

HOW TO MEAL PREP 2.0

Monday

**WILD BLEND RICE
CHICKEN
ZUCCHINI, PEPPER & ONION**



Tuesday

**WILD BLEND RICE
STIR-FRY
WITH SHRIMP**



Wednesday

**WILD BLEND RICE
CHICKEN
ASPARAGUS & TOMATO**



Thursday

**WILD BLEND RICE
STIR-FRY
WITH EGG**



Meal Prep Ideas Guide Returns

Jianjun Gao



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