

Day 11 Daily Menu

DECEMBER EDITION

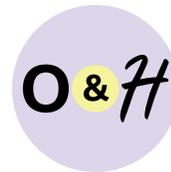
Ordinary & Happy

BREAKFAST



Apple with Cheddar Cheese

- Apple
- White Cheddar Cheese



Ordinary & Happy



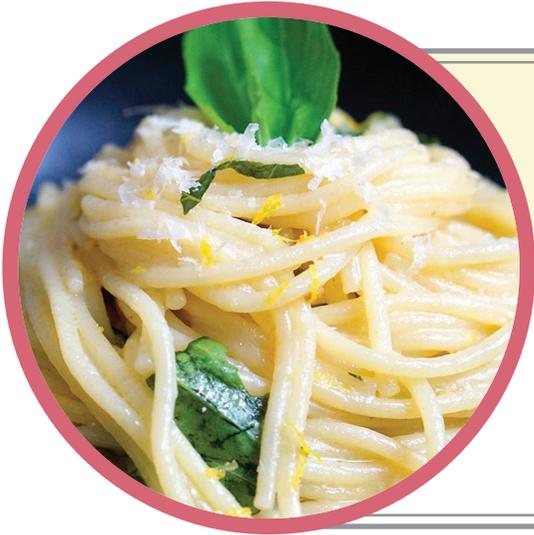
LUNCH



Feta and Roasted Pepper Sandwich

- Bread
- Feta
- Garlic
- Yogurt
- Basil
- Arugula
- Butter or Olive Oil
- Bell Peppers

DINNER



Lemon Pasta (Optional: Serve with Chicken)

- Spaghetti
- Garlic
- Chili Flakes
- Parmesan
- Lemon
- Basil
- Butter
- Salt
- Pepper
- Chicken (Recipe Included)