

Day 9 Daily Meal Ideas

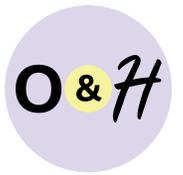
DECEMBER DISHES

Ordinary & Happy

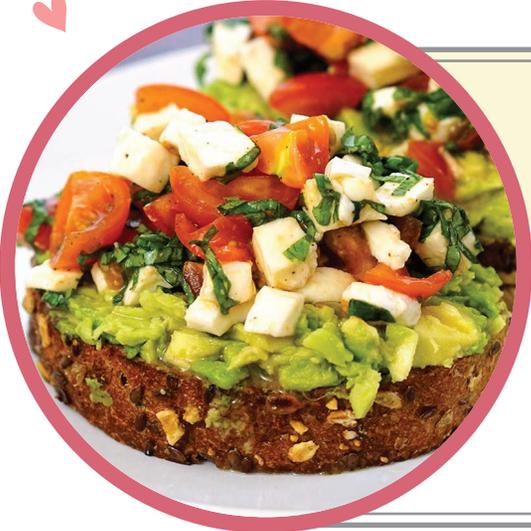
BREAKFAST

Caprese Toast

- Bread
- Avocado
- Tomatoes
- Basil
- Mozzarella
- Olive Oil
- Salt
- Pepper



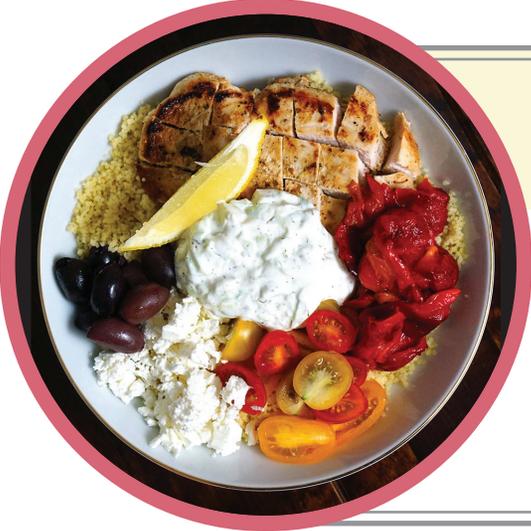
Ordinary & Happy



LUNCH

Mediterranean Couscous Bowl

- Couscous (5-minute)
- Chicken (recipe included)
- Tzatziki (recipe included)
- Olives
- Feta
- Tomatoes
- Roasted pepper
- Lemon



DINNER

Chicken Tortilla Soup

- Chicken thighs (boneless fillets)
- Onion
- Garlic
- Jalapeño
- Can of peeled tomatoes
- Can of black beans
- Corn
- Chili powder
- Cumin
- Smoked paprika
- Dried oregano
- Tomato paste
- Chicken broth (or stock cubes)
- Lime
- Cilantro
- Salt
- Corn tortillas (for fried tortilla strips)
- Avocado (topping)
- Sour cream (topping)
- Shredded cheese (topping)
- Oil

