

FUEL YOUR SEASON:

recipes to nourish
your body + support your
emotional rhythm

BY: CHELSEA JONES

founder of Chiseled by Chelsea
macro coaching



Hi, I'm Chelsea! A certified nutrition coach and mom of three. I help women build simple, sustainable habits around food so they can feel confident, energized and aligned in their everyday lives.

Through 1:1 coaching, group programs and seasonal challenges, I provide structure, accountability and personalized guidance to help women reach their goals without extremes.

I'm so honored to contribute to the Seasonal Syncing Book Club Bundle.

Inside, you'll find four intentional, nourishing recipes designed to support your body through each season: physically, mentally and emotionally. Each one is created to meet you where you are and help you feel your best along the way.

Spring — *Pasta al Limone*

Summer — *Lemon Herb Chicken Orzo*

Fall — *Golden Harvest Bowl*

Winter — *Overnight Oats*

Follow along or connect with me:



IG: [@chiseledbychels](https://www.instagram.com/chiseledbychels)



FB: [Chiseled by Chelsea](https://www.facebook.com/ChiseledbyChelsea)



Email: chiseledbychels@gmail.com

SPRING – THE SEASON OF HOPE

The perfect bridge from hibernation to forward momentum

PASTA AL LIMONE

Ingredients:

- 2 cups chickpea or Banza pasta
- 1 cup asparagus, chopped
- ½ cup peas
- 2 cups spinach
- Zest + juice of 1 lemon
- 2 tsp olive oil
- 1 tbsp fresh basil or mint
- Grilled chicken or turkey meatballs
- Sprinkle of parmesan or nutritional yeast



Directions:

1. Cook pasta until al dente.
2. Sauté spinach in olive oil until soft, then add asparagus, peas & lemon juice.
3. Add cooked pasta, a bit of pasta water and mix.
4. Mix in parmesan, lemon zest, fresh herbs & protein of choice. Enjoy!

Why it supports Spring: This vibrant dish is packed with seasonal veggies and zesty lemon — the ultimate combo for a fresh start. Chickpea pasta provides energizing protein and fiber, while asparagus and spinach support gentle detox and renewal. The citrus and herbs awaken the senses, reflecting spring's mood of emergence and new growth. It's a feel-good, mood-boosting meal to help you step forward with lightness.

Estimated Macros: 35g carbs | 10g fat | 30g protein

S U M M E R – T H E S E A S O N O F J O Y

Fuel for long, fun days full of adventures

L E M O N H E R B C H I C K E N O R Z O

Ingredients:

- ½ cup dry orzo (or chickpea orzo)
- 4–5 oz grilled chicken, sliced
- ½ cup cucumber, chopped
- ½ cup cherry tomatoes, halved
- 2 tbsp red onion, finely diced
- 1 tbsp feta cheese
- 1–2 tbsp olive oil
- Zest + juice of 1 lemon
- Fresh parsley or basil



Directions:

1. Cook orzo according to package instructions and let cool.
2. In a large bowl, combine orzo, chicken, cucumber, tomatoes and red onion.
3. Toss with olive oil, lemon juice, zest and fresh herbs.
4. Top with feta and mix well. Serve chilled or room temp.

Why it supports Summer: This dish is fresh, flavorful and made for warm days when you want something satisfying without feeling heavy. The lemon and herbs bring brightness, while crisp veggies add hydration and crunch. It's easy to prep ahead, perfect for busy schedules and can be enjoyed cold.. making it ideal for summer's more spontaneous rhythm. Balanced with protein, carbs and healthy fats, it fuels your body while still feeling light and refreshing.

Estimated Macros: 38g carbs | 12g fat | 32g protein

FALL: THE SEASON OF TRANSFORMATION

*A warm, earthy meal layered with grounding nutrients
ideal for anchoring yourself during times of reflection and change*

GOLDEN HARVEST BOWL

Ingredients:

- 1 cup roasted sweet potatoes (cubed)
- $\frac{3}{4}$ cup quinoa or wild rice
- $\frac{1}{2}$ cup sautéed kale
- $\frac{1}{4}$ cup roasted beets
- 1 tbsp pumpkin seeds
- 1 tbsp dried cranberries
- Grilled chicken, salmon, or chickpeas (for protein)
- Optional: Goat cheese crumbles



Dressing: Whisk together 1 tbsp olive oil, 1 tbsp apple cider vinegar, 1 tsp maple syrup, 1 tsp Dijon mustard, pinch of cinnamon + sea salt.

Why it supports Fall: Root veggies + warming spices ground the body. The fiber and slow-digesting carbs fuel calm energy while the bowl's colors and flavors celebrate harvest and gratitude.

Estimated Macros: 40g carbs | 15g fat | 35g protein

W I N T E R – T H E S E A S O N O F S A N C T U A R Y

Comforting and protein-rich to start a slow, grounded morning

O V E R N I G H T O A T S

Ingredients:

- ½ cup oats
- 1 scoop vanilla protein powder
- 1 tbsp almond butter
- ½ banana, sliced
- Dash of cinnamon
- ¾ cup almond milk



Directions:

1. In a jar or container, mix the oats, vanilla protein powder and cinnamon.
2. Pour in the almond milk and stir until all the oats are submerged.
3. Seal the container, place in the refrigerator overnight or for at least 6 hours.
4. In the morning, top with the sliced banana and almond butter.

Why it supports Winter: This warm, cozy breakfast aligns with the restful, inward nature of winter. The oats and banana offer steady energy and gentle digestion, while the almond butter and protein help support mood and nervous system health. Perfect for slow mornings that nurture restoration.

Estimated Macros: 35g carbs | 12g fat | 28g protein