

BASIC BRUNCH

INGREDIENTS

1 - Everything bagel
2 slices - Cheddar cheese
1-2 Egg - cooked to your preference
½ - Avocado
4 slices - Red onion
Salt and pepper
Hot sauce

SHOPPING LIST

Everything bagel
Cheddar cheese
Eggs
Avocado
Red onion
Salt and pepper
Hot sauce

DIRECTIONS

Toast your everything bagel

Cook an egg or two to your preference.

Layer ingredients in this order: Sliced avocado, red onions, eggs, salt, pepper and hot sauce.

Slice sandwich on a diagonal and enjoy!

CAJUN SANDWICH

INGREDIENTS

1 - Bun of your choice
1 - Cooked chicken breast in
Cajun seasoning
1 tbsp - Mayo
1 tsp - Hot sauce
2 slices - cheese of your choice
2 pieces of lettuce
4 slices - Red onion
2 slices - Tomato

DIRECTIONS

Marinate a chicken breast in
Cajun seasoning on both sides,
bake until fully cooked and let
rest.

Toast the bun of your choice

Combine a tablespoon of hot sauce and a teaspoon mayo together
and spread on both sides

Layer rest of the veggies in this order: cheese, lettuce, red onion,
tomato, salt, and pepper.

Slice sandwich, plate with a side of your favourite chips and
enjoy!

SHOPPING LIST

Bun of your choice

Chicken breast

Cajun seasoning

Mayo

Hot sauce

Cheese of your choice

Lettuce

Red onion

Tomato

HOLIDAY SANDWICH

INGREDIENTS

2 slices - Sourdough bread
1 tbsp - Cranberry sauce
50g - Turkey deli meat
Salt and pepper
2 tbsp - Mayo
2 slices - Cheese
2 slices - Tomato
2 pieces - Lettuce

DIRECTIONS

Toast your sourdough bread.

Spread mayo on both sides and cranberry sauce on one.

Layer the veggies in this order: tomato, lettuce, cheese, turkey, salt, and pepper.

Slice sandwich on a diagonal and enjoy!

SHOPPING LIST

Sourdough bread
Cranberry sauce
Turkey
Salt and pepper
Mayo
Cheese
Tomato
Lettuce