

# 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**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

## **Meal Prep Ideas Guide Tutorial:**

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