

# Day 17 Meal Inspiration

## DECEMBER SERIES

Ordinary & Happy

### BREAKFAST



## Mango Banana Smoothie

- Mangoes
- Bananas
- Coconut Milk



Ordinary & Happy

### LUNCH



## Egg Salad Sandwich

- Eggs
- Avocado
- Mayonnaise

- Dijon Mustard
- Salt
- Black Pepper
- Serve in Your Bread of Choice

### DINNER



## Stuffed Peppers

- Bell Peppers
- Rice
- Ground Pork
- Passata (or Blended Canned Peeled Tomatoes)
- Carrots
- Onions

- Cabbage
- Paprika
- Thyme
- Oregano
- Salt
- Black Pepper
- Sour Cream