



Challenge Day 20

Chew's Challenge



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Rainbow Fruit Salad with Chia Seeds

Ingredients

- 1 banana
- 1 cup strawberries
- 1 cup pineapples
- 1 cup grapes
- 1 cup dried fruit
- 1/2 cup fruit juice
- 2 Tbsp chia seeds



Chicken Egg N Cheeze Bagel Sandwich

Ingredients

- 1 bagel of choice
- 1/2 cup vegan cheese
- 1 cup chicken
- 1/4 cup onion
- 1/4 cup peppers
- EGG FILLING**
- 1 cup of tofu
- 1 Tbsp chicken style seasoning
- 1 Tbsp olive oil

