**Ebun Meeting 2 Notes**

**Daily Structure [Proposed]**

**Breakfast Options**

[2x whole grain bread slices](https://www.loblaws.ca/search?search-bar=stonemill%20bread) with 2 eggs + 1 avocado

1 cup of [0% Greek yogurt](https://www.loblaws.ca/search?search-bar=0%25%20greek) [any flavour] with banana sliced, + 2-3 tbsp pumpkin seeds + [all bran buds](https://www.kelloggs.com/en_US/products/kellogg-s-all-bran-bran-buds-cereal-product.html)

1 whole grain bagel with 2 tbsp cream cheese + 2 eggs

**Lunch/Dinner**

*Goal is to cook recipe at dinner ( most serve 4) and then decide whether you’d like that recipe to last that 4 meals or 2 ( ie; cook daily, or every other day)*

*1 serving of a recipe = 1 meal*

*Buy large box of spinach, if no veggies with recipe have some sauteed spinach with the meal*

**Recipes Round 1**

<https://andytherd.com/2021/12/01/spicy-beef-chili-recipe-from-my-new-book/>

https://www.lentils.org/recipe/moroccan-braised-chicken-lentils-smoked-paprika-tomato/

<https://www.self.com/recipe/sheet-pan-salmon-with-brussels-sprouts-and-chickpeas>

<https://hh-hm.com/wp-json/mv-create/v1/creations/23/print>

<https://www.punchfork.com/recipe/Healthy-Air-Fryer-Chicken-and-Veggies-Gimme-Delicious> - can be served with 1 cup cooked brown rice!

https://www.bbcgoodfood.com/recipes/piri-piri-chicken-smashed-sweet-potatoes-broccoli

*Turkey can be used instead of chicken 😊*

**Adding sleeve- https://www.amazon.ca/Three-Farmers-Chickpeas-Gluten-Free-Certified/dp/B08VM62JLR**

**After Dinner Snack:** [**https://www.loblaws.ca/peanut-butter-fudge-smoothie-frozen-dairy-dessert/p/20923627\_EA**](https://www.loblaws.ca/peanut-butter-fudge-smoothie-frozen-dairy-dessert/p/20923627_EA)

**https://www.amazon.ca/Organika-Inositol-Myo-Inositol-90-vcaps/dp/B00J388UU2**