PARALLEL WORLD SHOP / FREE PRINTABLE

The Slow Day Menu

Today we are serving: nothing urgent.

TO BEGIN

a gentle start

A slow cup of tea by the window

Ten minutes of stretching

Open the curtains wide

THE MAIN THING

just one, chosen with care

Finish the chapter I keep postponing

SIDES

small things, if there is room

Water the plants

Text a friend hello

A short walk, no phone

DESSERT

a little sweetness

Warm cookies and a favorite show

HOUSE RULES

No rushing. No guilt. Skipping a course is always allowed.
The kitchen closes when the day feels done.

Chef's note: the best days leave room for nothing.

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