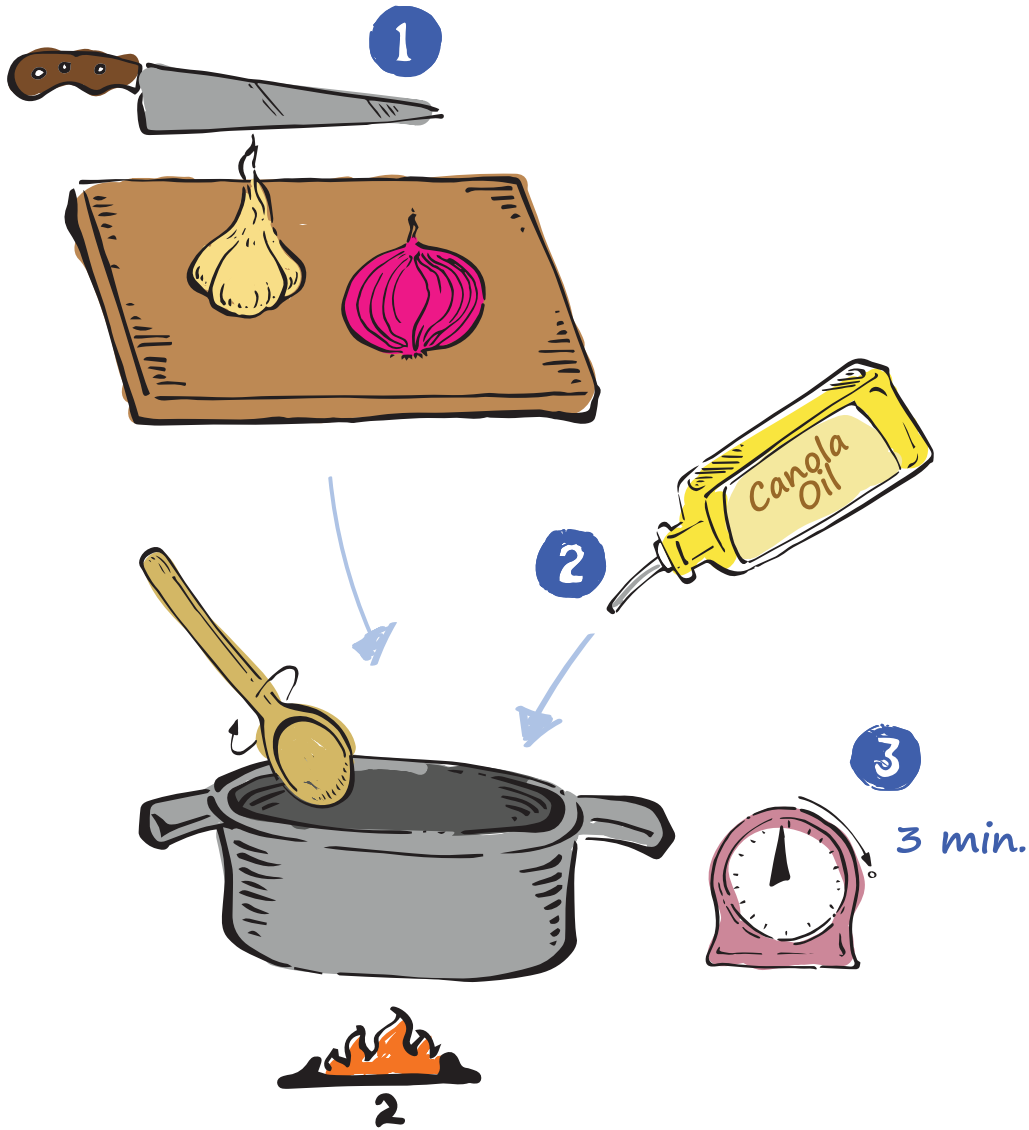


Base Recipe Sautéed Garlic and Onion

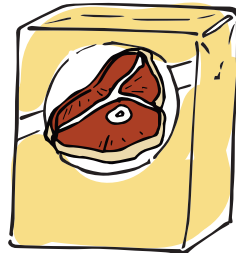
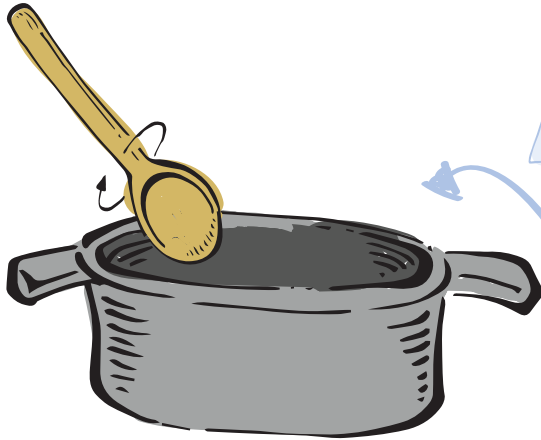


Stove Element Index



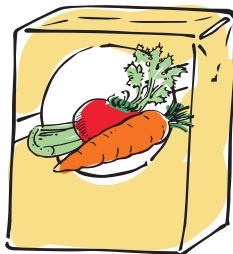
No Monkey Soup Vegetable Soup

1 Base Recipe (see page 1)



Broth

or



30 min.

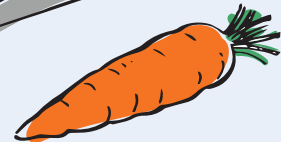
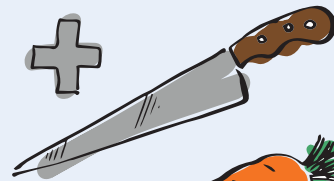
4



Add...



2 Any of these...



etc.



Bricks Salad Legume Salad

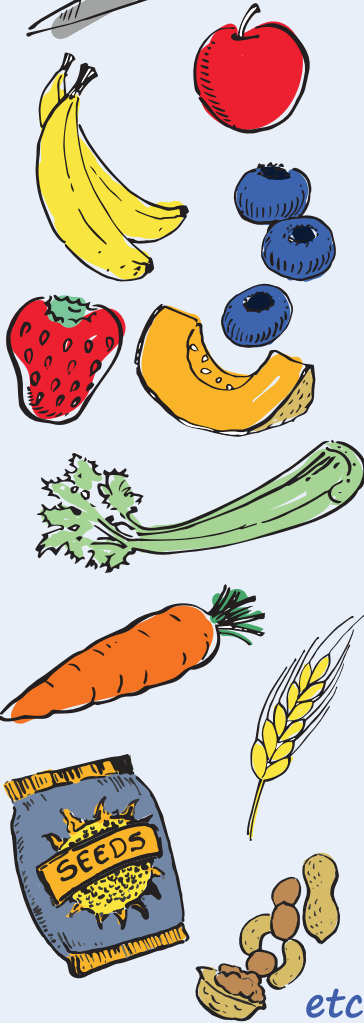
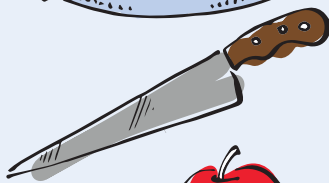
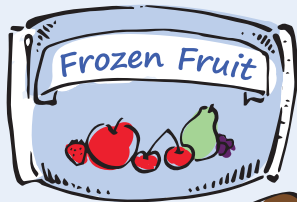


Add...



Energy Smoothie Smoothie

1



etc.

2



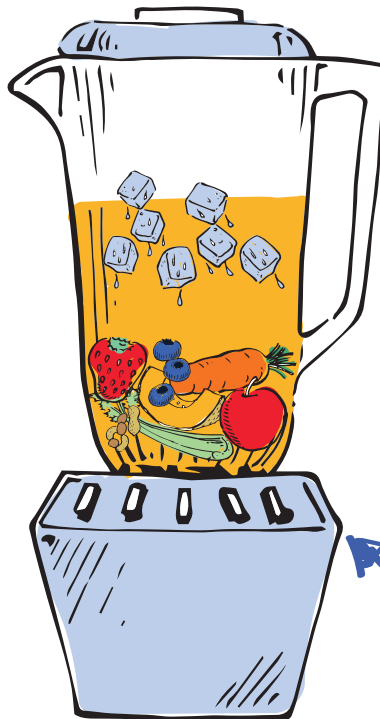
or
- Soy
- Almond
etc.

or



3

Blend until
smooth



Lunch Box Muffins

Muffins

1  400° F

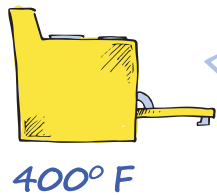
2 Dry Ingredients



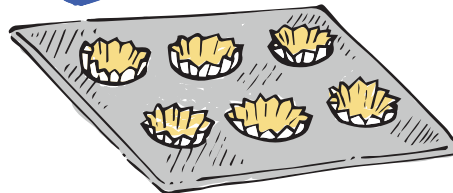
3 Wet Ingredients



5



6



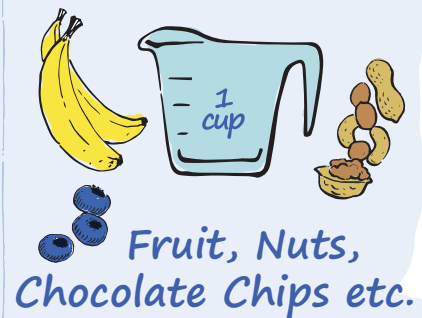
7



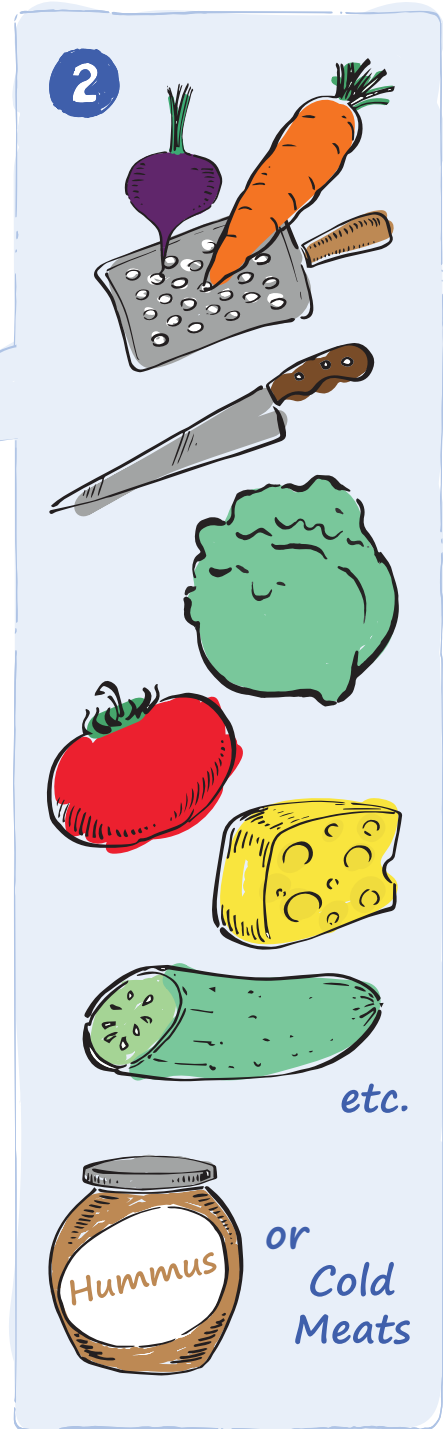
25 min.



4



Tool Box Sandwiches Sandwiches



Super Strength Stir Fry

1 Base Recipe
(see page 1)

2 Add

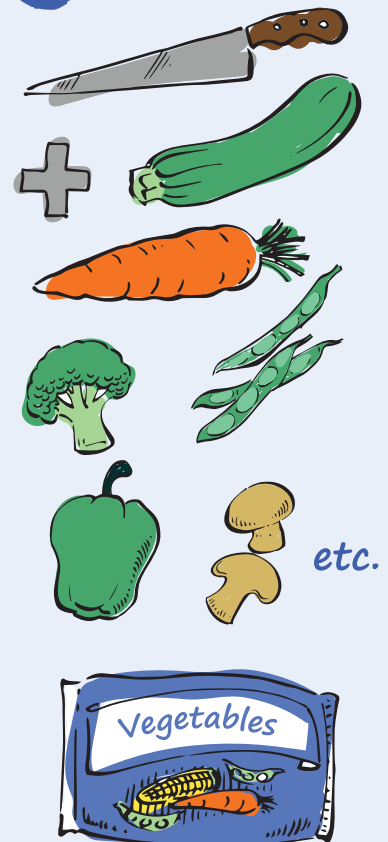


3

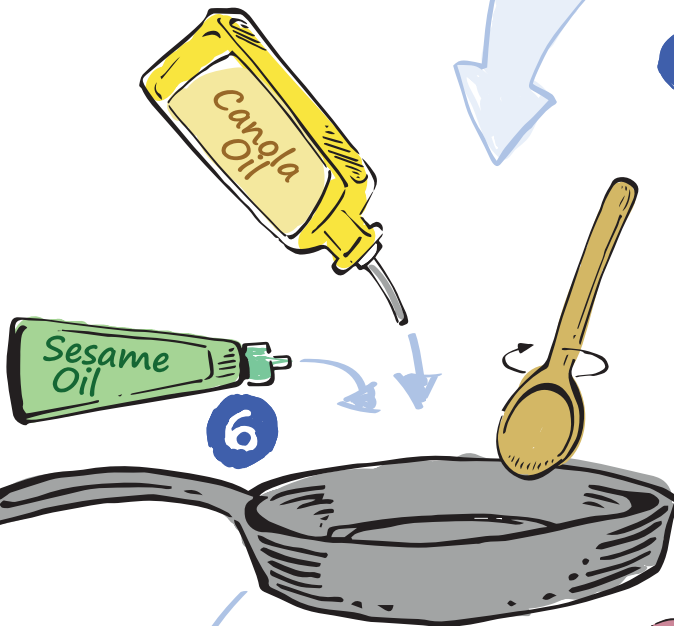


Cook until brown

4 Any of these...



6



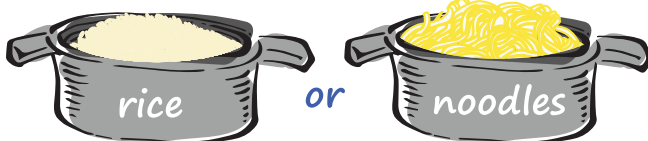
7



5



5 min



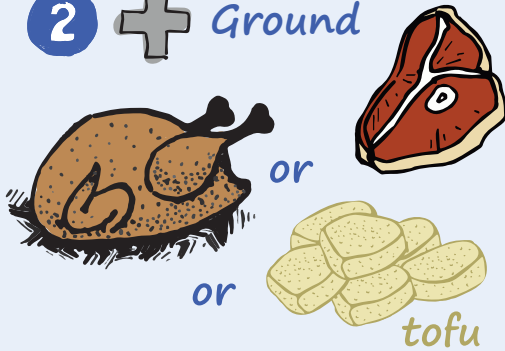
Add...



Stargold's Super Sauce Spaghetti Sauce

1 Base Recipe (see page 1)

2 + Ground

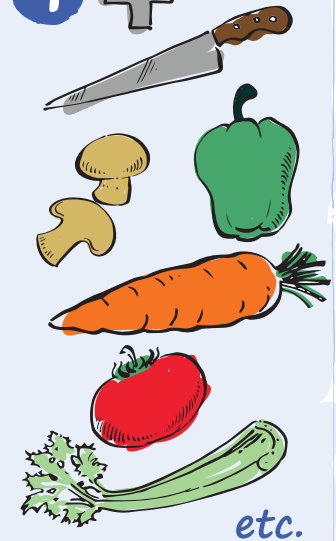


3

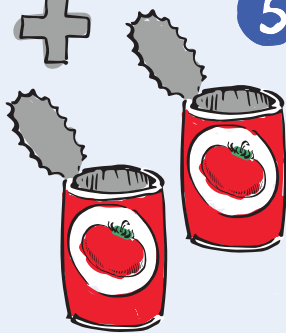


Cook
until brown

4 +



+ 5



6 +



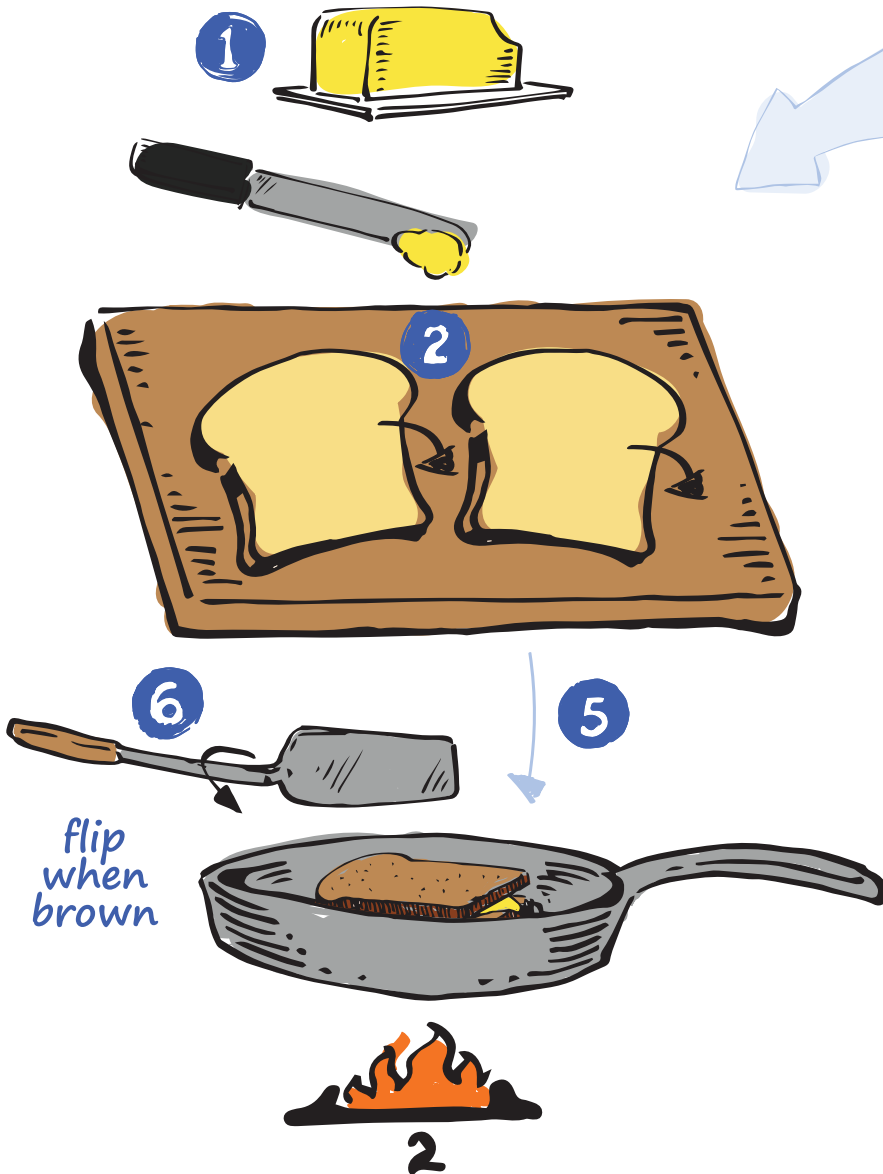
7



Cook for 30 min



Skeleton Grilled Cheese Grilled Cheese Sandwich



3 +

4 Any of these...

etc.

Dijon Mustard



Laser Skewers & Dip Fruit Skewers

1



or

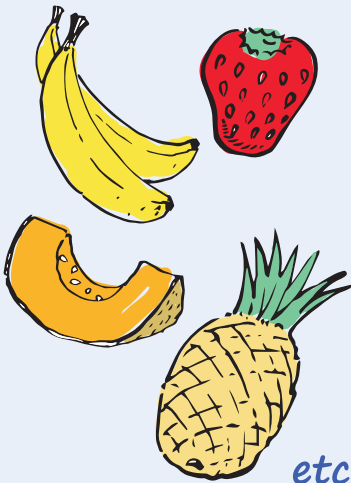
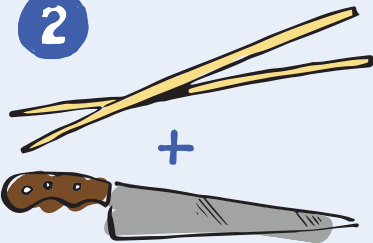


or

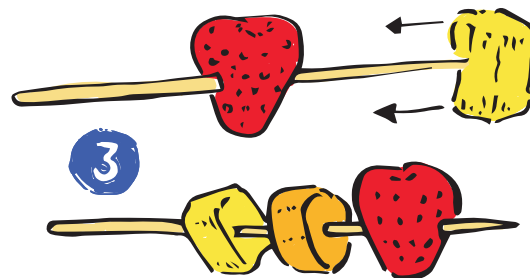


or Cinnamon or Cream Cheese or Chocolate

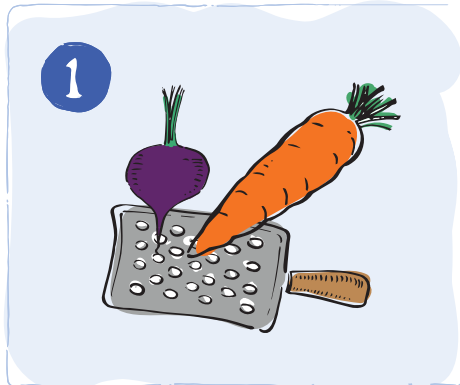
2



etc.



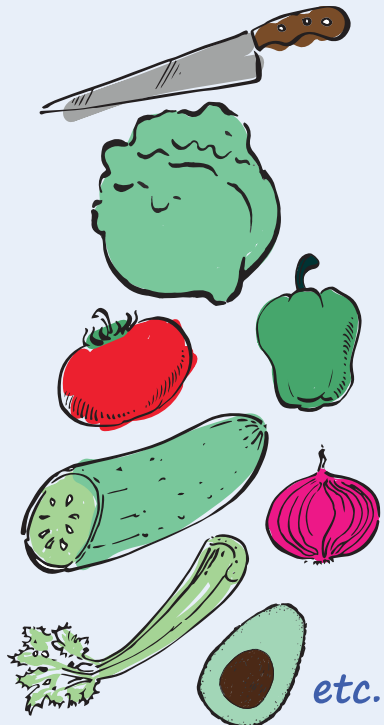
Pilot's Salad Garden Salad



4
Add Vinaigrette
(see page 12 recipe)



2 Any of these...



etc.
or Kale, Radish

3 Fun stuff...

Berries, Oranges,
Pomegranate

Nuts:
Almonds, Walnuts

Dried Fruits
& Seeds:
Hemp, Flax,
Sunflower

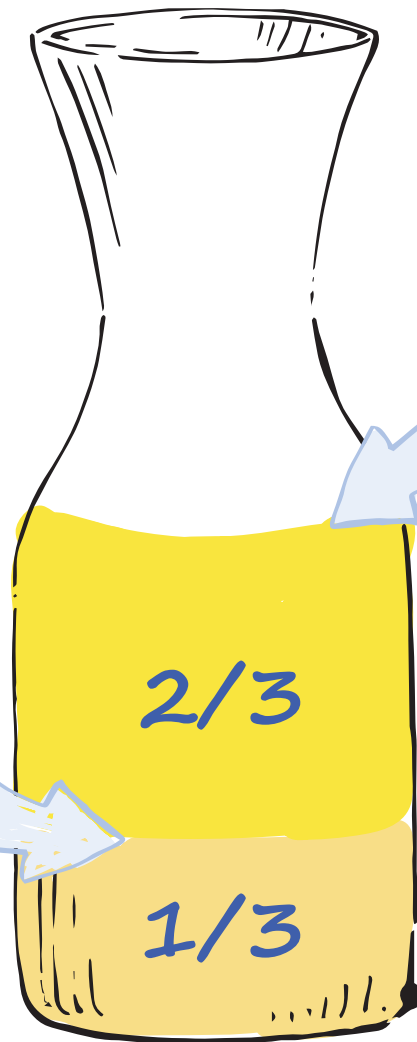


Smart Potion Vinaigrette

1



3



2

