

# something new

prep: as needed  
serves: as needed

## ingredients:

a little extra energy  
a little pre-planning

## notes:

- ✓ expand your options
- ✓ share recipes
- ✓ encourage kids to help

## instructions:

- select a recipe
- shop ahead
- you got this

## news:

mxup.menu volume 1 is now available! Scan this code to visit our homepage!

