**30 Minute Meals**

Pick an option from each category to create a well-balanced meal. Cook in a healthy fat.

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| **Protein**:Palm sizedCook and season | Beans (all varieties, canned or fresh)LentilsMeat: Turkey, beef, chicken, sausage, lambQuinoaEggs |
| **Vegetables**:Half your plateSteamSauteeBakePrecut options(The list is not inclusive of all options) | **Pick between fresh (in season), frozen or canned**AsparagusAvocadoGreen beansBeetsBroccoliBrussel SproutsCabbageCarrots CauliflowerCeleryCollard greensCornCucumberEggplantKale, all typesLettuce, all typesMushroomsPeasPeppersPumpkinRadishSnow peasSquash, Zucchini, Spaghetti, Butternut, AcornSwiss chardTomato |
| **Herbs/Sauces:**Options are endless, see back page of herb mixes  | GarlicOnionChili powder Lemon PepperHot SauceBasilDillCumin Dressings (watch out for sugar)Mustard, Dijon or regularOlivesSun dried tomatoes |
| **Starches**: (Optional)Hand cupped size | Potatoes, sweet or whiteRice, brown or whitePasta  |

**Herb Combinations:**

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| All yield approximately 1 Tbsp (15g) | Double or triple for a dinner, add to veggies or meat |
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| **House Seasoning Blend** | **Fajita Seasoning Blend** |
| 1 tsp garlic powder | ½ tsp chipotle chili powder or chili powder |
| 1 tsp onion powder | 1 tsp ground coriander |
| ¼ tsp ground cayenne pepper | ¼ tsp ground black pepper |
| ¼ tsp ground black pepper  | 1 tsp dried oregano¼ tsp ground cayenne pepper |
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| **Taco Seasoning Blend** | **Classic Ranch Seasoning** |
| ½ tsp ground cumin | 1 tsp dried dill weed |
| ½ tsp ground coriander | 1 tsp dried parsley |
| ½ tsp onion powder | ½ tsp garlic powder |
| 1 tsp garlic powder½ tsp chili powder | ½ tsp onion powder ¼ tsp ground black pepper |
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| **BBQ Seasoning Blend** | **Creole Seasoning Blend** |
| 1 tsp chili powder | ½ tsp smoked paprika |
| ½ tsp smoked paprika | 1 tsp garlic powder |
| 1 tsp onion powder | ½ tsp dried thyme |
| ½ tsp ground black pepper¼ tsp ground mustard | ½ tsp dried oregano ¼ tsp ground black pepper |
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| **Italian Seasoning Blend** | **Blackening Seasoning Blend** |
| 1 tsp dried basil | ½ tsp ground black pepper |
| 1 tsp dried oregano | ½ tsp ground white pepper |
| ½ tsp dried marjoram | ¼ tsp ground cayenne pepper |
| ½ tsp dried thyme¼ tsp crushed red pepper flakes (optional) | 1 tsp garlic powder1 tsp onion powder |
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| **Jerk Seasoning Blend** | **Indian Seasoning Blend** |
| 1 tsp Jamaican Allspice | ¾ tsp ground cumin |
| 1 tsp onion powder | ¾ tsp coriander |
| ¼ tsp ground cayenne pepper | ¾ tsp garlic powder |
| ½ tsp dried thyme¼ tsp ground black pepper | ½ tsp ground ginger¼ tsp ground cinnamon |
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| **Adobo Seasoning Blend** |  |
| 1 tsp dried oregano |  |
| ½ tsp ground cumin |  |
| ½ tsp ancho chili powder |  |
| ½ tsp garlic powder½ tsp onion powder |  |