



INSPIRATION & IDEAS

Mix & Match!

Choose a protein, vegetable, carbohydrate, flavor, and even a vessel or serving style, then Mix & Match to create endless meal combinations! Use these as a starting point for your inspiration.

PROTEIN	VEGGIES	CARBS	FLAVOR	VESSEL
PROTEINS ground turkey ground chicken ground beef ground pork pork chops chicken breast, wings, thighs, & drumsticks rotisserie chicken shredded chicken shredded pork beef roast wild-caught salmon white fish shrimp canned tuna/chicken eggs beans (any variety) tofu	VEGGIES cauliflower/broccoli rice cauliflower or broccoli florets Brussels sprouts onion garlic side salad entree salad veggie salads without greens roasted veggies sautéed veggies spinach finely diced/riced veggies veggie noodles/spirals cabbage/slaw pre-mixed veggies carrots green beans asparagus	CARBS rice, any variety quinoa, any color cold rice or quinoa salad sweet potato, hot or cold potatoes winter squash, hot or cold beets beans corn fruit lentils warm pasta or cold pasta salad root vegetables fruits (side or add into a dish) bread	FLAVOR/SAUCE salsa &/or taco seasoning guacamole/avocado hummus barbecue sauce soy sauce (or coconut aminos) + sesame oil tzatziki/Greek yogurt balsamic + olive oil lemon/lime juice + fresh herbs tomato sauce + Parmesan pesto honey mustard teriyaki marinara sauce coconut curry Alfredo sauce chimichurri sriracha mayo	VESSELS hard or soft tacos bowl with grains base, hot or cold bowl with vegetable "rice" bowl with salad greens bowl with bean/lentil base burrito sandwich wrap pita baked potato/sweet potato spaghetti squash boat lettuce wrap

MIX & MATCH COMBO IDEAS!

CHICKEN PESTO PASTA:

chicken breast + zucchini & Kalamata olives + quinoa pasta + pesto + hot pasta bowl

ASIAN TURKEY BOWL:

ground turkey + roasted broccoli + brown rice + soy sauce/sesame oil + hot rice bowl

MEXICAN BURRITO BOWL:

ground beef + cauliflower rice + black beans & corn + salsa & taco seasoning + cauliflower rice bowl

VEGAN WRAP:

tofu + roasted cabbage + chickpeas + hummus & avocado + cold wrap

SALMON SALAD:

salmon skewers + arugula/red onion + roasted butternut squash + lemon juice/avocado + cold salad

BBQ PORK SANDWICH:

shredded pork + side salad + bread & side of fruit + barbecue sauce + sandwich

COCONUT CURRY CHICKEN BOWL:

rotisserie chicken + cauliflower rice + roasted sweet potato + coconut curry sauce + bowl

CHIMICHURRI SHRIMP TACOS:

sautéed shrimp + cabbage/slaw + corn + chimichurri sauce + hard/soft tacos