

Hello!

Thank you for attending the Parsons exhibition and for taking the time to explore my work.

You've accessed the prototype of the Ovo Meal Prep experience — welcome! If you scanned the QR code, it means you're curious to experience firsthand how this concept works, and I'm excited to share it with you.

On the following pages, you'll find all the materials related to the Roasted Veggie Grain Bowl with Protein — the recipe used to build this meal prep experience prototype.

This includes:

- The grocery shopping podcast (approx. 21 minutes)
- The meal prepping podcast (approx. 41 minutes)
- Written materials to guide and support your experience — helping you meal prep 5 delicious meals

To get a better overview of the concept, feel free to listen to the welcome message here:

<https://Welcome Message ..//d/1H2xFYpsering>

Please keep in mind that this is a prototype — some features may not be fully functional or responsive yet. The goal is to give you a sense of the overall flow and concept.

Thank you again, and I hope you enjoy it!

Warmly,  
Sofia



Home



Meal Prep



Wellness



Cooking



Community

9:41



# Roasted Veggie Grain Bowl with Protein

meal prep #18



5 meals



2hr 30m



Gluten-free



Overview



Home



Meal Prep



Wellness



Cooking



Community



# Roasted Veggie Grain Bowl with Protein

addressed topics

Gut Health

Nutritional Insights



cooking gear check

Oven

Parchment Paper



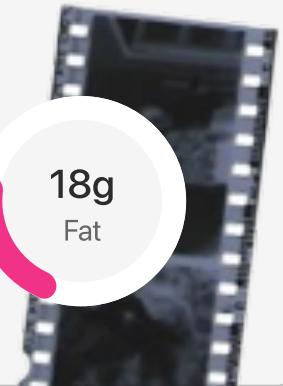
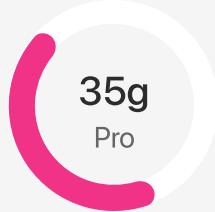
allergen info

Gluten-free



nutrition snapshot per bowl

Chicken Bowl



**Start Experience**



Home



Meal Prep



Wellness



Cooking



Community

9:41



Grocery

Cooking



## Roasted Veggie Grain Bowl with Protein

Grocery Shopping

4:52

21:00

15  
↻



15  
↻

## Ingredients

Roasted Veggie Grain Bowl with Protein

*Grocery for 5 meals*

Fruits & Vegetables



9:41



Grocery

Cooking

The podcast to be listened to while cooking/meal prepping can be accessed through this link:  
[Q2eSzdfwjvolPkVfC/view?  
usp=sharing](https://open.spotify.com/podcast/Q2eSzdfwjvolPkVfC/view?usp=sharing)

MEAL  
PREPPING  
A MEAL PREPP AUDITORY  
GUIDED EXPERIENCE

## Roasted Veggie Grain Bowl with Protein

Meal Prepping

20:53

41:00

15  
⟳



15  
⟳

## Recipe

Roasted Veggie Grain Bowl with Protein

Grocery for 5 meals

Items Overview

9:41

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Grocery

Cooking

Meal Prepping



23:41

15 ↗ ↙ 15

## Recipe

Roasted Veggie Grain Bowl with Protein

*Grocery for 5 meals*

## Utensils Overview

Cutting board

Sharp knife

Medium saucepan   
for quinoa

Frying pan   
for the chicken

Mixing bowl   
for the dressing

Boiling pot   
for the eggs

Measuring cups

5 Meal containers

## Directions

### Step 1: Cooking the Grain

*Follow packaging directions for optimal result*

Rinse 1½ cups of quinoa

≈ 255 g

Add it to a saucepan along with 3 cups of water

≈ 700 ml of water

Bring it to a boil over medium-high heat

Once boiling, reduce the heat to low, cover with a lid, and simmer for about 15 minutes

Add salt and seasoning to the water according to personal preference

### Step 2: Veggies!

Peel and chop the vegetables

Preheat oven to 220°C

Spread them out across the cooking trays and drizzle with olive oil and any other spices

Roast them for 30 min, tossing halfway through

### Step 3: Cooking the Chicken

Cut the chicken breasts in half horizontally to make thinner cutlets and then into small cubes

Season it if you would like

Heat a frying pan over medium-

high heat and add a little olive oil

Cook for about 5 min per side

### Step 4: Boiling the Eggs

Place 4 eggs (or more) into a small

boiling pot with water

Bring it to boil

Reduce the heat and simmer for 9–

10 min

Mix it all in a bowl and adjust the consistency with a little water if needed

### Step 5: Sauce it Up!

Add to a bowl:

1 Tablespoon (≈ 3 teaspoon) of tahini

Juice of ½ lemon

½ Cup of plain plant-based yogurt

1 Teaspoon of olive oil

Opcional: 1 Teaspoon apple cider vinegar

Mix it all in a bowl and adjust the consistency with a little water if needed

### Step 6: Meal Assembly

#### 3 Chicken Bowls

add in each container

1 Cup of quinoa

1 Cup of roasted veggies

100g of chicken

1 Tablespoon of dressing

#### 2 Chickpea + Hummus Bowls

add in each container

1 Cup of quinoa

1 Cup of roasted veggies and a few spoonfuls of chickpeas

2 or more boiled eggs

2 Tablespoon of hummus

**Done**



# Experience Recap

meal prep #18

sweet potato

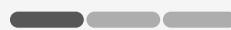
Boosts mood  
and support  
brain health



conserving & consumption

1.

Store the meals in the  
fridge. They will keep for  
about 5 days



next week's experience

Lentils & Sweet  
Potato Stew

- anti-inflammatory
- fiber-rich



Stress management  
practices



The evolution of  
nutrition science



Reflection Space



Home



Meal Prep



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# Flavorful Thoughts

A moment for you to pause, reflect on your meal prep journey, and capture your thoughts and feelings

Which ingredient and benefit surprised you the most?



Any other thoughts or feelings, or new discoveries...

Visual Diary  
#myOvomoment

+



Audio Diary  
#myOvomoment



Save



Home



Meal Prep



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