

**Girls Are Powerful's "Your Wellbeing Matters!"
May 30th Session - Virtual Event**

**Based on your dietary needs, please substitute ingredients as needed.

**MEAL PREP
W/A TWIST!**

w/ Coach Chaz Sandifer



Breakfast Quesadilla'

6 Eggs

1/4 cup of milk any kind

1/2 Green Pepper

4 Tablespoons of unsalted butter

6 slices of Turkey Bacon

3/4 shredded smoke cheese(Gouda or cheddar)

6 medium soft tortilla shells(option spinach)

Salt and Pepper

Handful of raw spinach