



Extra Inspiration:

Here are some links to meals you can make using items from your pantry:

<https://www.4ingredients.com.au/recipes>

<https://www.taste.com.au/recipes/collections/4-ingredient-recipes>

<https://www.kidspot.com.au/kitchen/recipes/collections/4-ingredient-dinner-recipes>

4-ingredient **Lazy Meals**

@djblatner

PARM BOWL



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chicken

parmesan

marinara

zucchini spirals

QUICKIE BURRITO BOWL



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chicken

guacamole

pico de gallo

cauliflower rice

CRUNCHY PEANUT BOWL



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chicken

peanuts

sesame ginger
dressing

coleslaw mix

