

*Make It Simple*  
**MEAL BUILDER**

**SPICE BLEND: Choose 1**

- Italian
- Chorizo
- Za'atar
- Moroccan
- 5 spice
- Garam Marsala
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**VEGETABLES: Choose 2-3**

- Bell peppers, raw
- Bell peppers, roasted
- Caramelized onions
- Carrots, raw
- Carrots, roasted
- Broccoli, roasted
- Cauliflower, roasted
- Brussels sprouts roasted
- Brussels sprouts, raw
- Cabbage, shredded
- Bok Choy, sliced
- Spring peas
- Snow peas (raw/steamed)
- Snap peas (raw/steamed)
- Zucchini, raw
- Zucchini, roasted
- Grape tomatoes, raw
- Grape Tomatoes, roasted
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**OILS: as needed**

- Olive oil
- Avocado oil
- Walnut oil
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**SAUCE: Choose 1**

- Pesto
- Marinara
- Sriracha yogurt sauce
- Black garlic yogurt sauce
- Peanut sauce
- Ginger sesame sauce
- Champagne vinaigrette
- Balsamic vinaigrette
- Tahini Cesar
- Bone broth (to make soup)
- Chili Crunch Sauce
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**PROTEIN: Choose 1 or  
1/2 portions of 2**

- Grilled or roasted chicken
- Lean ground turkey
- Grass-fed lean ground beef
- Game meat
- Chickpeas
- Hummus
- Black-eyed peas
- Black-eyed pea hummus
- Black beans
- Edamame
- Lentils
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**NUTS/SEEDS: Choose 1-2**

- Cashews
- Peanuts
- Pine nuts
- Pecans
- Walnuts
- Almonds
- Hazelnuts
- Toasted sesame seeds
- Toasted flax seeds
- Toasted pumpkin seeds
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**BASE: Choose 1**

- Black rice
- Brown rice
- Barley
- Quinoa
- Roasted sweet potatoes
- Whole wheat pasta
- Buckwheat soba noodles
- Frozen or fresh corn kernels
- \_\_\_\_\_
- \_\_\_\_\_

**GREENS: Choose 1**

**Most can be raw or cooked**

- Spinach
- Collard greens
- Kale
- Broccoli greens
- Arugula
- Lettuce mix
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Toppings**

- Microgreens
- Fresh cilantro, minced
- Fresh basil, minced
- Fresh rosemary
- Fresh chives, chopped
- Fresh thyme
- Minced black garlic
- Green onions, diced
- Pickled shallots/red onions
- Raw cucumbers
- Pickled cucumbers
- Avocado
- Red pepper flakes
- Saffron threads
- Apple slices or chunks,
- Pear slices or chunks
- Strawberry slices
- Mango chunks
- Goat cheese
- Aged cheese, shredded
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_