

Meal Builder

CHOOSE ONE FROM EACH CATEGORY.

PROTEIN:

- Chicken
- Ground Beef
- Ribs
- Porkchop
- Steak
- Fish
- Ground Turkey
- Ham
- Lamb
- Shrimp
- Sausage
- Eggs
- Beans
- Tofu
- Lentils

CARB:

- Rice
- Pasta
- Bread/Rolls
- Potatoes
- Sweet Potatoes
- Chickpeas
- Couscous
- Quinoa
- Naan
- Corn
- Oats
- Barley

VEGGIE:

- Broccoli
- Carrots
- Peas
- Peppers
- Greens
- Zucchini
- Cauliflower
- Asparagus
- Squash
- Green Beans
- Spinach
- Beets
- Eggplant
- Celery
- Edamame
- Cabbage

PUT IT TOGETHER:

- Stir Fry
- Casserole
- Tacos
- Sandwich
- Casserole
- Bowl
- Salad
- Roasted
- Grilled
- Foil Cooked
- Slow Cooker
- Salad
- Soup
- Pasta Mix
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STYLIZE:

- Mexican: cumin + garlic + chili powder
- Asian: garlic + sesame + ginger + soy sauce
- Italian: oregano + basil + parsley + garlic
- Misc: peanut sauce, tzatziki, BBQ, cream sauce, hummus