

Solution

```
1 (meals=c(sample(breakfasts, 1), sample(dinner, 3)))  
  
[1] "website/GardenTomatoQuiche.html" "website/Meatloaf.html"  
[3] "website/PastaAndPeas.html"      "website/LatinBowl.html"
```

1 Ingredients

2 Recipe One

3 Recipe Two

4 Recipe Three

5 Breakfast Recipe