

The bonkers

March 2025

DIGEST

Your monthly fix of home Decor, style & Bonkers energy!

**The Ultimate
Spring Home
Refresh:**

5 Quick upgrades for
a whole new vibe!

Trending Topics
-sage green
-scandi rustic

Quiz:
What's Your
Home Decor
Personality?



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Inside: What's your Home decor personality?

Editor's Note: Welcome to the Bonkers Revolution! 🎉

Dear Bonkers Fam,

Well, well, well... look who just launched their very own bonkers home decor magazine! That's right—it's us, your fellow design-loving, DIY-obsessed, art-admiring rebels who refuse to take home styling too seriously. The Bonkers Digest is here, and we're bringing you a fresh, fabulous, and slightly ridiculous take on decorating your space.

March is the Spring Refresh edition, which means we're dusting off the old, jazzing up the new, and taking our homes from meh to mesmerizing. Expect quick DIY wins, easy decluttering tricks, and wall art so stunning it deserves its own fan club. Plus, we're throwing in some artistic inspiration, sanity-saving lifestyle tips, and a few surprises because, let's be real, life is way more fun when it's unpredictable.

This isn't your grandma's home decor magazine (unless she's the coolest grandma ever). It's bold, fun, and packed with ideas you can actually use—whether you're a pro decorator or someone who just realized their couch deserves better company.

So grab your coffee (or wine, we don't judge), kick back, and dive into our first-ever issue. And if you try out any of our tips, make sure to tag us on Instagram, Pinterest, or TikTok—we're all about celebrating your bonkers genius.

Happy decorating,
 The Bonkers HQ



The Bonkers Digest

– March 2025

🌟 *Spring Edition: Fresh Vibes, Quirky Finds & A Dash of Chaos!* 🌟

🌿 **Trending Topics: What's Hot in Home Decor Right Now?**

- 1 Sage Green Takeover! – The color that's stealing the spotlight in 2025. Find out how to use it like a pro!
- 2 Scandi Rustic Magic – When sleek Nordic minimalism meets cozy countryside charm. Yes, it's a thing—and yes, you'll love it!

🏠 **Main Feature: The Ultimate Spring Home Refresh!**

- ◆ 5 Quick Upgrades for a Whole New Vibe! – No, you don't need a total reno. Yes, these hacks will make your home feel brand new!

🎨 **Creative Corner: DIY That Wows!**

- ◆ Printmaking 101 – Ever wanted to make your own art? Grab some ink, a roller, and let's make magic! (No artistic skills required... probably.)

Lifestyle and Wellbeing

Health & Beauty

Did You Know? Bonkers Home Décor Facts!

◆ 5 Mind-Blowing Home Facts – Spoiler: One of them involves flamingos, ancient Rome, and a color scandal!

March Recipes: Eat, Drink & Be Bonkers!

- 1** Zesty Lemon-Honey Glazed Chicken – Spring on a plate, complete with roasted asparagus! 🍗🌟
- 2** Shamrock Green Smoothie – As green as a leprechaun's envy, but way more delicious. 🍀🥤
- 3** Cozy Irish Coffee Brownies – Coffee? Brownies? Together?! You're welcome. ☕🍫

Bonkers New Products: You're Gonna Want These!

 Shower Curtains, But Make Them Bonkers! – Wild, wacky, and ready to transform your bathroom into a masterpiece.

Quiz Time! What's Your Design Superpower?

- ◆ Are you the Color Wizard, the Minimalist Genius, or the Maximalist Maniac? Take the test & find out!

 **Buckle up, because this issue is packed with inspo, info, and a whole lotta bonkers energy! Let's get this spring thing started!** 🌸

Trending Topics: The Hottest Home

Trends of 2025



Sage Green & Warm Neutrals –

The Colors of 2025

Calm, Cozy, and Ridiculously Stylish.

1. Sage Green & Warm Neutrals: The Colors of 2025

Why is everyone
obsessed with this
palette?

Because it's calm,
cozy, and ridiculously
stylish. Sage green
has officially
dethroned gray as the
go-to neutral, and
when paired with
warm tones like
creamy taupe, soft
beige, and caramel
hues, it creates a
serene, nature-
inspired aesthetic
that works in literally
any room.

Sage green & warm neutrals – the colors of 2025



Calm, cozy, and ridiculously stylish.

✓ Accent Walls: Not ready to go full green? Try a sage green feature wall behind your bed, couch, or workspace. Pair it with off-white trim for that designer-level contrast.

✓ Furniture & Decor: If painting walls isn't your thing, incorporate sage-toned throw pillows, blankets, or vases to subtly introduce the color.

✓ Kitchens & Bathrooms: A sage green vanity or kitchen cabinets = instant spa-like vibes.

Bonus points if you mix in gold or black fixtures for that luxe look!

✓ Mixing Neutrals: Warm beige walls, light oak wood, and soft white textures will balance out the green, making it feel airy and inviting.

Sage Green & Warm Neutrals - - The Colors of 2025



Calm, cozy, and ridiculously stylish.

Sage Green & Warm Neutrals – The Colors of 2025

Calm, cozy, and ridiculously stylish.



 **BONKERS TIP:** Want a quick test run? Grab a sage green candle or a small decorative tray –it’s the fastest way to see how the color plays with your existing decor.



2. Scandi Rustic: The DIY Furniture Trend That's Blowing Up 🏡



Minimalist meets cozy —aka the dream combo.

If Scandinavian simplicity and rustic farmhouse charm had a love child, it would be this trend. Scandi Rustic combines the clean lines and neutral tones of Scandinavian design with organic textures and warm wood accents to create a space that's functional and inviting.

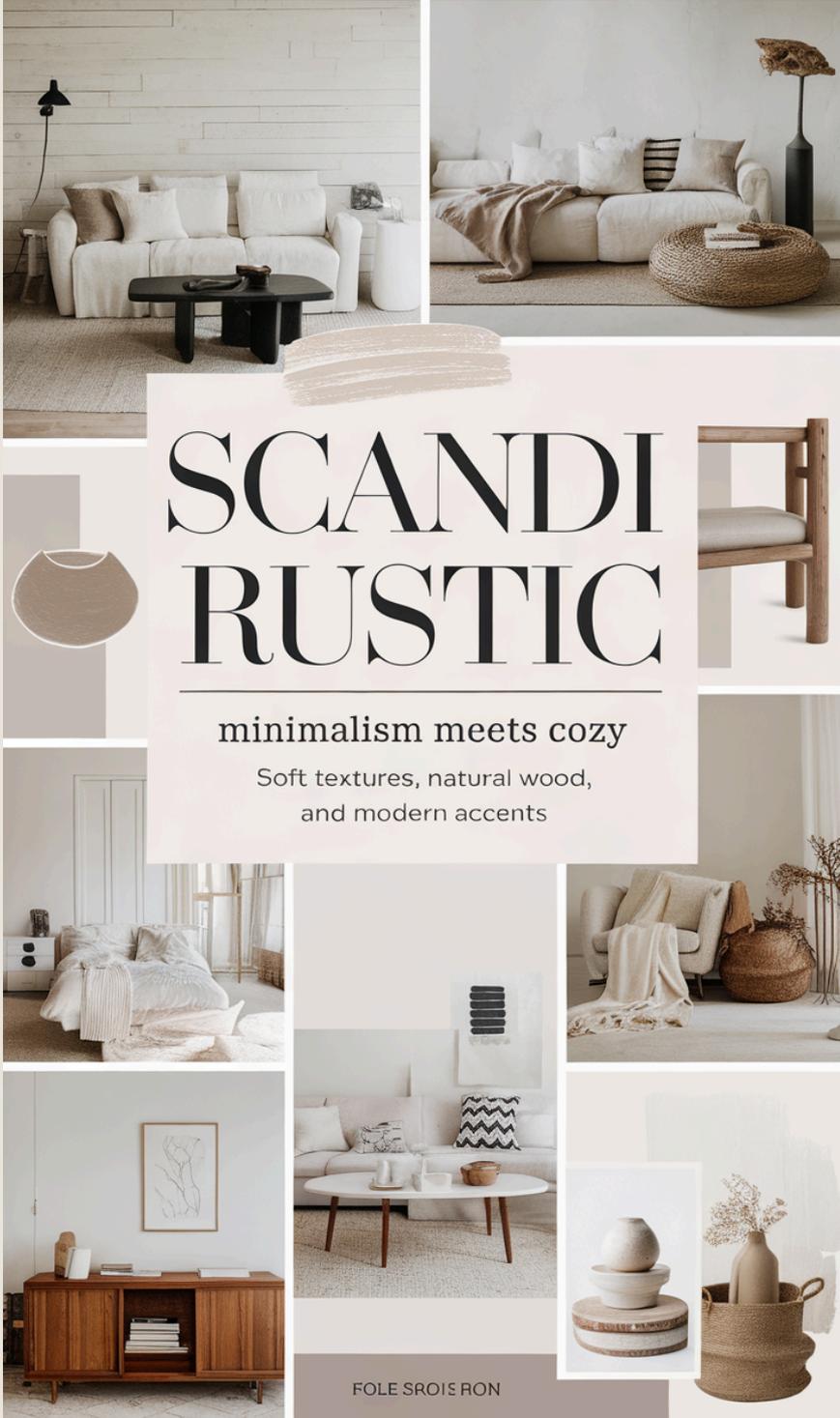
How to Bring Scandi Rustic Into Your Home (Without a Full Reno)



✓ Linen & Woven Textures: Swap out heavy drapes for light linen curtains and add woven storage baskets to instantly soften your space.

✓ Vintage Meets Modern: Mix a sleek Scandinavian-style table with distressed wood chairs for the perfect contrast of clean and rustic.

SCANDI RUSTIN I BOOPORRONK



 **BONKERS TIP: Not ready to tackle furniture? Start with small swaps like a linen table runner, a woven jute rug, or a wooden lamp base. You'll get the vibe without the commitment.**

Final Thoughts:

Are You Ready to Try These Trends?
Whether you're in the Sage Green Squad or a Scandi Rustic DIYer, both of these trends prove that you don't need to gut your home to make a big impact. Small swaps can totally transform your space—without breaking the bank.

Got a trend you're loving?



The Ultimate Spring Home Refresh: 5 Quick Upgrades for a Whole New Vibe



Spring is here, and you know what that means—it's time to shake off the winter blues and breathe new life into your space! But hold up, before you start thinking about full-blown renovations, let's talk about quick, easy, and budget-friendly ways to refresh your home for spring. Because honestly, who has time for a major overhaul? Here are five super simple upgrades that will instantly give your home a fresh, vibrant vibe—without breaking the bank. Let's do this! 🚀

1. Rearrange for Renewal



Before you spend a single cent on new decor, rethink what you already have.

- ✓ Swap your furniture layout—move your couch, reposition your coffee table, or try an angled layout for a fresh perspective.
- ✓ Declutter surfaces—less is more, and a streamlined space feels instantly lighter.
- ✓ Shop your own home—move art, mirrors, or throw pillows from room to room for a no-cost refresh.

 **Pro Tip:** Test new arrangements before you commit by using painter's tape to outline furniture placement on the floor!

before:

*cramped
& boxy*



after:

*bright, open
& inviting*



Before: Cluttered & Dull



AFTER: A SPA-LIKE REFRESH



Before:
Cluttered & Draining



After:
a productive, light-filled workspace



Before: Tight & Cramped



After: A balanced, serene bedroom



2. Wall Art Reset: The Game- Changer

Nothing transforms a space faster than new wall art—and no, you don't need to buy expensive pieces to make an impact!

- ✓ Create a seasonal swap system—rotate artwork every season for a fresh look.
- ✓ Go bold with a gallery wall refresh—mix in new prints, family photos, or DIY art.
- ✓ Try a statement piece—one oversized print can instantly set the tone for a room.

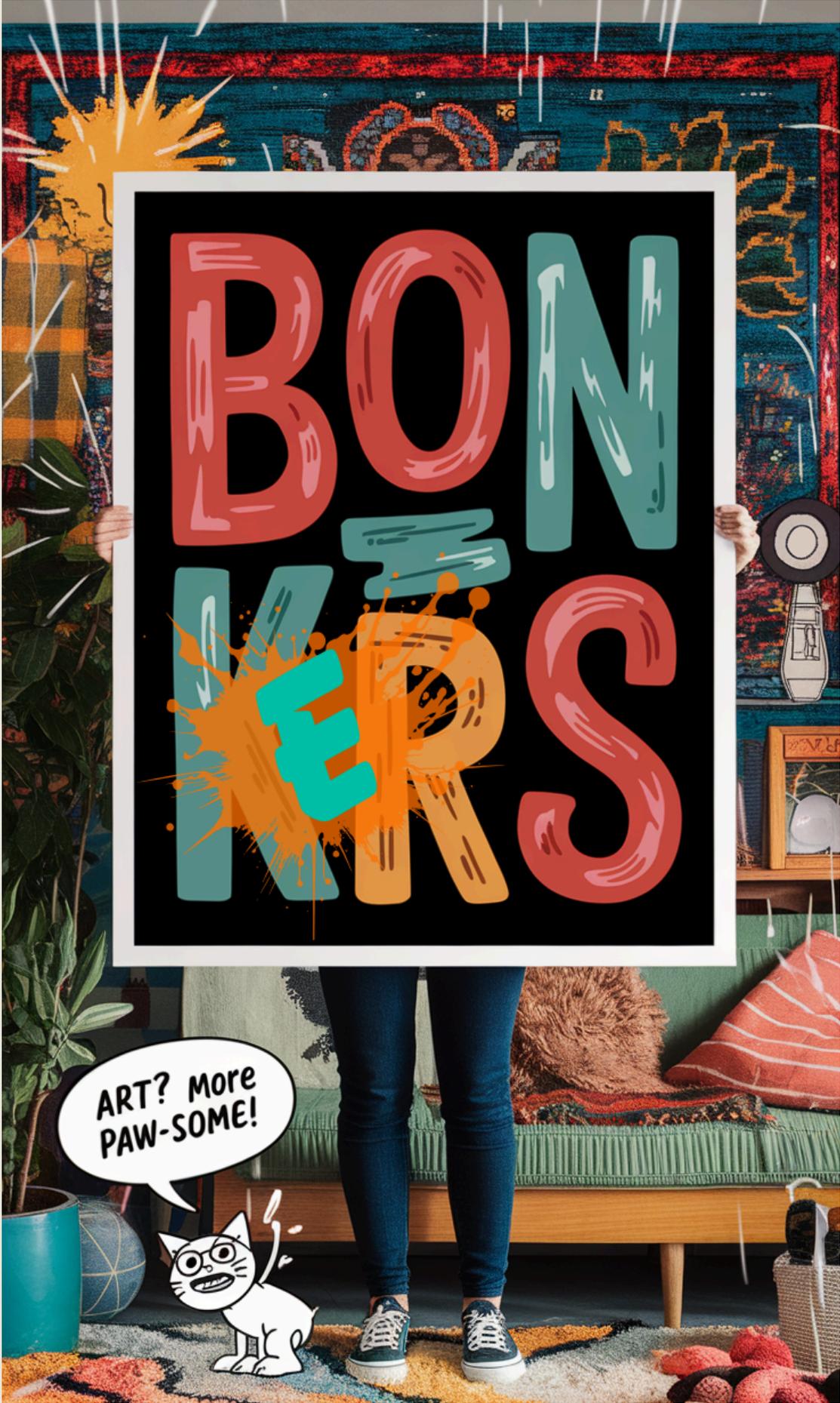
 **Pro Tip:** Not ready to commit? Use removable wall decals or washi tape frames to test different looks!

WALL ART SHAKE-UP: GO BONKERS WITH IT!



STYLING: JESSICA

Forget boring walls—it's
time for a style revolution!





**Frame it, flaunt
it, love it!**

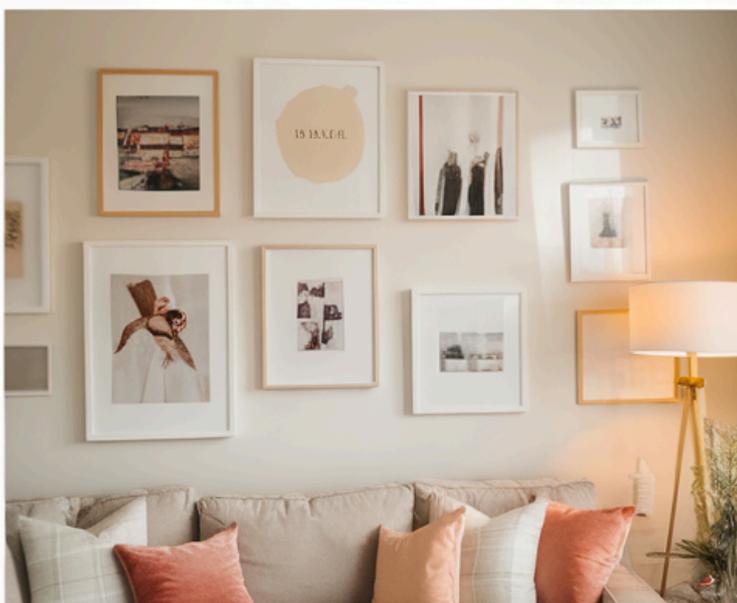
*Small change,
Big impact—
Instant refresh!*



Frame it, Flaunt it, Love it!

Small change, big impact -
Instant refresh!

updated gallery wall



3. Color Pop Magic: Spring Hues Without Repainting



Spring is all about soft pastels, earthy greens, and pops of cheerful color—but you don't need to paint your walls to bring these vibes in.

✓ Swap out dark, heavy fabrics for light, airy textures—think linen, cotton, and woven materials.

✓ Bring in colorful accents—pillows, vases, books, or even a fun lampshade!

✓ Upgrade your table setting—spring-inspired placemats, napkins, and fresh flowers make a huge difference.

 **Pro Tip:** Stick to a 3-color rule—one main neutral, one soft pastel, and one vibrant pop to balance the look.

COLOR POP. SPRING IT ON!

No paint? No problem!
Transform your space Instantly!





Spring vibes,
no paintbrush required!

Freshen up your home in a flash!



**BOOM!
INSTANT COLOR,
ZERO COMMITMENT!**

DITCH THE PAINT CANS—THIS IS HOW YOU DO IT!

SIMPLE YET EFFECTIVE
**COLOR
TRANSFORMATION**



Pop of Color
= Pop of Joy!

easy ways
to brighten
your home
(no paint needed!)



4. Declutter for Joy: The Minimalist Trick That Works



Decluttering is so much more than getting rid of stuff—it’s about making space for the things that truly bring you joy.

- ✓ Tackle one small space at a time—start with a single drawer or shelf for instant gratification.
- ✓ Use the “Joy Check” method—hold an item and ask, does this make me happy? If not, donate it!
- ✓ Style your open shelves—keep only curated, meaningful decor pieces for a clean, magazine-worthy look.

 **Pro Tip:** Set a 15-minute decluttering timer each day—it’s way easier (and way less overwhelming) than a full-day purge!



Declutter like A **Boss!**

Bye-bye Clutter,
Hello Zen!



The 15-minute trick to a lighter, happier space!

✦ FRESH
START! ✦



**Declutter Like a Boss:
Bye-Bye Clutter, Hello Zen!**

Declutter & Chill: A little less clutter, a lot more zen!



SMALL TWEAKS, BIG PEACE OF MIND!



♥ Fresh
Start ★



Declutter like a boss; hello zen!

The 15-Minute Trick to a Lighter, Happier Space!

5. Nature Indoors: The Power of Plants & Flowers



There's nothing like a touch of nature to bring instant life into a space. Bonus? It improves air quality and boosts your mood!

- ✓ Start with low-maintenance plants—pothos, snake plants, or peace lilies are all beginner-friendly.
- ✓ Fresh flowers = instant joy—place a bouquet on your dining table or nightstand for a luxe feel.
- ✓ Try hanging planters or a mini herb garden in your kitchen for a fresh, organic touch.

 **Pro Tip:** No green thumb? Dried flowers or high-quality faux plants bring the same vibe—without the upkeep!



FRESH &
VIBRANT

Nature Indoors:

The Easiest Home Upgrade!

Fresh, Vibrant & Effortless—Yes, please!

Plants = happiness:

Instant mood boost!

More green, more joy – it's science!



Plants = Happiness: Instant Mood Boost!

More green, more joy —
It's science!





I just
love it!

Nature Indoors: The Easiest Home Upgrade!

Fresh, vibrant & effortless—
Yes, please!



More
Green
More
Joy

Plants = happiness: instant mood boost!

More green, more joy — it's science!



Nature indoors: The easiest home upgrade!
Fresh, vibrant & effortless
—yes, please!

Breath in
breath out



FRESH &
VIBRANT

Nature Indoors:

The Easiest Home Upgrade!

Fresh, Vibrant & Effortless—Yes, please!

Final Thoughts: Let's Get Refreshing!



Final Thoughts: Let's Get Refreshing! 🚀
Refreshing your home for spring doesn't
have to be complicated. A few small
tweaks can create a massive impact—so
start where it feels easy, have fun with it,
and let your home reflect the fresh energy
of the season!

Got a before & after pic? Tag
@BonkersDigest on Instagram or Pinterest
and show off your spring refresh!

**Printmaking
101: A
Beginner's
Guide to DIY Art
That Wows! 🎨**



Hey, Bonkers Creators!

Ready to dive into the OG art form that's been around for centuries but still makes jaws drop? That's right—we're talking PRINTMAKING.



Before you start panicking about needing an art degree (spoiler: you don't), let's break it down.

Printmaking is all about creating art through stamping, carving, or pressing designs onto surfaces—and the best part? Anyone can do it!

So grab your ink, roll up your sleeves, and let's get bonkers with this Beginner's Guide to Printmaking! 🚀

1. What the Heck Is Printmaking Anyway?



Printmaking is basically the art of making copies—but make it fancy. Instead of drawing the same design over and over, you carve, stamp, or stencil your design onto a surface (called a plate), then transfer it to paper, fabric, or even wood!

Think of it like an old-school printing press, but way more fun and DIY-friendly. And yes, this means you can create your own custom wall art, T-shirts, tote bags, or even wrapping paper.

 **Bonkers Fact:** Famous artists like Andy Warhol, Hokusai, and Picasso were obsessed with printmaking. If it's good enough for them, it's good enough for us!

2. Types of Printmaking (AKA, Pick Your Weapon!)



Now, there are a TON of different printmaking techniques, but we're keeping it simple with four beginner-friendly styles:

✅ **Block Printing (Stamping Style)** 🏷️

How it works: Carve a design into a rubber block, linoleum, or even a potato! (Yes, potato prints are a thing.)

Best for: DIY wall prints, greeting cards, fabric art.

You'll Need: Carving tool, ink, roller, and something to stamp on!

🎯 Pro Tip: Keep your designs bold & simple —intricate details can get messy



BLOCK PRINTING: STAMP IT LIKE A PRO!

Carve. Ink. Press. Boom—Instant Art!

✅ **Stencil Printing (The Rebel's Choice)**



How it works: Cut out a design on paper or plastic, lay it on your surface, and dab ink or paint through the gaps.

Best for: Custom T-shirts, wall decor, making your own Bonkers merch.

You'll Need: A sharp craft knife, stencil material, ink/paint, and a sponge or spray paint.

 **Pro Tip:** Use a reusable plastic stencil for multiple prints or try layering stencils for an epic color effect!



Stencil,
printing;

CUT,
Paint,
Create!

DIY ART IN MINUTES—
NO SKILLS REQUIRED!

STENCIL PRINTING!

CUT, PAINT, CREATE!



DIY ART IN MINUTES—
NO SKILLS REQUIRED!

✔ Monoprinting (One-and-Done Masterpieces) 🖌️

How it works: Apply ink to a flat surface (like glass or plexiglass), create your design, and press paper onto it for a unique, one-time print.

Best for: Abstract art, experimental prints, happy accidents.

You'll Need: Ink or paint, a smooth surface, a roller, and some good-quality paper.

🎯 **Pro Tip:** Try scratching designs into the ink before pressing—each print will be totally unique!



Monoprinting: *one shot, one masterpiece!*

No two prints are ever the same!

✅ **Screen Printing** **(For the Future Merch Moguls)** 🧥💥

How it works: Push ink through a mesh screen where your design has been cut out.

Best for: T-shirts, tote bags, posters—basically anything that needs a pro-level finish.

You'll Need: A screen, a squeegee, ink, and a design (don't worry, starter kits exist!).

 **Pro Tip:** Want a low-budget version? Use an old stocking stretched over a frame as your DIY screen! (MacGyver would be proud.)



Screen Printing: Press & Impress!

Make custom tees like a pro!

3. Printmaking in Action: Let's Make a Simple Block Print!



Ready to try your first print?

Let's make a simple block print for your wall
or a greeting card.

What You'll Need:

- ✓ A soft linoleum block (or potato for the brave!)
- ✓ Carving tool (you can grab a basic set online)
 - ✓ Ink or acrylic paint
- ✓ Brayer (roller) to spread ink evenly
 - ✓ Thick paper or cardstock
- ✓ A spoon (trust me, you'll see why)

Step-by-Step Instructions

- 1** Draw your design onto the block with a pencil (mirror image, people—text has to be backward!).
- 2** Carve out the negative space (whatever you carve won't print!).
- 3** Roll ink onto the block using a brayer—thin, even layer.
- 4** Press paper onto the block and rub the back with a spoon for even pressure.
- 5** Peel back & admire your masterpiece!

 **Bonkers Pro Tip:** Want a two-tone effect? Layer different colors by letting the first print dry before adding a second stamp!

4. Printmaking Hacks for the Lazy Genius



- ◆ **No fancy ink?** Use acrylic paint mixed with a bit of dish soap for a makeshift ink!
- ◆ **Can't draw?** Trace a design from a printout onto your block with transfer paper.
- ◆ **Messy hands?** Wear gloves or own the smudges—imperfection = personality.
- ◆ **Need inspo?** Look at vintage stamps, nature patterns, or geometric designs!

5. What to Do with Your New Prints?

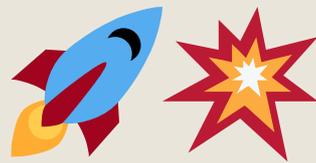


Now that you've got custom prints, let's get creative:

- ✓ Frame them for a DIY art gallery.
- ✓ Make greeting cards (handmade = extra cool).
- ✓ Decorate fabric—stamp designs on tote bags, pillowcases, or tees!
- ✓ Gift wrap hack—use brown craft paper & stamp your own wrapping paper!

 **Bonkers Challenge:** Try a print swap with a friend—create a mini art trade!

Final Thoughts: Get Printing, Get Bonkers!



Printmaking isn't just art—it's a magic trick where simple tools create endless masterpieces. The best part? No two prints are the same, just like no two Bonkers Creators are the same!

So go grab some ink, experiment with textures, and make something wild, unexpected, and totally YOU. And don't forget—tag @BonkersDude with your printmaking experiments. We wanna see your messy, glorious, ink-covered hands in action! 🎨🔥

Until next time, stay creative, stay messy, and remember... Life is Bonkers, and YOU hold the key!

Feeling Stuck? Let's Break the Cycle!



Life can feel like a hamster wheel sometimes—running fast but going nowhere. You start thinking, "Is something wrong with me?" Nope! You're just stuck in a loop. But here's the good news: loops can be broken! 🔥 The secret? Trying new things to give your life an energetic, bonkers-level boost! Let's dive into some game-changing ways to move, grow, and glow like never before. 🚀 ✨



***FEELING STUCK?
LET'S BREAK THE
CYCLE!***

Step Out, Move Forward & Energize Your Life!

Get Moving – Try New Sports!

If you spend more time thinking about working out than actually doing it (oops!), it's time to shake things up!

 **Running & Swimming** – The OGs of clearing your mind and getting in shape.

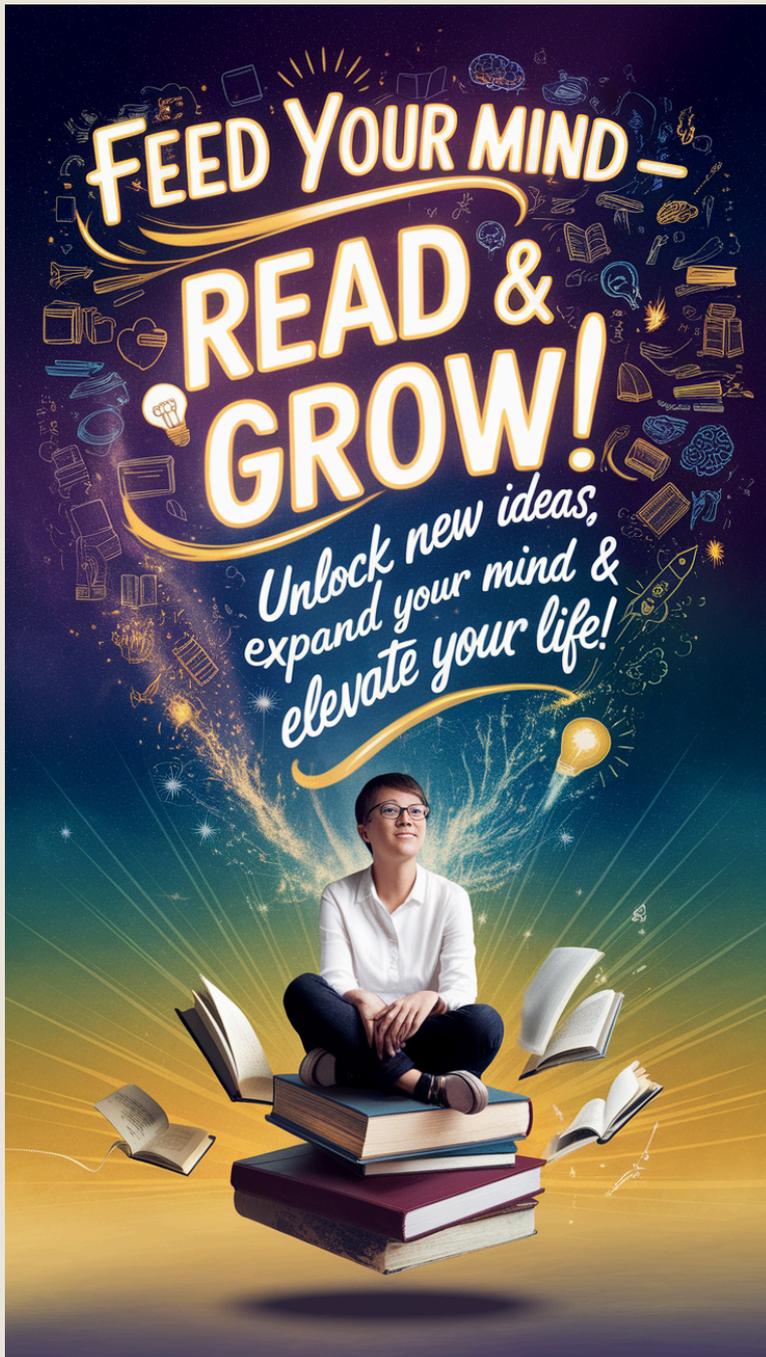
 **Yoga & Pilates** – Strength meets serenity. Stretch, breathe, and find power in places you never knew existed!

 **Fitness Routines** – Create your own home workout plan or join a gym if you like structure.

 **Tennis & Padel** – These sports exploded in popularity post-pandemic, and they're perfect for getting outside and smashing stress away!

The key? Just start. Whether it's an intense sweat session or a chill yoga flow, movement fuels momentum! 

Feed Your Mind – Read & Grow!



A strong mind
=
a strong life.
Reading isn't
just for
bookworms; it's
for anyone who
wants to level
up in life. Here
are three must-
reads to get
your mental
muscles flexing.

 **The Subtle Art of Not Giving a F*ck – Mark Manson**

👉 Learn how to stop fake-positive thinking and focus on what actually matters.

 **Atomic Habits – James Clear**

👉 Tiny changes = massive results. Build good habits, break bad ones, and watch your life transform!

 **The Let Them Theory – Mel Robbins**

👉 Feeling drained by people or stress? This book teaches you how to let go, set boundaries, and take control of your energy.

 **Glow-Up Time – Your Skincare Guide!**

Want smooth, radiant skin that makes you feel like a glowing goddess (or god)? A solid skincare routine is your best friend!



Morning Routine

Start Fresh!

- 1** Cleanse: Remove dirt and excess oil.
Dry skin? Try a cleansing milk or oil.
Oily skin? Go for a foaming cleanser.
Sensitive skin? Use a mild, fragrance-free option.
- 2** Toner: Preps your skin for hydration!
Hydration? Hyaluronic acid.
Oil control? Salicylic acid or tea tree oil.
- 3** Serum: The power move!
For hydration? Hyaluronic acid.
For anti-aging? Vitamin C (AM) or retinol (PM).
- 4** Day Cream (with SPF!): Hydrate + protect.
- 5** Eye Cream (optional): De-puff and refresh.



Evening Routine

Repair & Rejuvenate!

1 Remove Makeup & Cleanse: Micellar water + cleanser = double clean, double glow.

2 Exfoliate (2-3x a week):

Dry skin? Gentle scrub.

Oily skin? Salicylic acid exfoliator.

3 Toner: Same as morning!

4 Serum: Retinol (for repair, but NEVER with vitamin C).

5 Night Cream: Richer and deeply nourishing.

6 Eye Cream & Lip Balm (optional):
Keep those delicate areas hydrated!

Final Bonkers

Thought:

Small Steps = Big Change!

Life's not about perfection!

It's about progress. One workout,
one book, one skincare step at a
time, you're building a better YOU.

The secret? Just start. 

So, what's your next move?   

**Let's go BONKERS and make it
happen! **

Did You Know? 5 Bonkers Home Décor Facts That Will Blow Your Mind! 🤯



Hey Bonkers Crew! Ready to have your mind blown by some absolutely wild home décor facts? We're talking hidden design hacks, weird history, and science-backed tricks that'll make you say:

💬 "Wait... WHAT?! I didn't know that!"

Buckle up, because we're about to drop five game-changing facts that'll make you look at your home in a whole new way. 🚀

1. Your Ceiling Color Can Trick Your Brain



Did you know that painting your ceiling a soft blue can make a room feel taller? It mimics the sky, tricking your brain into thinking the space is more open and airy than it really is!



◆ **Want a cozy vibe instead?**

Go for darker tones like deep gray or forest green to make the room feel more intimate and warm.

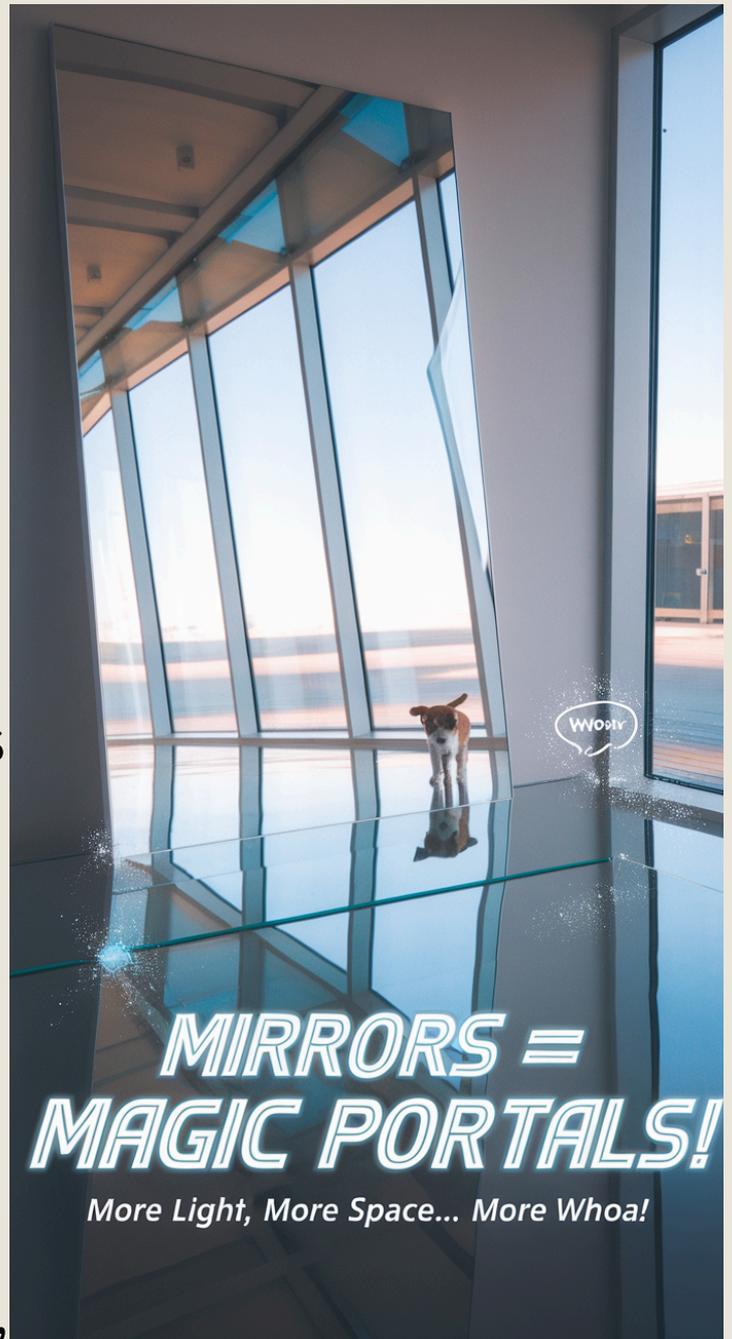
 **Bonkers Pro Tip:** If you have a small space, try a slightly lighter shade on the ceiling than your walls for an instant tall-room illusion! (Who knew our brains were so easily fooled? 🤪)

2. Mirrors Are Basically Magic Portals



Okay, mirrors don't just reflect light—they can totally change your home's energy.

- ◆ Facing a mirror toward a window? BOOM—instant extra natural light.
- ◆ Placing mirrors across from each other? Creates an infinity effect that makes your space feel massive.
- ◆ Mirrors near entryways? Feng Shui says they bounce bad vibes away (and honestly, who needs bad vibes?).





 **Bonkers Pro Tip:** Try a giant mirror behind a lamp to double your light source without needing an extra lamp. (Free extra sunlight? We'll take it! 🌞)

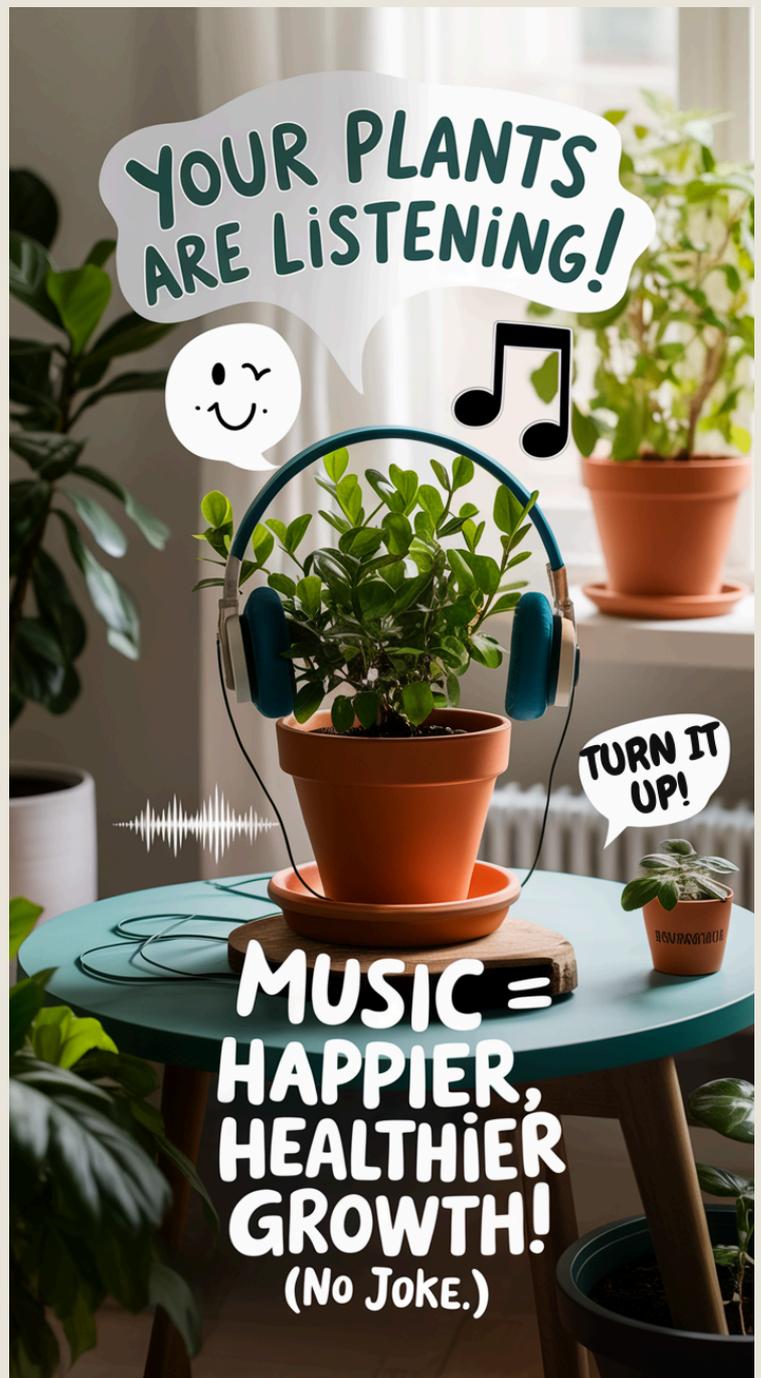
3. Your House Plants Are Eavesdropping



This one is straight-up bonkers—plants react to music, voices, and even emotions.

- ◆ Studies show that plants grow better when you talk to them (so yes, those pep talks are working!)
- ◆ Classical music? 🌱 They love it.
- ◆ Heavy metal? 🤘

Some plants actually thrive on it (mood!).





 **Bonkers Pro Tip:** Want extra plant growth? Put them near a Bluetooth speaker and play soft jazz. (Science says they'll love it!) (BRB, apologizing to the fern we ignored all week. 🤪)

4. The Color of Your Bedroom Can Affect Your Sleep



Believe it or not, the color of your walls can literally change how well you sleep.

- ◆ Blue = The ultimate chill-out color. Studies say it lowers heart rate & blood pressure for deeper sleep.
- ◆ Red = Bad idea! It actually stimulates energy (great for a gym, terrible for bedtime).
- ◆ Yellow = Cozy and warm, but too much can make you feel restless at night.





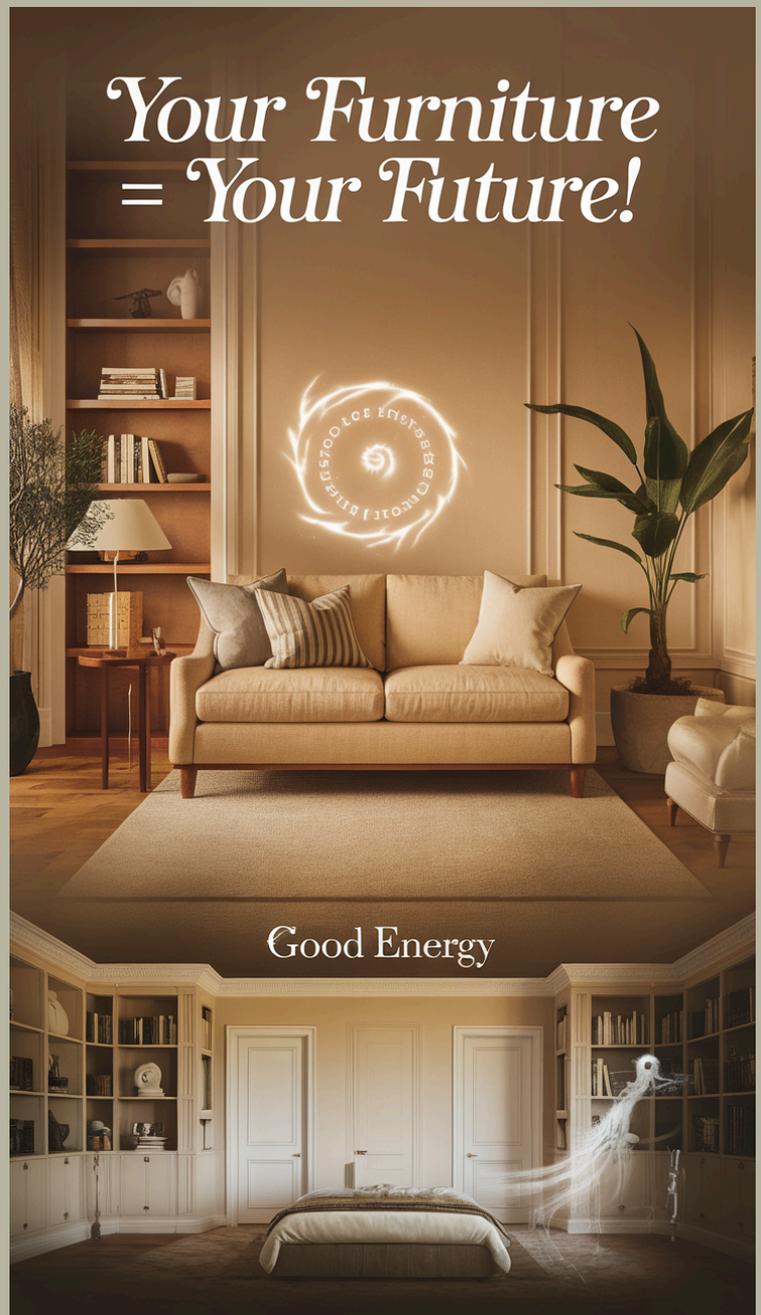
 **Bonkers Pro Tip:** If you struggle with sleep, try a soft blue or sage green wall and see if it makes a difference!

(Who knew paint could be a sleep hack? 🛏💡)

5. Your Furniture Can Predict the Future (Kind Of...) 🌌 🪑

Okay, not literally, but your furniture placement can change your life.

- ◆ According to Feng Shui, a sofa against the wall gives you a sense of security.
- ◆ A bed facing the door? Bad energy—it's called the “coffin position” (yikes).
- ◆ A round dining table creates stronger family bonds (less hierarchy, more togetherness).





 **Bonkers Pro Tip:** Want better focus and creativity? Place your desk near natural light and never directly facing a wall. (Apparently, the universe is watching where we put our coffee table. 🤪)

Final Thought: Your Home Is Smarter Than You Think! 🏠 ✨

Your house isn't just a place to live
—it's a secret mood-booster,
energy controller, and even a brain-
tricker.

Which of these facts shocked you
the most?! Drop a comment or tag
@BonkersDigest with your favorite
home décor mind-blower!

🚀 Until next time, stay creative,
stay bonkers, and keep your plants
happy! 🌱 ✨

Three Bonkers- Worthy Recipes to Celebrate March



March is that perfect in-between month—winter is saying its last goodbyes, and spring is peeking around the corner. That means we need comfort food with a fresh, zesty twist! These three Bonkers Dude-approved recipes capture the vibrance of spring while still giving you that cozy March warmth.

1. Zesty Lemon-Honey Glazed Chicken with Roasted Asparagus 🍊🐔



**zesty lemon-honey glazed
chicken ———
a taste of spring!**

Savory. Tangy and Oh-so-delicious!

Bright, fresh, and packed with
flavor—this dish screams
"Spring is coming!"

Ingredients:

- 2 boneless, skinless chicken breasts
- 2 tbsp honey
- 1 lemon (zested and juiced)
- 2 cloves garlic, minced
- 1 tbsp Dijon mustard
- 1 tsp olive oil
- 1 tsp dried thyme
- Salt & pepper to taste
- 1 bunch of asparagus
- 1 tbsp butter

Instructions:

1. Preheat oven to 400°F (200°C).

2. In a small bowl, mix honey, lemon zest, lemon juice, garlic, mustard, thyme, salt, and pepper.

3. Heat olive oil in a pan over medium heat. Sear the chicken breasts for 2 minutes per side.

4. Transfer chicken to a baking dish, brush with half of the honey-lemon mixture, and bake for 20 minutes.

5. Toss asparagus with butter, salt, and pepper, and roast in the oven alongside the chicken for the last 10 minutes.

6. Remove from oven, drizzle with remaining honey-lemon glaze, and serve warm!

Bonkers Tip:

Serve over a bed of fluffy quinoa or with garlic mashed potatoes for extra comfort.

2. Shamrock Green Smoothie (Spring Detox in a Glass!)



March means **St. Paddy's** vibes! This smoothie is ultra-refreshing and full of good-for-you greens.

Ingredients:

- 1 frozen banana
 - ½ avocado
 - 1 handful of baby spinach
 - 1 tbsp almond butter
 - 1 cup oat milk (or any plant-based milk)
 - 1 tsp maple syrup (optional)
 - ½ tsp vanilla extract
- Ice cubes (as needed)

Instructions:

1. Throw everything into a blender and blend until smooth.



2. Add ice for extra chill and blend again.



3. Pour into a glass, add a fun straw, and enjoy!



Bonkers Tip: Want more protein power? Add a scoop of vanilla protein powder!

3. Cozy Irish Coffee Brownies



Warm, fudgy, and infused with just a hint of coffee magic—perfect for a chilly March night!

Ingredients:

- 1 cup butter (melted)
- 1 ½ cups sugar
- ½ cup brewed coffee (strong)
- 1 tbsp Irish whiskey
(optional, but so worth it!)
- 2 eggs
- 1 tsp vanilla extract
- ¾ cup cocoa powder
- 1 cup flour
- ½ tsp salt
- ½ tsp baking powder
- ½ cup dark chocolate chips

Instructions:

1. Preheat oven to 350°F (175°C). Grease a baking pan.

2. In a bowl, whisk melted butter, sugar, coffee, whiskey, eggs, and vanilla.

3. Sift in cocoa powder, flour, salt, and baking powder. Stir until combined.

4. Fold in chocolate chips.

5. Pour into pan and bake for 22-25 minutes (don't overbake—gooey is the goal!).

6. Let cool, then slice and serve with a whipped cream topping!

Bonkers Tip: Add a pinch of cinnamon for a subtle spice boost!

Which One Will You Try First?

From zesty chicken to
shamrock smoothies
and rich brownies,
these March-inspired
recipes bring the best
of winter warmth and
spring freshness to
your table. 🌱🔥

Which one will you
make first? 🍴🍽️

Bonkers Product of the Month: Shower Curtains That Make a Splash!

Who said shower curtains have to be boring?
Not in Bonkers Land, baby! 🚀

This month, we're turning your bathroom into a
full-on masterpiece with our brand-new
Bonkers Style Shower Curtains—where bold
meets bathroom bliss!

From retro pop art explosions to groovy 70s
waves and mind-bending optical illusions, these
statement-making stunners transform your
daily rinse into an immersive art experience.
Because let's be real—you deserve to feel like a
rockstar even while shampooing. 🎸🚿



Why You Need These in Your Life:

- ✓ Instantly upgrades your bathroom from meh to museum-worthy
- ✓ Water-resistant, durable, and easy to clean (because life is chaotic enough)
- ✓ A total conversation starter—guaranteed to make guests go, “Whoa, where did you get that?!”

You can get them here:

<https://bonkersdude.com/product-category/shower-curtains/>





The Bonkers Home Décor Quiz: What's Your Design Superpower?

Hey Bonkers Crew! 

You've soaked up all the mind-blowing home décor tricks from this month's Bonkers Digest—but here's the real question:

Are you a décor genius, a creative rebel, or just here for the vibes? 

Take this wild & wacky quiz to find out your home design superpower! 

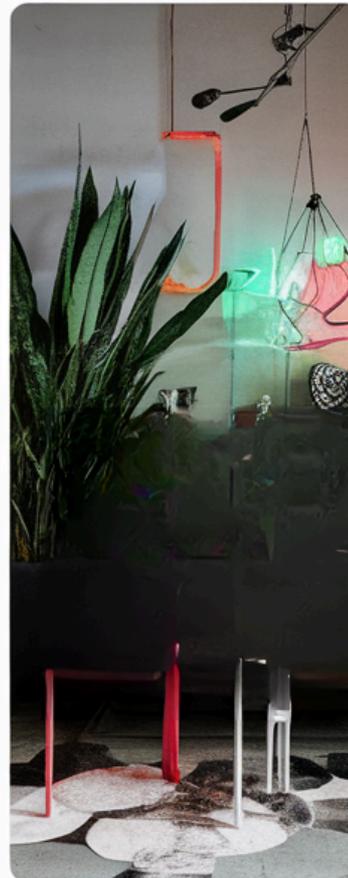
What's your home decor superpower?



**The Creative
Visionary**



**The Stylish
Strategist**



**The Bonkers
Rebel**

Take the quiz & find out !!
Are you a Visionary, a strategist, or a Rebel!

BonkersDude.com

1 You walk into a friend's house, and their walls are totally BLANK.

Your reaction?

A. Where's the art? Where's the drama?! Someone get me a paintbrush, STAT! 🎨

B. Minimalist chic... I respect it, but let's add a funky mirror or two. 🖼️

C. Perfect! Time to project a giant shadow puppet show.



2 You just learned that
BLUE CEILINGS make rooms
feel taller.

What's your move?

A. I'm painting my ceiling sky
blue IMMEDIATELY. ☁️

B. Cool fact! But I'll stick with
my neutral vibe... for now. 🤔

C. Can I paint the floor blue
and pretend I live in an
upside-down world? 🤯

3 It's time for a new statement piece in your home.

You choose:

A. A giant, oversized art print that makes everyone go

"WOW!" 

B. A chic, strategically placed mirror to bounce light everywhere. ✨

C. A life-sized cutout of myself giving thumbs up. It's called confidence.  

4 Your plants can hear you?!

What do you do next?

A. I start singing to them every morning—good vibes

only! 🎵🌱

B. Play them some soft jazz and let them soak up the

good energy. 🎷

C. Yell “GROW FASTER!” at my fern and see what

happens. 😂

5 You just learned your bedroom wall color affects your sleep.

How do you react?

A. I'm repainting my walls soft blue TONIGHT. 🎨💙

B. I'll consider a color change, but I love my current aesthetic too much!



C. Joke's on the universe—I sleep with my eyes closed!



6 What's your idea of
“**bad furniture placement**”
in a room?

A. Anything that blocks the
energy flow—Feng Shui is a
lifestyle! 🏠

B. A bed facing the door...
nope, I'm not summoning
any spooky vibes! 👻

C. Furniture? Who needs it?
I sit on the floor like an artist
at work! 🪑🚫

7 If you could turn any room into a **printmaking studio**, which one would you pick?

A. The living room—art should be front and center!



B. A spare room or office—let's keep it organized and mess-free. 

C. The bathroom! Who doesn't want to create while soaking in a tub? 



RESULTS TIME!

What's Your Home Décor Superpower?



Mostly A's: The Creative Visionary

You're an unstoppable décor machine! 🎨 Your home is an ever-changing masterpiece, and you fear zero bold choices. Statement pieces? ✓
Experimental colors? ✓ Your space is a work of art in progress.

 **Mostly B's: The Stylish Strategist**

You've got balance and style down to an art form. Your home isn't just pretty—it's smart. You know how to maximize light, energy, and space with just the right touches. Call it design with purpose. ✨

 **Mostly C's: The Bonkers Rebel**

You break every rule—and make it work. 😊😞 Who needs logic when you have imagination?! Your home is unexpected, fun, and 100% YOU. Your motto? If it makes me happy, it belongs here.



Final Words: That's a Wrap on March! 🎉

And just like that, we've springboarded into March with a home refresh, bonkers trends, drool-worthy recipes, and a whole lotta creative chaos! 🏠✨

Whether you're about to paint your living room Sage Green Supreme, master the art of DIY printmaking, or simply sip on a Shamrock Smoothie like a décor-loving leprechaun, we hope this edition sparked inspiration, motivation, and just the right amount of mischief! 😊🎨

🚀 But wait—before you go...

Got a fave part of this issue? Tried one of the trends? Created a next-level home glow-up? TAG US! We'd love to feature your genius in next month's edition! @BonkersDude on Pinterest & @Bonkersduude on Instagram.

And remember...

✨ Your home should feel like YOU—bold, fun, and a little bit bonkers.

See you next month for more home hacks, wild trends, and maybe—just maybe—your masterpiece featured on our pages! 🏠🔥

Until then, stay bonkers, stay creative, and stay YOU!

💛 Team Bonkers Digest 🚀