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Quick, cheap, easy, healthy.... What else could you ask for with your meal prep options?

22oz grilled chicken \$8.39 (3 servings = \$2.79 each)

Flavored rice \$1.29 (2 servings = \$.65 each)

Frozen vegetables \$1.29 (2 servings = \$.65 each)

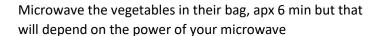
\$4.08 per meal

These are the easiest directions you'll find

Add rice to 2 cups of water

Microwave for 12 minutes

Stir once at 6 min, stir again when complete



Lay out the chicken on a plate and microwave as directed depending on how many servings. Will be apx 2 min

Allow to cool, then package in your Tupperware or Ziploc baggie as desired. Done!













