

READY IN 3 MINUTES

BREAKFAST



What you get:

- Crunchy granola
- Chocolate muesli
- 2x oats with honey
- Crackers with jam or cheese
- American Pancakes
- Brioche bun

LUNCH

READY IN 5-10 MINUTES

- 2x Veggie couscous
- Chili stew with beans
- Squash and corn casserole
 - Thai red curry
 - Asian curry
 - Soup with crackers



READY IN 5-10 MINUTES

DINNER



What you get:

- Rice Tikka Massala
- Rice wok with sweet and sour sauce
- Noodles with teriyaki sauce
- Burrito with beans, taco sauce, and corn
- Beans with tomato sauce and mashed potatoes
- Gnocchi with pesto
- Mac & cheese

TO COVER EVERY STEP

EXTRA'S

- Salt & pepper
- Tea and coffee
- Tortilla chips
 - Muesli bars
 - Oil





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BREAKFAST



What you get:

- Crunchy granola
- Chocolate muesli
- 2x oats with honey
- Crackers with jam or cheese
- American Pancakes
- Brioche bun

LUNCH

READY IN 5-10 MINUTES

- Chicken curry
- Pasta salmon
- Taco bowl
 - Kebab
 - Pasta bolognese
 - Pulled pork
 - Soup with crackers



READY IN 5-10 MINUTES

DINNER



What you get:

- Rice Tikka Massala
- Rice wok with sweet and sour sauce
- Noodles with teriyaki sauce
- Burrito with beans, taco sauce, and corn
- Mashed potatoes with meatballs (2P)
 /with stew (1P)
- Gnocchi with pesto
- Mac & cheese

TO COVER EVERY STEP

EXTRA'S

- Salt & pepper
- Tea and coffee
- Tortilla chips
 - Muesli bars
 - Oil

