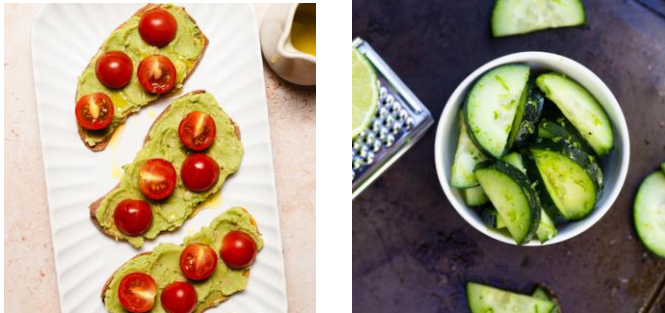


Lunch – Whole 30

WHITE BEAN SWEET POTATO TOASTS + Lime Cucumber Salad

\$4.62/SERVING EST



Ingredients and groceries scaled from original 1 serving

15 slices Sweet PotaTOASTS

1/3 cup olive oil

1 ¼ avocados

1 ½ cups White Beans, From Canned, Reduced Sodium drained and rinsed

5 dashes sea salt

2 ½ teaspoons pepper

30 cherry tomatoes halved

Prep: 5 mins

Cook: 5 mins

1. Heat sweet potatoes according to package instructions.
2. Add avocado and white beans to a bowl and mash together with a fork. Mix in salt and pepper.

3. Spread avocado mixture on sweet potatoes and top with tomatoes. Drizzle with olive oil.

LIME CUCUMBER SALAD

\$0.61/SERVING EST

Ingredients and groceries scaled from original 1 serving

2 ½ cucumbers chopped

1 ¼ limes juiced and zested

5 teaspoons olive oil

5 dashes ground pepper

5 dashes salt

Prep: 15 mins

1. Toss everything in a bowl. Season with salt and pepper.
2. Let sit for 5 minutes before serving.