Loose Gravel: Bandwidth Meals

Purpose: These meals are designed to reduce daily decision-making, support nervous system regulation, and preserve energy while healing from dysregulation. Each recipe has a 1200-calorie-day base with easy add-ons for strength training and maintenance days.

Recipe 1: Grounded Mediterranean Chicken Bowl (Scoopable)

Base (≈400–450 calories)
- 4 oz grilled or rotisserie chicken breast
- ½ cup cucumber, chopped
- ½ cup cherry tomatoes
- ¼ cup red onion
- 2 tbsp hummus
- 1 tbsp olive oil + lemon juice
- Salt, pepper, oregano

Strength Day Add-On (+200–300 cal)
- ½ cup quinoa or 1 small pita

Maintenance Add-On (+400–600 cal)
- Quinoa + pita
- Extra olive oil or tzatziki

Recipe 2: Cozy Taco Chicken Protein Scoop

Base (≈400 calories)
- 4 oz shredded chicken
- ½ cup black beans
- ¼ cup corn
- 2 tbsp Greek yogurt or light sour cream
- Gentle taco seasoning

Strength Day Add-On (+250 cal)
- ½ cup rice or crushed tortilla chips

Maintenance Add-On (+400–700 cal)
- Rice + avocado
- Extra yogurt/sour cream
- Olive oil drizzle

Loose Gravel is about sustainable healing—less depletion, more bandwidth for the life you love.