



### ABOUT THE AUTHOR:

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CASE #003 -

### RECIPE FOR DISASTER

## YOU-TRITION

Recipes for the rest of your life.



The book adapts its recipes to the current owner, calibrating meals to satisfy your exact needs... But it harbors one fatal recipe. Which dish will harm its current owner?

### Lentil Me Be

Serves: 1 | Est. Calories: 420 kcal

#### Ingredients:

- Spinach - a handful
- Red lentils - 1 cup
- Carrots - diced, 1 cup
- Olive oil - 1tbsp
- Quinoa - 1/2 cup



#### Method:

1. Boil lentils until tender.
2. Sauté spinach and carrots in olive oil.
3. Combine with quinoa. Serve warm.

#### Why It's Perfect For You

Iron-rich, which should help with your deficiency! Might not help with everything though.

### Crust Me, I'm Delicious

Serves: 1 | Est. Calories: 500 kcal

#### Ingredients:

- Diced chicken - 1 cup
- Carrots - 1/2 cup
- Peas - 1/2 cup
- Potatoes - 1/2 cup, mashed
- Dairy-free cream - 1/4 cup
- Puff pastry - 1 sheet



#### Method:

1. Mix chicken and vegetables with cream and herbs.
2. Pour into small baking dish and top with puff pastry.
3. Bake at 180°C until golden and bubbling.
- Let cool 2 minutes before serving.

#### Why It's Perfect For You

Everyone deserves a warm, comforting treat sometimes. Lots hidden under the crust!

### Peachy Keen

Serves: 1 | Est. Calories: 450 kcal

#### Ingredients:

- Roasted chicken - 1/2 cup, diced
- Fresh peach - 1 small
- Carrots - 1/2 cup, diced
- Coconut cream - 2 tbsp
- Brown rice - 1/2 cup



#### Method:

1. Sauté carrots in a little olive oil until tender.
2. Stir in roasted chicken and peach slices.
3. Pour in cashew cream and simmer for 2 minutes.
4. Serve over brown rice.

#### Why It's Perfect For You

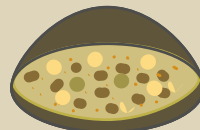
Healthy yet also delicious, this is a treat that you'll remember for the rest of your life!

### Oatstanding Morning

Serves: 1 | Est. Calories: 350 kcal

#### Ingredients:

- Rolled oats - 1/2 cup
- Banana - 1 small, sliced
- Cinnamon - 1/2 tsp
- Almond milk - 1 cup
- Maple syrup - 1 tsp



#### Method:

1. Cook oats in milk until creamy.
2. Stir in banana and cinnamon.
3. Drizzle with syrup before serving.

#### Why It's Perfect For You

A warm and cozy breakfast that comforts and fuels your morning. Absolutely to-die for!

### "Cluck Yeah!" Salad

Serves: 1 | Est. Calories: 350 kcal

#### Ingredients:

- Grilled chicken breast - 1 piece
- Blueberries - 1/2 cup
- Kale - 1 cup
- Sunflower seeds - 2 tbsp
- Maple vinaigrette - 1 tbsp



#### Method:

1. Grill chicken until golden.
2. Toss kale and blueberries with vinaigrette.
3. Top with chicken and seeds. Serve fresh.

#### Why It's Perfect For You

Protein, antioxidants, and a little surprise within the flavour!