

Faithful Workouts

MEAL PREP #4: STEP BY STEP

- **Preheat oven to 400**
- **Make quinoa according to package**
- **Wrap and seal chicken in foil**
- **Put chicken and sweet potato in oven**
- **Put 1 banana in freezer**
- **Wash and slice strawberries**
- **Cook 1/2 cup strawberries**
- **Make bars**
- **Slice peppers, 2 stalks celery, ginger, cucumber, tomatoes**
- **Stir fry 1/2 peppers, 2 celery, ginger with soy sauce**
- **Make salad dressing**
- **Make peanut butter celery and currants**
- **Make enchiladas**

Print this meal plan to keep in your kitchen!