

# Planting Diary 4

By Jack

## Take Home Chef: Jack

After work at home.....

Putting the steak in the oven for 20 minutes

Passion fruit, basil, herb and olive oil with pepper for mixing salad source

Lettuce harvested from OPCOM farm product

Red wine

Spending half an hour

It's fresh and delicious dinner time, very health and happiness!



Photo by Jack



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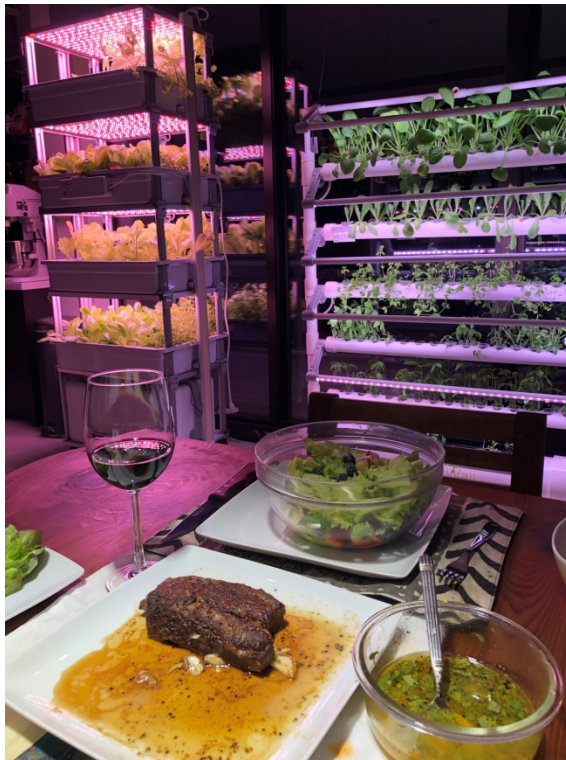


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**Lose weight!!!!**

This is a legendary diet meal with no starch! The recipe of the legendary diet meal with Lettuce with beef and kimchi is delicacy and fine taste, and I suggest the vegetable must be fresh and crispy!

Believe it or not, you see me next time. Thanks OPCOM Farm for giving me a fresh and easy diet meal.