



Week 1 Meals Recap

Oatmeal banana & cinnamon	Oats	Canned tuna
Pasta with mushrooms	Mushrooms	Canned lentils
Fajita Chicken and salad	Chicken breasts	Spicy mix
Green smoothie and peanut butter	Peanut butter	
Chicken ranch wraps	Bagels	
Beef and broccoli stir fry	Beef	
Oatmeal apple and chia seed	Green onions	
Spicy tuna bagel with salad	Frozen shrimps	
Grilled shrimps with avocado	Avocados	
Avocado toast and eggs	Eggs	
Quinoa bowl with green onion	Quinoa	
Lentil chili		
Green smoothie and sliced fruits		
Pasta salad		

RECIPE BOOK

CATEGORY

SEASON

LINK

VALUABLE SOURCES

[illegible]

- PLAN YOUR MEALS WEEKLY & LINK THEM TO THE RECIPE
- EDIT YOUR GROCERY LIST EASILY
- COLLECT YOUR RECIPES ALL IN ONE PLACE