

Figs

Fats

Dinner

Cardboard hygiene: 60

Protein:16.5

75%

Pioneer

KcαI

Cadidories

Font: 322

carbs

15 min 650 calories per serving

saved

Protein

Breakfast

cholesterol: 35

1. Cook the potatoes in a pan of boiling water until tender, then drain.
2. Heat the oil in a non-stick frying pan or wok. Sweat the cabbage and the spring onions in the pan for a couple of mins.
3. Meanwhile, chop and squash the potatoes roughly, then add to the pan along with the chives. Cook for 4-5 mins, flip it over (don't worry if it breaks) and cook for a further 4-5

Cadlories: 322

Track Food

Current†

welcome back, Arnold

lunch

Dashboard

Fruit

25%

Ingredients

75%

Today's Meds

Recipe

KcαI

Fots

KcαI

75%

Breakfast High Protein

Berry Smooth Salad Time!

Mores

Homes

Letttuce

Progress Last Weeks