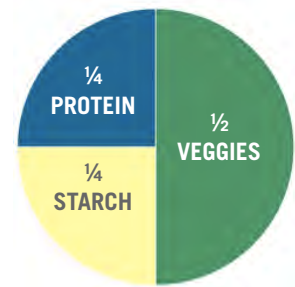


Mix & Match

WITH THE PLATE METHOD



Asian

Beef/Steak
Cashews
Chicken
Edamame
Eggs
Pork
Seafood (Salmon, Shrimp)
Tofu

Farro
Noodles
Quinoa
Rice

Bamboo Shoots
Bell Peppers
Bok Choy
Broccoli
Cabbage
Carrots
Eggplant
Ginger
Green Beans
Mushrooms
Onions
Snow Peas
Tomatoes
Water Chestnuts
Yellow Squash
Zucchini

SAUCES & SPICES: Coconut Milk, Hoisin, Peanut Sauce, Soy Sauce/Tamari, Sesame Seeds/Oil, Sriracha, Teriyaki, Thai Curry, Basil, Cilantro, Coriander, Cumin, Galangal, Garlic, Ginger, Lemongrass, Turmeric, Wasabi

Egg Casseroles/Omelets

Bacon
Chicken
Eggs
Ham
Salmon
Sausage
Steak
Tempeh/Tofu

Black Beans
Sweet Potatoes
White Potatoes

Bell Peppers
Broccoli
Kale
Mushrooms
Onions
Spinach
Tomatoes
Yellow Squash
Zucchini

SAUCES & TOPPINGS: Hollandaise, Hot Sauce, Salsa, Tomato Sauce, Avocado, Cheese, Chives, Dill, Nutritional Yeast, Parsley

Indian

Chicken
Chickpeas (vegetarian)
Lamb
Lentils/Dal (vegetarian)
Mung Beans
Paneer

Chickpeas (vegetarian)
Lentils/Dal
Naan/Roti/Other Breads
Peas
Potatoes
Pumpkin
Rice

Bell Peppers
Carrots
Cauliflower
Eggplant
Ginger
Green Beans
Mushrooms
Okra
Onions
Spinach
Tomatoes

SAUCES & SPICES: Curry, Masala, Peanut Sauce, Black Pepper, Cardamom, Cinnamon, Cloves, Coriander, Cumin, Fenugreek, Mustard Seeds, Nutmeg, Saffron, Turmeric

Italian

Chicken
Ground Beef/Turkey/
Chicken
Italian Sausage
Meatballs
Salmon
Scallops
Shrimp

Pasta
Quinoa
Rice

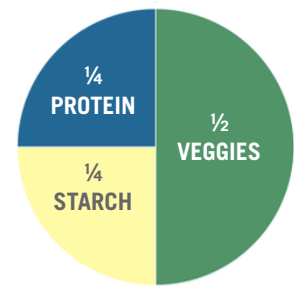
Artichokes
Bell Peppers
Carrots
Eggplant
Green Beans
Mushrooms
Onions
Spaghetti Squash
Spinach
Tomatoes
Yellow Squash
Zucchini

SAUCES & SPICES: Alfredo, Marinara, Meat Sauce, Pesto, Basil, Garlic Powder, Onion Powder, Oregano, Parsley, Red Chili Flakes, Rosemary, Thyme



Mix & Match

WITH THE PLATE METHOD



Latin

Bacon
Beef/Steak
Chicken
Eggs
Ground Beef/Sausage/
Tempeh
Pork/Carnitas
Seafood (Shrimp, Tilapia)

Black Beans
Corn
Pineapple
Pinto Beans
Plantains
Rice

Bell Peppers
Broccoli
Cabbage
Cilantro
Cucumber
Jicama
Mushrooms
Onions
Radish
Tomatoes
Zucchini

SAUCES, SPICES & TOPPINGS: Avocado, Adobo, Cheese, Hot Sauce, Salsa (Red or Green), Sour Cream/Greek Yogurt, Cayenne, Chili Powder, Coriander, Cumin, Garlic, Turmeric

Mediterranean

Beef
Chicken
Falafel
Lamb
Seafood (Salmon, Shrimp,
Other Fishes)

Chickpeas
Peas
Pita/Other Breads
Rice

Artichokes
Asparagus
Bell Peppers
Carrots
Cauliflower
Eggplant
Green Beans
Mushrooms
Olives
Onions
Spinach
Tomatoes
Yellow Squash
Zucchini

SAUCES & SPICES: Baba Ganoush, Harissa, Hummus, Tahini, Tzatziki, Basil, Black Pepper, Cloves, Coriander, Cumin, Dill, Fennel, Garlic, Mint, Oregano, Parsley, Paprika, Rosemary, Saffron, Sage, Thyme, Turmeric

Salads

Beef
Chicken
Edamame
Hard Boiled Eggs
Salmon
Shrimp
Tofu

Black Beans
Chickpeas
Corn
Fruit (Apples, Berries,
Craisins, Mandarin Oranges,
Mango, Pineapple)
Quinoa

Artichokes
Arugula
Beets
Bell Peppers
Broccoli
Cabbage
Carrots
Cucumber
Kale
Lettuce
Mushrooms
Olives
Onions
Radishes
Spinach
Tomatoes

DRESSINGS & TOPPINGS: Creamy Dressings, Salsa, Vinaigrettes, Avocado, Cheese, Croutons, Nuts (Crushed Peanuts, Sliced Almonds, etc.), Seeds (Pumpkin, Sunflower, etc.)

Soups, Stews & Chilis

Beef/Steak
Bone Broth
Chicken
Ground Beef/Tempeh/
Turkey/Chicken
Italian Sausage
Shrimp
Tofu

Beans (Black, Chickpeas,
Navy, White)
Corn
Pasta
Peas
Rice/Quinoa
Potatoes (Sweet, White)

Bell Peppers
Cabbage
Carrots
Celery
Ginger
Green Beans
Kale
Mushrooms
Onions
Tomatoes
Zucchini

BASES & SPICES: Broth/Stock (Beef/Chicken/Veggie), Coconut Milk, Basil, Black Pepper, Cumin, Garlic Powder, Onion Powder, Oregano, Paprika, Parsley, Red Chili Flakes, Rosemary, Saffron, Thyme, Turmeric

