Sunday Meal

PREP PLANNER

Time

Dish

Notes

Breakfast

Catmeal, fresh fruits Prepare fruits in advance

Lunch:

chicken, salad Marinate chicken Saturday

Dinner

Pasta with tomato sauce

Cook sauce ahead.

Snacks

Yogurt, granola, nuts Portion into containers

Drinks

Lemoninfused water Prep lemon slices Saturday

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Yicheng Fang

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