

Garlic Bread

Preparation time: 10 minutes

Ingredients:

- 1 baguette
- 3 cloves garlic
- 2 tbsp butter
- Salt to taste

Instructions:

Slice the baguette, spread butter mixed with minced garlic and salt, and toast until golden.

Boiled Eggs

Preparation time: 10 minutes

Ingredients:

- 2 eggs
- Water

Instructions:

Place eggs in boiling water and cook for 8-10 minutes depending on desired firmness.

Tomato Salad

Preparation time: 5 minutes

Ingredients:

- 2 tomatoes
- 1 tbsp olive oil
- Salt
- Pepper

Instructions:

Slice tomatoes and drizzle with olive oil, salt, and pepper.

Peanut Butter Sandwich

Preparation time: 2 minutes

Ingredients:

- 2 slices of bread
- 2 tbsp peanut butter

Instructions:

Spread peanut butter between two slices of bread.

Cucumber Yogurt Dip

Preparation time: 10 minutes

Ingredients:

- 1 cucumber
- 1 cup yogurt
- Salt
- Mint (optional)

Instructions:

Grate cucumber and mix with yogurt, salt, and mint.

Fried Egg

Preparation time: 5 minutes

Ingredients:

- 1 egg
- 1 tsp oil
- Salt

Instructions:

Heat oil in a pan, crack the egg, and cook to desired doneness. Season with salt.

Rice

Preparation time: 20 minutes

Ingredients:

- 1 cup rice
- 2 cups water
- Salt

Instructions:

Boil water, add rice and salt, and cook until water is absorbed.

Grilled Cheese

Preparation time: 10 minutes

Ingredients:

- 2 slices bread

- 1 slice cheese
- Butter

Instructions:

Butter bread, place cheese between slices, and grill until golden brown.

Scrambled Eggs

Preparation time: 5 minutes

Ingredients:

- 2 eggs
- 1 tbsp milk
- Salt
- Butter

Instructions:

Whisk eggs with milk and salt. Cook in butter over medium heat, stirring constantly.

Mashed Potatoes

Preparation time: 25 minutes

Ingredients:

- 2 potatoes
- 2 tbsp butter
- Salt
- Milk

Instructions:

Boil potatoes until tender, mash with butter, salt, and a splash of milk.

Steamed Vegetables

Preparation time: 10 minutes

Ingredients:

- 1 cup mixed vegetables
- Salt

Instructions:

Steam vegetables until tender and season with salt.

Avocado Toast

Preparation time: 5 minutes

Ingredients:

- 1 slice bread
- 1/2 avocado
- Salt
- Lemon juice

Instructions:

Toast bread, mash avocado with lemon and salt, and spread on toast.

Fruit Salad

Preparation time: 5 minutes

Ingredients:

- 1 banana
- 1 apple
- 1 orange

Instructions:

Chop fruits and mix together in a bowl.

Butter Pasta

Preparation time: 15 minutes

Ingredients:

- 1 cup pasta
- 1 tbsp butter
- Salt

Instructions:

Boil pasta with salt, drain, and mix with butter.

Yogurt with Honey

Preparation time: 1 minute

Ingredients:

- 1 cup yogurt
- 1 tbsp honey

Instructions:

Drizzle honey over yogurt and serve.