

## 30 Minute Meals

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

<p><b>Protein:</b> Palm sized Cook and season</p>	<p>Beans (all varieties, canned or fresh) Lentils Meat: Turkey, beef, chicken, sausage, lamb Quinoa Eggs</p>
<p><b>Vegetables:</b> Half your plate Steam Sautee Bake  Precut options  (The list is not inclusive of all options)</p>	<p><b>Pick between fresh (in season), frozen or canned</b> 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</p>
<p><b>Herbs/Sauces:</b> Options are endless, see back page of herb mixes</p>	<p>Garlic Onion Chili powder Lemon Pepper Hot Sauce Basil Dill Cumin Dressings (watch out for sugar) Mustard, Dijon or regular Olives Sun dried tomatoes</p>
<p><b>Starches: (Optional)</b> Hand cupped size</p>	<p>Potatoes, sweet or white Rice, brown or white Pasta</p>

## Herb Combinations:

All yield approximately 1 Tbsp (15g)

### House Seasoning Blend

1 tsp garlic powder  
1 tsp onion powder  
¼ tsp ground cayenne pepper  
¼ tsp ground black pepper

### Taco Seasoning Blend

½ tsp ground cumin  
½ tsp ground coriander  
½ tsp onion powder  
1 tsp garlic powder  
½ tsp chili powder

### BBQ Seasoning Blend

1 tsp chili powder  
½ tsp smoked paprika  
1 tsp onion powder  
½ tsp ground black pepper  
¼ tsp ground mustard

### Italian Seasoning Blend

1 tsp dried basil  
1 tsp dried oregano  
½ tsp dried marjoram  
½ tsp dried thyme  
¼ tsp crushed red pepper flakes (optional)

### Jerk Seasoning Blend

1 tsp Jamaican Allspice  
1 tsp onion powder  
¼ tsp ground cayenne pepper  
½ tsp dried thyme  
¼ tsp ground black pepper

### Adobo Seasoning Blend

1 tsp dried oregano  
½ tsp ground cumin  
½ tsp ancho chili powder  
½ tsp garlic powder  
½ tsp onion powder

Double or triple for a dinner, add to veggies or meat

### Fajita Seasoning Blend

½ tsp chipotle chili powder or chili powder  
1 tsp ground coriander  
¼ tsp ground black pepper  
1 tsp dried oregano  
¼ tsp ground cayenne pepper

### Classic Ranch Seasoning

1 tsp dried dill weed  
1 tsp dried parsley  
½ tsp garlic powder  
½ tsp onion powder  
¼ tsp ground black pepper

### Creole Seasoning Blend

½ tsp smoked paprika  
1 tsp garlic powder  
½ tsp dried thyme  
½ tsp dried oregano  
¼ tsp ground black pepper

### Blackening Seasoning Blend

½ tsp ground black pepper  
½ tsp ground white pepper  
¼ tsp ground cayenne pepper  
1 tsp garlic powder  
1 tsp onion powder

### Indian Seasoning Blend

¾ tsp ground cumin  
¾ tsp coriander  
¾ tsp garlic powder  
½ tsp ground ginger  
¼ tsp ground cinnamon