

# Day 13 Meal Inspiration

## DECEMBER IDEAS

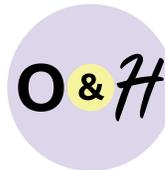
Ordinary & Happy

### BREAKFAST



#### Avocado Toast with Smoked Salmon

- Avocado
- Bread
- Smoked Salmon
- Crème Fraîche
- Lemon
- Dill
- Spring Onions
- Capers
- Olive Oil
- Salt
- Black Pepper



Ordinary & Happy

### LUNCH



#### Broccoli Cheddar Soup

- Broccoli
- Carrot
- Stock
- Water
- Onion
- Butter
- Flour
- Heavy Cream
- Salt & Pepper
- Cheddar
- Lemon
- Croutons



### DINNER



#### Pork Chops with Rice, Asparagus, and Side Salad

- Pork Chops
- Garlic Powder
- Paprika
- Salt
- Pepper
- Oil
- Butter
- Garlic Clove
- Lemon
- Rice
- Asparagus
- Baby Tomatoes
- Pesto (Optional)