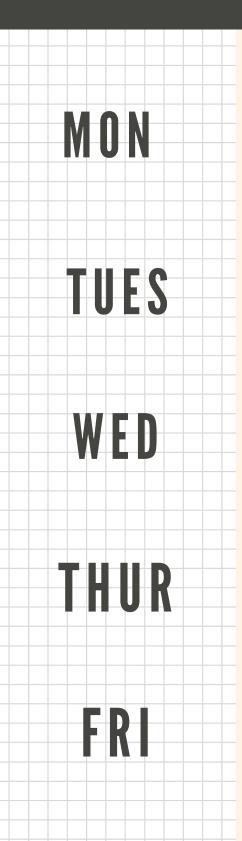
A WEEK OF DINNERS

ALL FROM TRADER JOE'S



orange chicken (prepare as recipe on package states), basmati rice, and oven roasted broccoli.

chicken noodle soup (the best you'll ever taste) with ciabatta bread

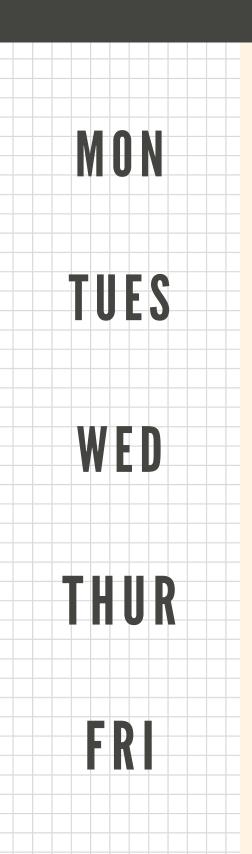
chipotle bowl: brown rice or cauliflour rice, shredded chicken breast, black beans, and sliced avocado

pappadelle egg noodles, creamy tomato sauce and italian sausage (mince sausage and once cooked, mix with creamy tomato sauce.)

frozen organic pizza crust, marinara sauce, fresh mozzerella and fresh basil

A WEEK OF BREAKFAST

ALL FROM TRADER JOE'S



a boiled egg chopped mixed with a half of an avocado diced. toast with almond butter. bowl of sliced bananas and strawberries

acai bowl with granola topping, shredded coconut, sliced bananas and sliced strawberries

toast with almond butter, sliced bananas, topped with granola

toast with mashed avocado topped with a fried egg. sprinkle everything but the bagel seasoning on top.

fruit smoothie with toast and eggs