil and sauté onions, garlic, carrots, and mushrooms until just soft. Stir in peas.
3. Blend soaked cashews, plant milk, yeast, and thyme until creamy. Pour mixture into vegetables, simmer until thickened.
4. Pour filling into a baking dish. Cover with pastry, seal edges, cut small slits for steam.
5. Bake 25–35 min until golden. Serve warm.



RECIPE: SPICY BUFFALO CAULIFLOWER WRAPS

# SPICY BUFFALO CAULIFLOWER WRAPS

## Wellness Note:

Craving heat and crunch? These wraps satisfy in a fiber-fueled, heart-healthy way. Cauliflower brings antioxidants and digestive ease; the Buffalo sauce adds a zesty kick.

## Ingredients:

- 1 small head cauliflower, cut into florets
- ½ cup chickpea flour
- ½ cup water
- 1 tsp garlic powder
- 1/2 cup hot sauce
- 2 tbsp vegan butter, melted
- 4 large whole grain tortillas
- 1 cup shredded lettuce
- 1 carrot, grated
- 2 tbsp plant-based ranch or tahini

## Instructions:

1. Preheat oven to 425°F (220°C). Line a baking sheet.
2. Whisk flour, water, garlic powder. Coat florets, then spread on tray. Bake 20 minutes.
3. Combine hot sauce and vegan butter. Toss roasted cauliflower in sauce; bake 10 more minutes.
4. Fill wraps with veggies and cauliflower. Drizzle with ranch.

A close-up photograph of three golden-brown chickpea fritters served on a white plate. The fritters are thick and round, with a slightly crispy, browned exterior and a soft, textured interior. They are garnished with fresh green basil leaves. The background is dark and out of focus, showing a glass of red wine and a bowl of white sauce. The overall lighting is warm and focused on the food.

RECIPE: CHICKPEA FRITTERS WITH VEGGIES  
& VEGAN CHIPOTLE CREMA

# CHICKPEA FRITTERS & CHIPOTLE CREMA

## Wellness Note:

Chickpeas are rich in plant protein, iron, and B vitamins—fueling energy and cell renewal. These crisp fritters make a filling dinner, perfect for lunch boxes and meal prep.

## Ingredients:

### For Fritters:

- 1 can chickpeas, drained
- 2 tbsp chickpea flour
- 1 small zucchini, grated
- 1 small carrot, grated
- 2 green onions, sliced
- 1 clove garlic, minced
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 2 tbsp olive oil
- Salt & pepper

### For Chipotle Crema:

- 1/2 cup plant-based yogurt
- 1 tsp lime juice
- 1/2 tsp chipotle powder
- pinch sea salt

## Instructions:

1. In a bowl, mash chickpeas. Stir in flour, veggies, spices. Form 6–8 patties.
2. Heat oil in skillet; pan-fry until golden, 3–5 min each side.
3. Mix crema ingredients in a bowl. Serve with warm fritters.



RECIPE: BBQ LENTIL MEATBALLS

# BBQ LENTIL MEATBALLS

## **Wellness Note:**

Lentils pack a protein punch, stabilize blood sugar, and support gut wellness—while smoky BBQ sauce satisfies comfort cravings without the heaviness.

## **Ingredients:**

- 1 cup cooked lentils
- 1/2 cup rolled oats
- 1/4 cup finely chopped walnuts
- 1 small carrot, grated
- 2 tbsp tomato paste
- 1 tbsp soy sauce
- 1 tsp smoked paprika
- 1/2 cup BBQ sauce (storebought or homemade)

## **Instructions:**

1. Preheat oven to 375°F (190°C).
2. In food processor, pulse lentils, oats, walnuts, carrot, tomato paste, soy sauce, and paprika.
3. Shape into balls, arrange on baking sheet.
4. Brush with BBQ sauce. Bake 20–25 min, brushing with more sauce partway. Serve with salad or grain bowl!

A glass of mango and dragonfruit chia pudding. The pudding is layered with chia seeds at the bottom, followed by mango chunks, and topped with dragonfruit cubes and a yellow flower. The glass is placed on a wooden surface with a blurred green background.

RECIPE: MANGO & DRAGONFRUIT  
CHIA PUDDING

# MANGO & DRAGONFRUIT CHIA PUDDING

## **Wellness Note:**

A morning (or dessert!) treat that's packed with omega-3s, fiber, and vitamin C for inner and outer radiance.

## **Ingredients:**

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1/2 ripe mango, diced
- 1/2 dragonfruit, diced
- 1–2 tsp maple syrup
- Pinch sea salt

## **Instructions:**

1. In jar, mix chia seeds and almond milk. Chill overnight.
2. In the morning, layer mango and dragonfruit into pudding; drizzle with maple syrup.

## QUICK SMOOTHIES: SIGNATURE FORMULA & FAST BLENDS

*Smoothies can be your daily superpower for skin, energy, and digestion. Here's a simple formula and three blends to try:*

### GLOW GREEN BASIC FORMULA

1. **1–2 cups liquid:** almond, oat, or coconut milk; coconut water
2. **1–2 cups greens:** spinach, kale, or beet greens
3. **1–2 fresh or frozen fruits:** banana, berries, mango, peach
4. **1–2 boosts:** chia seeds, flax seeds, nut butter, spirulina

### TRY THESE QUICK BLENDS

- **Berry Radiance:** almond milk + spinach + mixed berries + flaxseed
- **Tropical Bliss:** coconut water + kale + pineapple + banana + chia
- **Cocoa Glow:** oat milk + baby spinach + frozen cherries + cacao + almond butter



**Add a handful of fresh herbs (mint, basil) for an extra anti-inflammatory kick!**

# MEAL PLANNING FOR BALANCE

A little structure can free up your week for more relaxation and fewer last-minute decisions.

## SIMPLE BALANCED MEAL TEMPLATE

- **Breakfast:** Overnight oats or chia pudding
- **Lunch:** Veggie wrap or grain bowl
- **Snack:** Fruit, nuts, or smoothie
- **Dinner:** Plant-based main (see recipes), served with a colorful salad

### Meal Prep Sunday Tips:

- Chop veggies, pre-cook grains and legumes
- Portion snacks for grab-and-go
- Prep at least one sauce/dressing for added flavor



**Balance is not about rigidity—it’s about feeling nourished, satisfied, and energized for your unique rhythm of life.**



MEAL  
PREP



# SECTION 3: DIY GARDENING (BEGINNER'S GUIDE)

GROW YOUR OWN GOODNESS

SMALL-SPACE & INDOOR GARDENING FOR  
NOURISHMENT

# THE MAGIC OF TINY GARDENS

You don't need acres or a green thumb to enjoy the rewards of home-grown food. A sunny windowsill, a balcony rail, or even a kitchen shelf can become your own mini edible oasis.

## Why DIY Gardening?

- *Freshest flavors:* Nothing compares to the taste (and nutrition!) of food harvested moments before you eat.
- *Easy access:* Snip herbs or lettuce as you need; reduce food waste and grocery bills.
- *Stress relief:* Tending plants is proven to reduce anxiety and foster mindfulness.
- *Connection:* Watching seeds sprout and flourish reconnects you to the natural rhythms of life.

Don't overthink it! Choose 1–2 easy plants and start with love and curiosity—you'll quickly discover how deeply rewarding even the tiniest garden can be.



**To plant a garden is to believe in tomorrow.**

Audrey Hepburn

## STEP-BY-STEP: HERBS, LETTUCE, MICROGREENS, TOMATOES

### 1. HERBS (BASIL, MINT, PARSLEY)

- **Pot & Soil:** Small pots (4–6"), loose organic potting soil.
- **How to Plant:** Start from seeds or small nursery plants. Keep soil moist but not soggy. Place in a sunny window.
- **Harvest:** Snip leaves often to encourage bushy growth.

## 2. LETTUCE

- **Pot & Soil:** Shallow container, rich potting mix.
- **How to Plant:** Sprinkle a generous handful of seeds, cover with a thin layer of soil. Mist frequently. Thin as needed.
- **Harvest:** In 3–4 weeks, snip outer leaves for salad “cut-and-come-again.”

## 3. MICROGREENS

- **Pot & Soil:** Use a tray filled with a half-inch of seed starter mix.
- **How to Plant:** Sprinkle microgreen seeds (radish, broccoli, pea shoots), mist daily.
- **Harvest:** Ready in 7–14 days when first true leaves appear. Snip and enjoy!

## 4. TOMATOES (CHERRY/SNACK SIZE)

- **Pot & Soil:** 1–2 gallon pot, organic veggie mix.
- **How to Plant:** Start with young plants. Stake for support. Water regularly, keep in maximum sunlight (6–8 hrs/day).
- **Harvest:** Pick as fruit turns deep red/yellow and feels soft.



### Gardening Mindset:

 “Treat your garden like a relationship, not a project.” Observe, adjust, and celebrate each new sprout or flower — growth takes time, not perfection.



# GARDENING TOOLS CHECKLIST

- Pots/containers (reusable, 4–12")
- Organic potting soil
- Watering can/spray bottle
- Plant stakes or twine
- Seeds or starter plants (herbs, lettuce, etc.)
- Scissors or small snips
- Plant markers

## Printable Tracker:

Date	Planted	Notes/Growth	First Harvest

## Mindful Planting Ritual:

Before you plant, hold seeds in your palm, close your eyes, and set an intention. "May I grow with patience and gratitude, nourished by simplicity."



“  
GARDENING  
IS THE  
PUREST OF  
HUMAN  
PLEASURES.

— Francis Bacon

# SECTION 4: MINDFUL LIVING

EVERYDAY GLOW THROUGH  
INTENTION, REFLECTION, &  
MOVEMENT

## SETTING GOALS WITH INTENTION

Many guides urge us to set ambitious goals, but intentions root us deeper—they're about *how* we want to feel, move, and show up day-to-day, no matter how fast (or slow) progress unfolds.

### What's the Difference?

- *Goal:* "Run a 5K"
- *Intention:* "Move my body joyfully, celebrating strength and well-being"

### MINI WORKSHEET

**My Intention for This Month:**


# JOURNALING & MEDITATION PROMPTS



Journaling and meditation can anchor you in gratitude, create clarity, and calm your mind. Choose a prompt below to start your reflective practice:

### **Journaling Prompts:**

- What makes me feel most grounded and at peace?
- Which small rituals brighten my mornings?
- How do I want to show kindness to myself this week?
- In what ways does nature inspire me?

### **5-Minute Morning Meditation:**

1. Set a timer for 5 minutes. Sit or lie comfortably.
2. Close your eyes. Inhale deeply through the nose, exhale slowly.
3. On each inhale, silently say: "I receive nourishment."
4. On each exhale: "I release all that does not serve me."
5. Continue, allowing thoughts to drift away; focus on your breath.
6. When the timer ends, stretch gently. Return with gratitude.

# YOGA & MOVEMENT: WHY IT MATTERS

**Movement isn't just for bodies—it's essential for mind and spirit, too.** Gentle daily movement improves digestion, lifts mood, increases focus, and releases tension stuck in muscles from modern life.

## BEGINNER-FRIENDLY FLOW

1. **Mountain Pose:** Stand tall, feet grounded, arms at sides.
2. **Cat/Cow:** On hands and knees, alternate arching and rounding your back.
3. **Child's Pose:** Kneel back, arms forward; rest and breathe deep.
4. **Seated Twist:** Sit cross-legged, gently twist side-to-side.
5. **Gentle Forward Fold:** Stand, fold at hips, nod and sway lightly.

## QUICK MORNING FLOW

*Try these for a "wake-up" routine (3 min!)*

- 10 full-body stretches to ceiling
- 10 slow squats
- 5 deep breaths, arms wide

## TIME FOR LOVE, FRIENDS, AND FAMILY

Eco-living (and self-care) is never meant to be isolated. Our sense of *connection* is what nourishes us most of all. Schedule time for laughter, deep conversation, and shared meals—even calling a friend can reset your glow better than any product or meal!

### Balance Check-In

- Have I connected with loved ones this week?
- Was my self-talk gentle today?
- Did I spend any time in nature (even 5 minutes)?
- What in my life currently feels balanced? What needs love and attention?

End each reflection with gratitude for the good in your life and a gentle promise to keep nurturing what matters most.

# SECTION 5: REFLECTION + ACTION

YOUR GLOW PLAN

RECAP WORKSHEET, DAILY ROUTINE,  
AFFIRMATIONS

# “YOUR GLOW PLAN” RECAP WORKSHEET

Take a breath. Reflect on what most inspired you in these pages. Now, personalize your next steps!



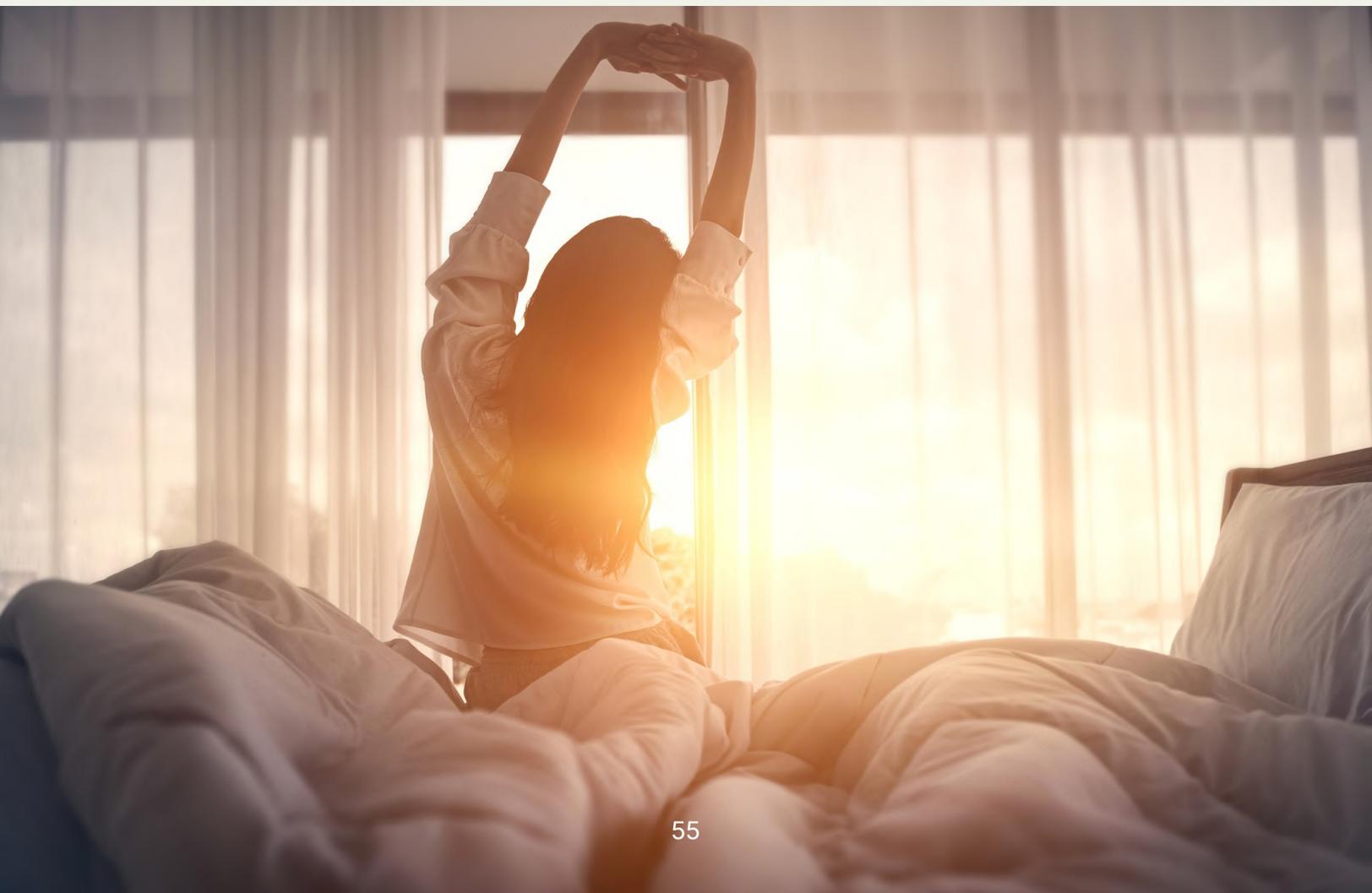
**What I want to try this week...**


# DAILY GLOW ROUTINE CHECKLIST

- [ ] Drink a glass of water on waking
- [ ] Prepare a plant-based breakfast
- [ ] Move gently (stretch, walk, yoga)
- [ ] Practice a mindful breath or mini-meditation
- [ ] Enjoy a homemade beauty ritual
- [ ] Spend time in nature or tending a plant
- [ ] Connect with a loved one
- [ ] Sleep with gratitude

## Space for Notes / Affirmations:

"I am rooted in love, nourished by nature, and glowing with kindness."





# AFFIRMATIONS & REFLECTION



## REFLECTION & MINDFULNESS

### ONE GENTLE MOVEMENT OR MINDFUL MOMENT:

"Today, I choose to move with kindness and listen to my body's needs."

(Leave space for journaling or doodling below)

My biggest "aha" from this guide:

(Prompt for readers to capture their insight)

One gentle step I can take now:

"I will nourish myself with a simple plant-based meal today."

(Encourage a small, doable action)



## BONUS AFFIRMATIONS (CAN BE USED AS PULL-QUOTES OR SIDEBARS)

- "I honor my body as a temple of wellness and kindness."
- "Every small choice plants the seed for a healthier, happier me."
- "I embrace progress over perfection on my eco-living journey."
- "Nature's wisdom flows through me in every mindful breath."
- "I am connected to the earth, to my community, and to my own wellbeing."
- "Today, I let go of stress and invite calm and clarity."
- "My glow comes from within, nurtured by love and intention."

“

RADIANCE IS LESS  
ABOUT WHAT YOU  
APPLY, MORE  
ABOUT WHAT YOU  
NURTURE—INSIDE,  
AND OUT.

— Glow Green



## THANK YOU + INVITATION

Thank you for joining me on this journey toward a more radiant, plant-powered life! Remember: progress is personal, and your unique glow is worth celebrating every day.

### **Let's Connect!**

Join our newsletter for fresh tips and exclusive content: [Subscribe Here](#)

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**Loved Glow Green? Explore our full EcoLiving eGuides to keep your glow growing.**

[plabcurlove.com](http://plabcurlove.com)

See you in the community, plant friend!

— The PlabCurlove Team



“

INTENTIONAL  
LIVING ISN'T  
ABOUT  
PERFECTION—IT'S  
ABOUT PRESENCE  
AND MINDFUL  
CHOICE.

— Glow Green



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