

# 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 Cd Rates Tips

**Clemens Wendtner**

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

## **Meal Prep Ideas Cd Rates Tips:**

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