

HOW TO MEAL PREP 2.0

Monday

**WILD BLEND RICE
CHICKEN**

ZUCCHINI, PEPPER & ONION



Tuesday

**WILD BLEND RICE
STIR-FRY
WITH SHRIMP**



Wednesday

**WILD BLEND RICE
CHICKEN
ASPARAGUS & TOMATO**



Thursday

**WILD BLEND RICE
STIR-FRY
WITH EGG**



Meal Prep Ideas Guide Tutorial

Mrs. Beth Warner (Mull) Josserand

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