



Se7en Spoons

Chakras + Cooking + Community



Chakra Corridor

SE7EN MAGICAL MEALS

Zahra Coriander | The Vintage Glam

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You're the Timeless Elegance — a refined soul who honors tradition with grace and precision. Your kitchen is a place of order and beauty, where classic recipes are elevated with care. Grocery shopping is deliberate — you seek the best quality ingredients to craft perfect, nostalgic dishes. Your tablescapes are elegant and polished, with vintage touches that tell stories of heritage. When you entertain, it's a graceful dance of warmth and sophistication, creating moments that linger.

HOW I ROLL: CHAKRAS + COOKING + COMMUNITY

You embody the Crown Chakra's wisdom and tradition in your approach. Classic, precise cooking paired with thoughtful entertaining creates a space where heritage and connection flourish. Your gatherings feel like a step back in time — elegant, meaningful, and full of heart.



Zahra Coriander

- Signature Style: Vintage Glam
 - Cooking Approach: Classic, precise, heritage
 - Favorite Pampered Chef Tools: Stainless steel cookware, baking tools, measuring set
 - Chakra Energy: Crown Chakra (wisdom, tradition)
 - Personality Traits: Elegant, disciplined, thoughtful
 - Signature Dish Types: Timeless classics, baked goods, elegant dinners
 - Favorite doTERRA Oils: Frankincense (calming, spiritual), Lavender (relaxing)
 - Favorite Scout & Cellar Wines: Elegant reds like Cabernet Sauvignon, refined Chardonnay
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✨ How To Read This Booklet ✨

Welcome to your “7 Magical Meals” recipe guide! Each recipe is designed to nourish your body and align with a specific chakra – your personal energy center – to help you feel balanced, grounded, and radiant. 🌈

Here’s how to get the most magic out of this booklet:

🌀 1. Chakra Vibes & Energy

Each recipe supports one of the seven chakras, matched by color and intention. Cooking these meals feeds your soul as much as your body. Look for the vibe keywords and chakra colors to connect with your energy while cooking.

📄 2. Ingredients & Instructions

Easy-to-follow ingredient lists and step-by-step instructions make cooking a breeze. Use the suggested Pampered Chef tools 🍴🔪 to simplify prep and make your kitchen experience smooth and joyful.

🌿 3. doTERRA & Scout & Cellar Pairings

Each recipe includes recommendations for essential oils from doTERRA 🌸 to enhance your cooking and well-being – whether diffused, applied topically (with care), or inhaled.

Plus, enjoy pairing suggestions with Scout & Cellar wines 🍷 to elevate your meal and savor the moment.

🌟 4. Bonus Touch & Affirmations

Don’t miss the bonus tips and affirmations! These small rituals—like lighting a candle 🕯️, playing soft music 🎵, or speaking affirmations aloud – deepen your connection to the meal and your own energy flow.

👨🍳 5. Customize & Enjoy

Make each recipe your own by adjusting ingredients and seasonings to fit your taste and lifestyle. Remember: the real magic is in the love and intention you put into your cooking. ❤️

♥ Root Chakra – Grounding Red Lentil & Sweet Potato Soup

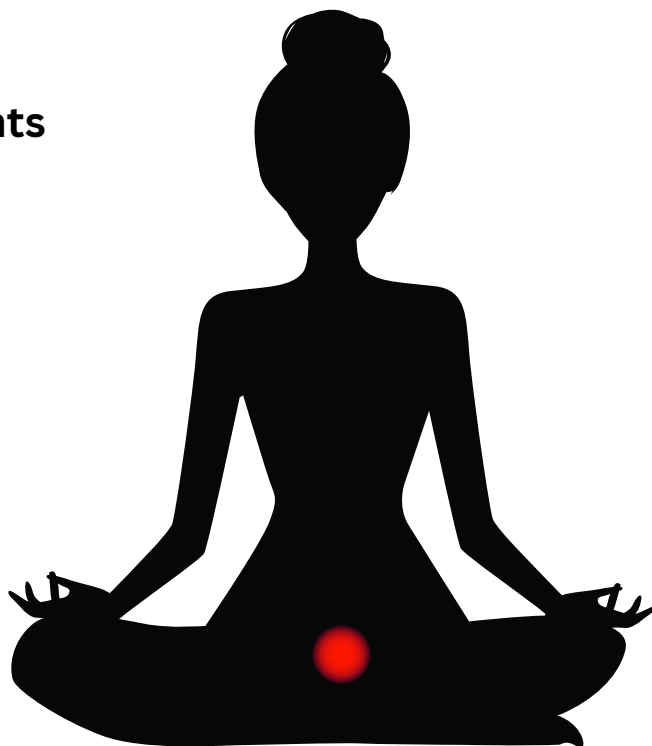
Why it's magical: Rich with earthy root veggies and grounding spices like cumin and turmeric, this soup nourishes your body and settles your spirit.

Vibe: Safe • Stable • Nourished

Chakra Color: Deep Red (Root)

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1-inch ginger, grated
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 sweet potato, peeled & diced
- 1 cup red lentils, rinsed
- 4 cups vegetable broth
- Salt & pepper, to taste
- Fresh parsley, for garnish



Instructions

- 1.Heat olive oil in the 8 Qt. Brilliance Nonstick Stock Pot over medium heat.
- 2.Add onion, garlic, and ginger. Sauté until softened.
- 3.Stir in cumin and turmeric; cook until fragrant (about 1 min).
- 4.Add sweet potato, lentils, and broth. Bring to a boil.
- 5.Reduce heat, cover, and simmer 20–25 mins until tender.
- 6.Season with salt and pepper. Blend partially for creaminess or leave chunky.
- 7.Garnish with parsley.

Serve with crusty multigrain bread and affirm: “I am rooted. I am held.”

Pampered Chef Tool Pairing: 8 Qt. Brilliance Nonstick Stock Pot

doTERRA Oil: Grounding Blend (Vetiver, Cedarwood) diffuser or 1-2 drops in diffuser bracelet

Scout & Cellar Wine: A rich, earthy red like a Cabernet Sauvignon or Malbec

Bonus Touch: Serve with crusty multigrain bread for added grounding.

♥ Sacral Chakra – Coconut Chickpea Curry with Brown Basmati Rice

Why it's magical: Creamy, sensual, and deeply satisfying. Balances sweet and heat for emotional flow.

Vibe: Pleasure • Flow • Creative Energy

Chakra Color: Orange (Sacral)

Ingredients

- 1 tbsp coconut oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 1 tsp ground coriander
- 1 tsp turmeric
- ½ tsp chili flakes (optional)
- 1 can chickpeas, drained
- 1 can coconut milk
- 1 cup diced tomatoes
- Salt & pepper, to taste
- Fresh cilantro, for garnish
- 2 cups cooked brown basmati rice



Instructions

- 1.Heat coconut oil in a Nonstick Skillet over medium heat.
- 2.Sauté onion, garlic, and ginger until translucent.
- 3.Add coriander, turmeric, and chili flakes; stir for 1 minute.
- 4.Add chickpeas, coconut milk, and tomatoes. Stir to combine.
- 5.Simmer 15–20 mins until thickened.
- 6.Season with salt and pepper.
- 7.Serve over brown basmati rice made in your Rice Cooker.
- 8.Garnish with cilantro and cook while inviting creativity into the space.

Pampered Chef Tool Pairing: Nonstick Skillet & Rice Cooker

doTERRA Oil: Wild Orange diffuser blend to energize your creative space

Scout & Cellar Wine: A bright, fruity white like a Sauvignon Blanc or Rosé

Bonus Touch: Play soft music and stir with intention to encourage creative flow.

♥ Solar Plexus Chakra – Golden Glow Vegetable Stir Fry

Why it's magical: Bright bell peppers, broccoli, and zucchini tossed in a ginger-garlic tamari sauce to power your confidence.

Vibe: Power • Confidence • Radiance

Chakra Color: Yellow (Solar Plexus)

Ingredients

- 1 tbsp sesame oil
- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 zucchini, sliced
- 2 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp tamari or soy sauce
- 1 tsp maple syrup or honey
- ½ cup pineapple chunks
- Sesame seeds, for garnish



Instructions

1. Heat sesame oil in the Stainless Steel Nonstick Skillet over high heat.
2. Add garlic and ginger; stir for 30 seconds.
3. Toss in all veggies. Stir-fry 5–7 mins until tender-crisp.
4. Add tamari and maple syrup; toss to coat.
5. Stir in pineapple; cook 1–2 more mins.
6. Garnish with sesame seeds and stand in your personal power.

Pampered Chef Tool Pairing: Stainless Steel Nonstick Skillet

doTERRA Oil: Ginger essential oil in diffuser or topical (diluted) for confidence boost

Scout & Cellar Wine: A bright, crisp white like a Chardonnay or Grüner Veltliner

Bonus Touch: Light a yellow candle for extra solar energy.

♥ Heart Chakra – Herbal Quinoa Stuffed Peppers

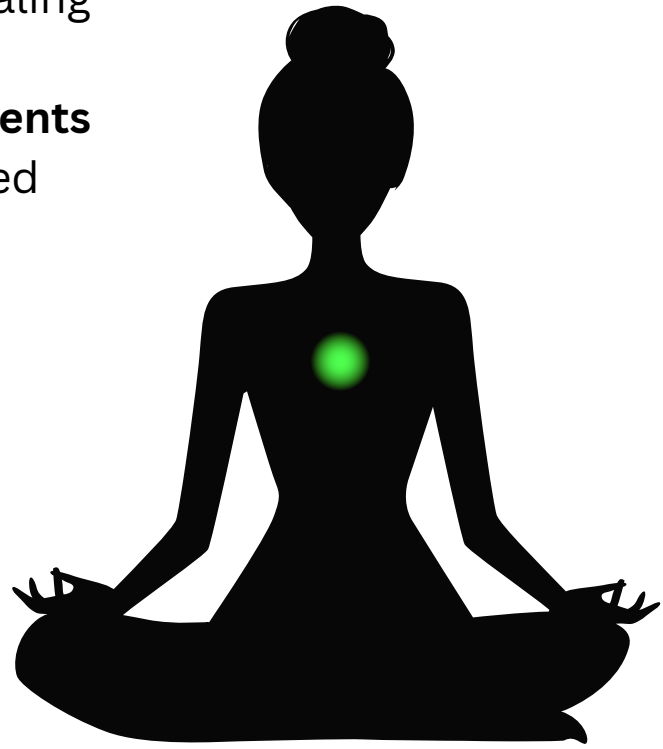
Why it's magical: Nutrient-rich quinoa, kale, and chickpeas seasoned with rosemary and thyme to open your heart space.

Vibe: Compassion • Connection • Healing

Chakra Color: Green (Heart)

Ingredients

- 4 large bell peppers, tops removed
- 1 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 cup cooked quinoa
- 1 cup kale, chopped
- 1 can chickpeas, rinsed
- 1 tsp dried rosemary
- 1 tsp dried thyme
- Salt & pepper, to taste
- Hemp seeds, for garnish



Instructions

1. Preheat oven to 375°F. Place peppers in the Large Stoneware Bar Pan.
2. Heat olive oil in a skillet; sauté onion and garlic until soft.
3. Stir in kale, rosemary, thyme, salt, and pepper; cook until kale wilts.
4. Add quinoa and chickpeas; mix well.
5. Stuff peppers and cover with foil.
6. Bake 30–35 mins until peppers are tender.
7. Garnish with hemp seeds and affirm: “I give and receive love freely.”

Pampered Chef Tool Pairing: Large Stoneware Bar Pan

doTERRA Oil: Rose or Bergamot diffuser blend to open heart energy

Scout & Cellar Wine: A delicate Pinot Noir or Rosé for soft, heartwarming sips

Bonus Touch: Breathe deeply before serving to invite heart-centered connection.

♥ Throat Chakra – Soothing Miso & Seaweed Noodle Bowl

Why it's magical: Miso supports the gut-throat connection; nori brings oceanic clarity to your words.

Vibe: Truth • Communication • Expression

Chakra Color: Blue (Throat)

Ingredients

- 1 tbsp sesame oil
- 2 scallions, sliced
- 2 garlic cloves, minced
- 1 tbsp grated ginger
- 4 cups vegetable broth
- 2 tbsp white or yellow miso paste
- 1 tbsp soy sauce or tamari
- 1 sheet nori seaweed, sliced
- 4 oz rice or soba noodles
- Sesame seeds, for garnish



Instructions

- 1.Heat sesame oil in the Enamel Cast Iron Pan/Skillet over medium heat.
- 2.Sauté scallions, garlic, and ginger until fragrant.
- 3.Add broth; bring to a simmer. Lower heat.
- 4.Stir in miso paste until dissolved. Add soy sauce and seaweed.
- 5.Add noodles and cook per package directions.
- 6.Garnish with sesame seeds and affirm: “My voice flows with truth and ease.”

Pampered Chef Tool Pairing: Enamel Cast Iron Pan/Skillet

doTERRA Oil: Peppermint or Eucalyptus diffuser to clear communication pathways

Scout & Cellar Wine: A crisp Riesling or sparkling wine for light, clear expression

Bonus Touch: Enjoy in silence or with gentle chanting for throat chakra alignment.

♥ Third Eye Chakra – Indigo Berry Smoothie Bowl

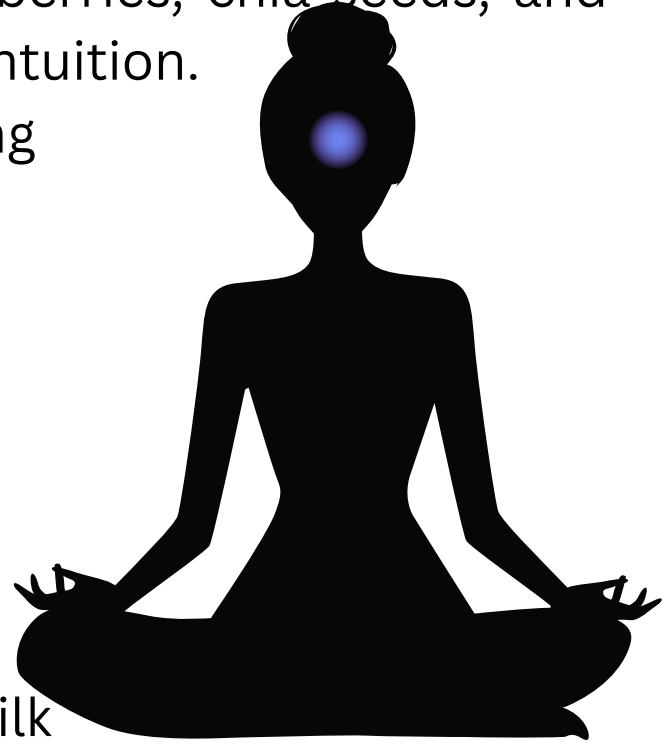
Why it's magical: Blueberries, blackberries, chia seeds, and spirulina to awaken your vision and intuition.

Vibe: Vision • Intuition • Inner Knowing

Chakra Color: Indigo (Third Eye)

Ingredients

- 1 frozen banana
- ½ cup frozen blueberries
- ½ cup frozen blackberries
- 1 tbsp chia seeds
- ½ tsp spirulina (optional)
- ½ cup almond, oat, or coconut milk
- Toppings: granola, coconut flakes, berries, honey



Instructions

1. In the Deluxe Cooking Blender, blend banana, berries, chia, spirulina, and milk until thick.
2. Pour into a bowl and arrange toppings in a mandala swirl.
3. Pause before eating and affirm: "I trust my inner knowing."

Pampered Chef Tool Pairing: Deluxe Cooking Blender

doTERRA Oil: Frankincense diffuser to enhance intuition

Scout & Cellar Wine: A delicate Pinot Noir or chilled Rosé for clarity of mind

Bonus Touch: Visualize your next inspired idea while decorating your bowl.

♥ Crown Chakra — Lavender-Infused Cauliflower Mash with Roasted Garlic

Why it's magical: Light, calming, and ethereal — a divine take on comfort food.

Vibe: Connection to Source • Peace • Higher Self

Chakra Color: Violet/White (Crown)

Ingredients

- 1 head cauliflower, chopped
- 1 head garlic
- 1 tbsp olive oil
- ¼ cup plant-based milk
- ½ tsp dried culinary lavender
- Salt & white pepper, to taste
- Edible flowers or microgreens



Instructions

1. Preheat oven to 400°F. Slice top off garlic; drizzle with olive oil, wrap in foil, roast 30–35 mins.
2. Steam cauliflower in the Multi-Cooker until soft (10–12 mins).
3. Blend cauliflower, roasted garlic, milk, lavender, salt, and pepper until creamy.
4. Garnish with edible flowers and affirm: “I am connected to divine peace.”

Pampered Chef Tool Pairing: Multi-Cooker & Garlic Peeler/Press

doTERRA Oil: Lavender diffuser to soothe and connect with peace

Scout & Cellar Wine: A light, floral white wine like a Viognier or Pinot Grigio

Bonus Touch: Whisper a gratitude prayer before serving.

Zahra Coriander | Thank You So Much!

👑 Zahra Coriander — The Vintage Glam 👑

A Note of Gratitude from My Heirloom Kitchen to Yours

Darling, thank you ever so much for inviting a piece of my world into yours. Each recipe in this collection was crafted with intention, tradition, and an eye for timeless detail — much like the delicate lace of a vintage linen or the fine curve of an heirloom teacup. You, the elegant curator of your table, bring these pages to life with your grace, wisdom, and beautifully grounded presence. In your hands, these dishes become more than meals — they become memories. They become stories shared over candlelight, quiet celebrations of life's beauty, and refined expressions of love.

Keep the legacy alive:

👑 Shop my favorite timeless kitchen pieces — tools that blend old-world charm with modern grace.

✉️ Subscribe for curated classics, thoughtful menus, and table styling tips worthy of your next soirée.

🛍️ Host an elegant gathering — let's set the table for tradition.

🤝 Collaborate with me to bring a touch of vintage magic to your community.

🌟 Step into the legacy — join my team and build a brand rooted in beauty and tradition.

Continue cooking with care, honoring the past, and shaping the future — one graceful bite at a time.

With warmth and refinement,
Zahra



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