**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 sized  Cook and season | Beans (all varieties, canned or fresh)  Lentils  Meat: Turkey, beef, chicken, sausage, lamb  Quinoa  Eggs |
| **Vegetables**:  Half your plate  Steam  Sautee  Bake  Precut options  (The list is not inclusive of all options) | **Pick between fresh (in season), frozen or canned**  Asparagus  Avocado  Green beans  Beets  Broccoli  Brussel Sprouts  Cabbage  Carrots  Cauliflower  Celery  Collard greens  Corn  Cucumber  Eggplant  Kale, all types  Lettuce, all types  Mushrooms  Peas  Peppers  Pumpkin  Radish  Snow peas  Squash, Zucchini, Spaghetti, Butternut, Acorn  Swiss chard  Tomato |
| **Herbs/Sauces:**  Options are endless, see back page of herb mixes | Garlic  Onion  Chili powder  Lemon Pepper  Hot Sauce  Basil  Dill  Cumin  Dressings (watch out for sugar)  Mustard, Dijon or regular  Olives  Sun dried tomatoes |
| **Starches**: (Optional)  Hand cupped size | Potatoes, sweet or white  Rice, brown or white  Pasta |

**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 oregano  ¼ 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 powder  ½ 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 pepper  ¼ 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 thyme  ¼ tsp crushed red pepper flakes (optional) | 1 tsp garlic powder  1 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 thyme  ¼ tsp ground black pepper | ½ tsp ground ginger  ¼ 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 powder  ½ tsp onion powder |  |