



snackpals.



GUIDING STARS
NUTRITIOUS CHOICES SIMPLE

Chicken Tomato Stew

- Chicken Breast
- Potatoes
- Tomato Sauce
- Butternut Squash
- Bell Peppers
- Leeks
- Water
- Olive Oil
- Garlic
- Ginger
- Curry Powder
- Dried Chili
- Allspice
- Cinnamon