

A Busy Day in the Kitchen

After a long day of work, I decided to _____ some time for myself. I began by preparing a big pot of soup, but I almost let it _____ because I was too distracted by my phone! Luckily, I remembered just in time. Once I had the soup simmering, I sat down to _____ a cup of tea to help me _____ after a stressful day.

While waiting for the soup, I decided to _____ a few tasks, like organizing the kitchen, and trying to improve my _____. I'd been slouching too much lately, and it was beginning to affect my back.

I was feeling a little _____, but the tea gave me the much-needed _____ to get through the evening. I didn't want to _____ on snacks too much, so I decided to _____ the chips and cookies for later. However, I couldn't resist and ended up _____ a few too many sweets.

After dinner, I planned to _____ early, but I was too full and a little _____ from the overload of sugar. I did, however, manage to _____ and turn off the lights. It wasn't long before I was ready to _____ and relax.

The next day, I knew I had to _____ junk food and try to _____ a healthier diet. But for tonight, I just wanted to _____ with a good book and a cozy blanket.

Word Bank:

- boil over
- drink to
- seal in
- wait on
- weigh out
- knackered
- energy boost
- take a nap
- alert
- posture
- energy crash
- binge out on
- cut out
- eat out
- go easy on
- peel off
- wind down