

flow

So you gotta cook dinner, but you're feeling lazy & don't know what to make. And you're **HUNGRY.**

Don't worry: I've got an easy recipe for you. Welcome back to

**FLOW LIFE SKILLZ!**



The best part of this recipe is that there's a lot of just seeing what you've got in the fridge and throw it in there.

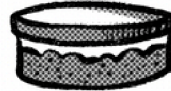


Here's the (general) list of ingredients you're gonna need.



PENNE PASTA

+



PESTO



SPINACH  
RANDOM VEGGIES

+



PROTEIN OF CHOICE

A lot of it you might just have handy anyways.

Get a big ol' pot of water boiling!



Throw your pasta in once it gets going and let it cook. Don't you dare forget to salt your water!

SPINA

While that cooks, chop ya veggies  
& protein into bite-sized pieces.



I like chopping up sausage, mushrooms,  
a bit of spinach, & throwing some  
whole cherry tomatoes in for good measure.



Throw all of that  
and the full  
pesto container  
into a pan  
until the  
veggies get  
wilty & cooked  
down and the  
protein is  
fully cooked.



Once that pasta's done, strain the water out (except keep about half a cup to pour in your sauce. Helps add flavor! Trust me.)

Now mix it all  
together and  
enjoy!



Dinner for today  
and plenty of  
leftovers for the  
rest of the week.