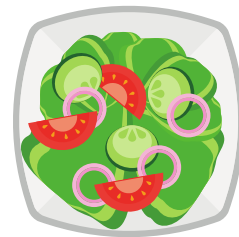


A top-down photograph of a still life arrangement. In the upper left, a white cup with a red rim is filled with a yellow liquid, resting on a matching saucer. To its right is a small, white ceramic pitcher. Further right is a woven basket containing a red flower. In the lower half, a spiral-bound notebook with lined pages is open. A white rectangular box is superimposed over the notebook, containing the title text.

***Savor the Summer of You:
Recipes & Reflection***

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Second Act Summer Recipes

Celebrate the sweet flavors of summer with these light, fresh, and colorful recipes. Perfect for warm days, longer evenings, and gatherings with friends, these recipes are designed to help you savor the season.

Fresh & Light Main Dishes

- Grilled Lemon Herb Chicken – Marinate chicken in olive oil, lemon juice, garlic, and fresh herbs like rosemary or thyme, then grill for a bright, zesty flavor.
- Shrimp & Veggie Skewers – Alternate shrimp, zucchini, cherry tomatoes, and bell peppers on skewers, brush with olive oil and herbs, and grill.
- Caprese Pasta Salad – Toss pasta with cherry tomatoes, mozzarella balls, fresh basil, and balsamic glaze for a refreshing twist on the classic Caprese.

Salads & Sides

- Watermelon, Feta & Mint Salad – Sweet watermelon, salty feta, and fresh mint make a cool, irresistible combo.
- Corn & Avocado Salad – Fresh corn (grilled or boiled), avocado, red onion, lime juice, and cilantro—perfect as a side or taco topping.
- Mediterranean Chickpea Salad – Chickpeas, cucumber, cherry tomatoes, olives, and feta with a lemon-oregano vinaigrette.

Refreshing Treats

- Peach & Berry Crisp – Use ripe peaches, blueberries, or raspberries with a simple oat crumble topping. Serve warm with vanilla ice cream.
- Frozen Yogurt Bark – Spread Greek yogurt on a tray, sprinkle with berries, granola, and honey, then freeze and break into pieces.
- Homemade Fruit Popsicles – Blend mango, pineapple, or strawberries with a touch of honey or coconut water and freeze in molds.

Cool Drinks

- Cucumber Mint Sparkler – Sparkling water with cucumber slices, mint leaves, and a squeeze of lime.
- Iced Hibiscus Tea with Citrus – Refreshing, tangy, and beautiful in color—serve with orange or lemon slices.
- Peach & Basil Iced Tea – Steep black tea, add peach slices and basil sprigs, then chill for a fragrant summer drink.



Introduction

The Summer of You is about slowing down, noticing what truly matters, and savoring the moments that make life rich and fulfilling.

This journal is your space to pause, reflect, and celebrate the season you've been living, both the joys and the lessons. Use these prompts to capture your experiences, deepen your self-awareness, and carry forward what nourishes your second act.

Part One: Savoring the Season

Prompt 1:

What has been the most joyful part of your summer so far? Describe it with as much detail as you can—what did you see, hear, feel, taste, or smell?

Prompt 2:

How have you made time for yourself this summer? What did it feel like to choose you?

Prompt 3:

What do you wish to savor more of in the coming weeks?



Part Two: The Summer of You

Prompt 4:

When you think of this summer as your season, what does that mean?

- Is it about freedom?
- Renewal?
- Adventure?
- Rest?

Prompt 5:

List three ways you honored your well-being this summer.

Prompt 6:

Who or what has brought you unexpected joy?

Part Three: Looking Ahead

Prompt 7:

As summer winds down, what do you want to carry with you into fall?

Prompt 8:

What do you feel ready to let go of?



Prompt 9:

Write a short letter to yourself, capturing the wisdom you've gained this summer. Begin with:

"Dear Me, this summer I discovered..."