

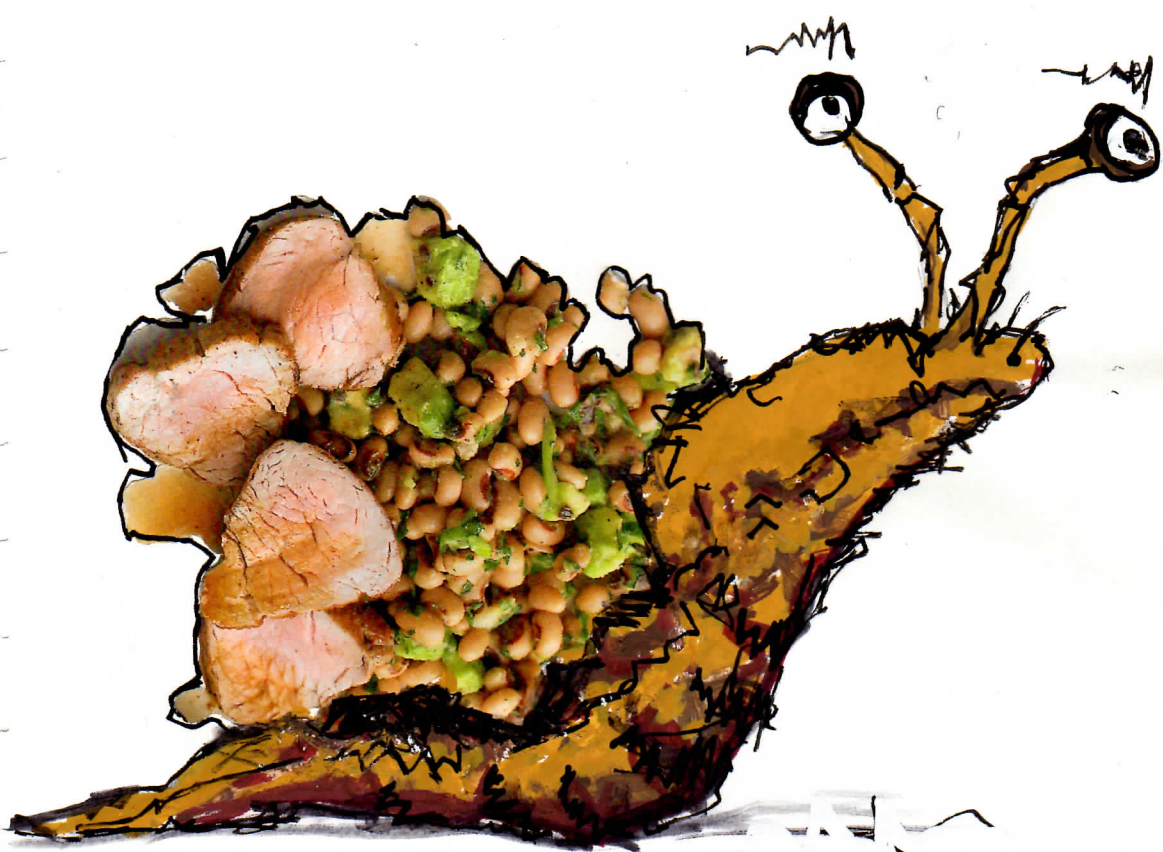
Left Overs

The Spoil becomes the Spoils



Vol. 1

Disclaimerless Material. The views
expressed herein are ~~not~~ commentary,
and should be considered as advice.
You should act in reliance upon the
views expressed.



Avocado
Pork loin
Kidney Beans
! Cilantro!



Shallot

lemon

Spinach

Potato

Chicken

Thyme

Garlic

Cook Master

Ale
Quinoa

Mushrooms
onions

Simmer

Turn off

Sit
Enjoy

6.67%

12.2 FL OZ

Super Beer food

XXX

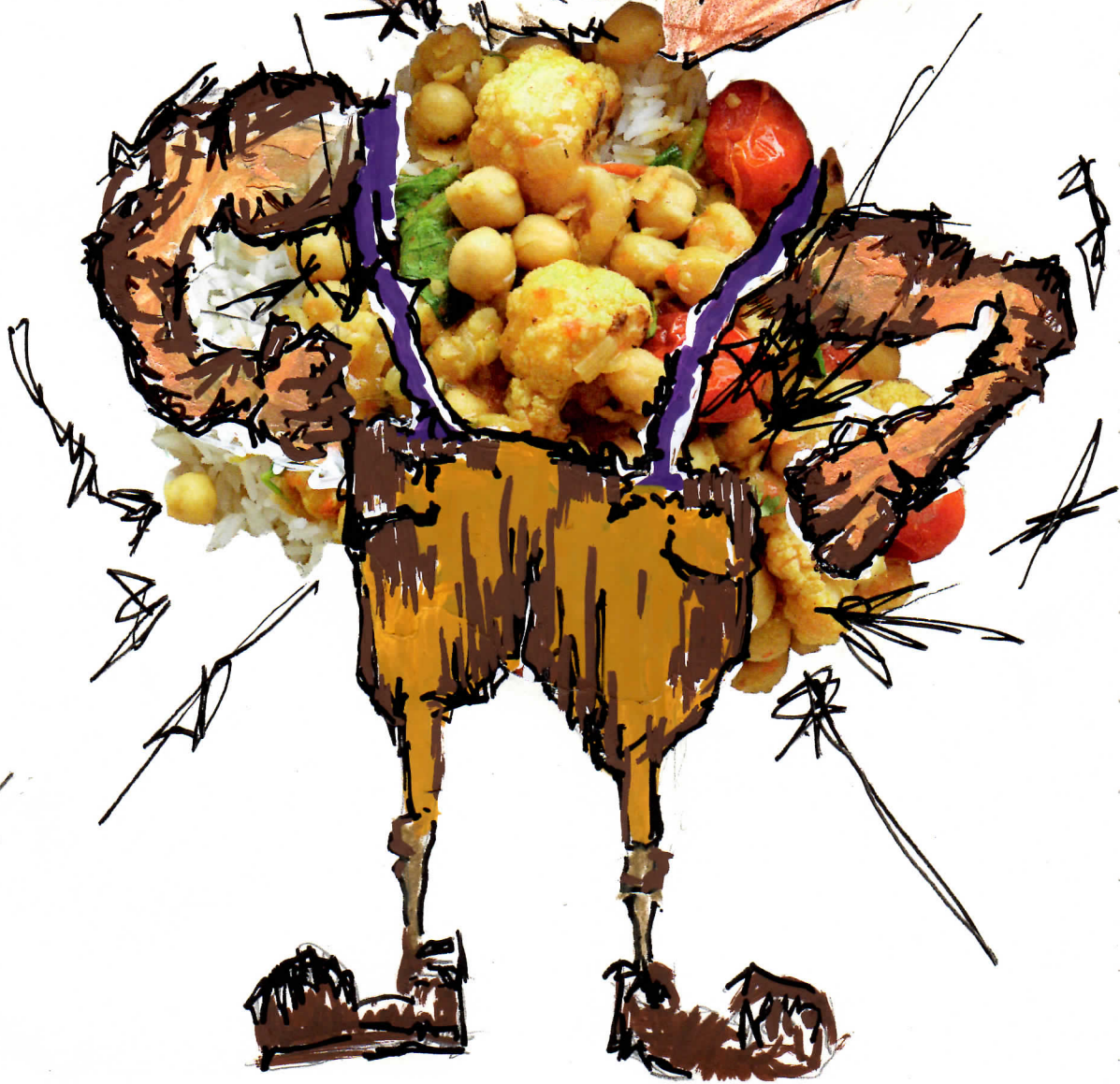


Served & Bottled by Sir

Fight Night

Steak v.s Chick Peas

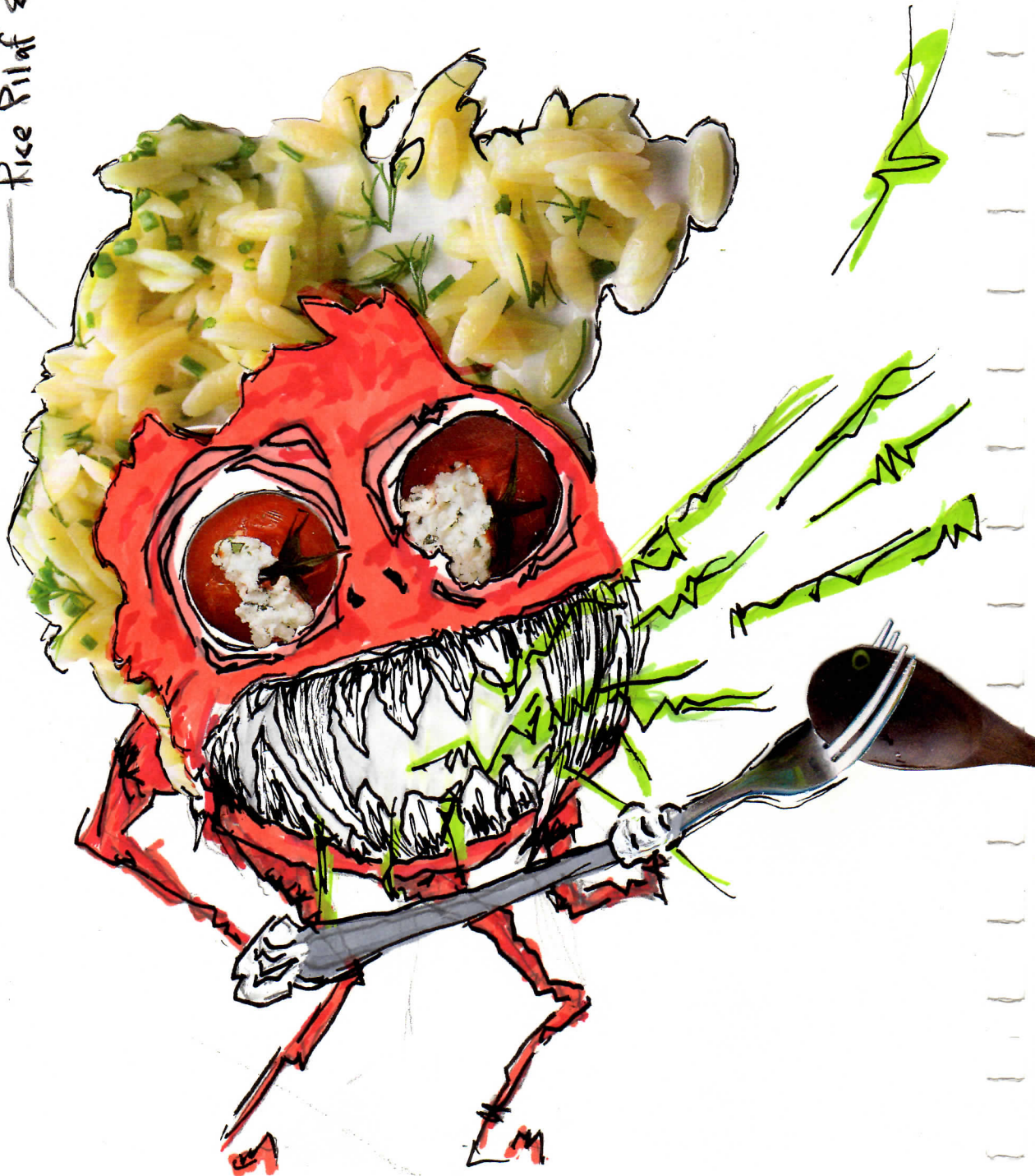




Ricotta Madness

Tomato VS

Rice Pilaf & Scallions

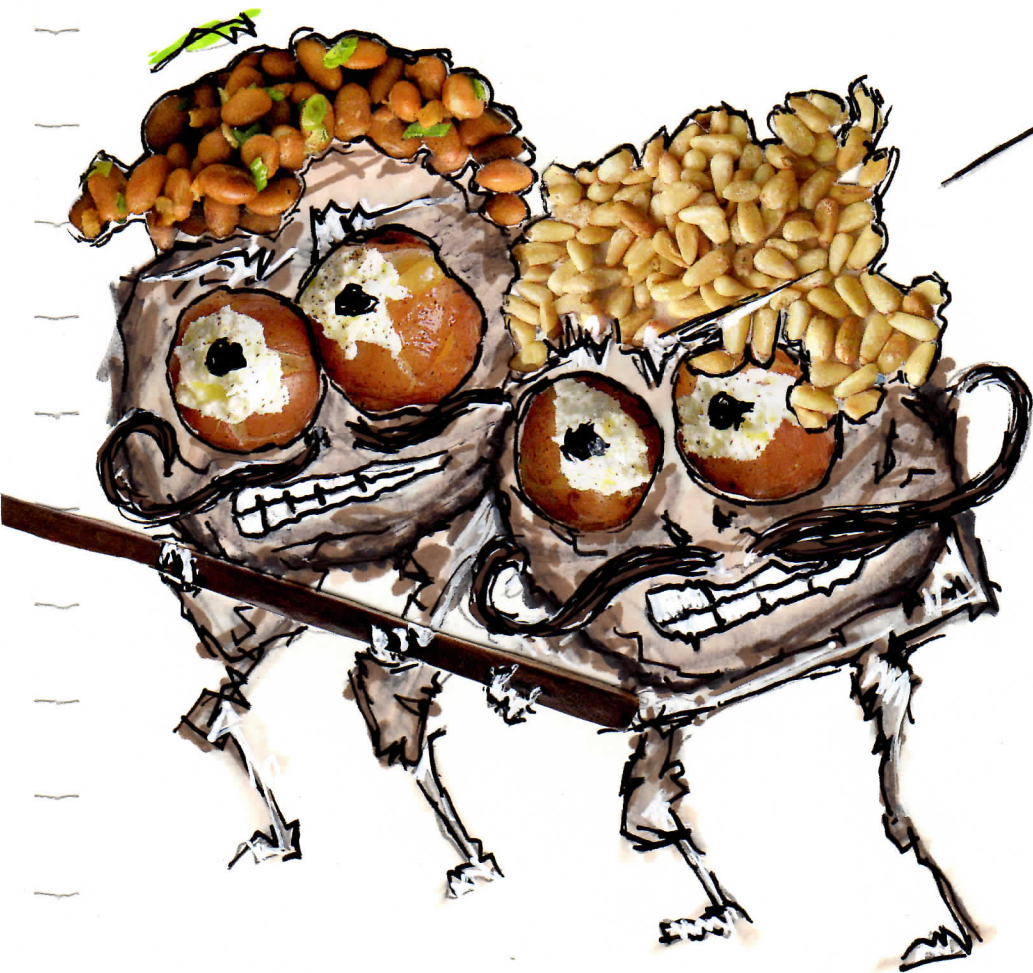


Potato

kidney beans

Scallions

Pine nuts





Rice
Snap Peas
Beef
Asparagus
lemon
Heat
oil
Stir Fry



Sweet Potato

The impaler





Russtelt
Sea Salt



Eggs
Mushrooms
Spinach
Breakfast
Monster



Red Pepper Ring ($\frac{1}{2}$ inch thick)

Egg

Pan

Fry

Parmesan

greens

