

Day 8 Daily Meals

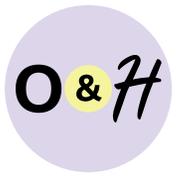
DECEMBER SERIES

Ordinary & Happy

BREAKFAST

Overnight Mango Coconut Chia Pudding

- Mango
- Chia Seeds
- Carton Coconut Milk/Coconut Drink
- Shredded Coconut
- Agave Syrup or Honey



Ordinary & Happy



LUNCH

Ham and Cheese Wraps

- Tortillas
- Ham
- Cheese
- Roasted Peppers
- Cream Cheese
- Mustard
- Salt
- Pepper



DINNER

Easy Crab Cakes and Salad

- Crab Cakes (Includes Homemade Recipe)
- Mixed Greens
- Tomatoes
- Avocado
- Olive Oil
- Lemon
- Dijon Mustard
- Salt
- Pepper
- Parsley

