



MEAL BUILDING IDEAS

Every weekend, prep one or two items from each of the following categories. Then throughout the week, you can build meals with these components and a few additional ingredients. This means less work without boring leftovers!

CUSTOMIZE	VEGGIE	PROTEIN	CARB	ADD
SOUP	X	X	X	celery + onion + herbs + broth
SALAD	X	X	X	greens + seeds + vinaigrette
WRAP	X	X		tortilla + greens + olives + sauce
BOWL	X	X	X	fresh veggies + avocado + vinaigrette
BURRITO BOWL		X	X	beans + taco spice + salsa
SKILLET	X	X	X	oil + fresh herbs
BREAKFAST SKILLET	X		X	eggs + avocado + salsa
CURRY	X	X		oil + curry spices + rice
TACOS		X		taco shell + spices + greens + salsa
CASSEROLE		X	X	broth + fresh herbs + spices
OMELETTE	X			eggs + cheese
SANDWICH	X	X		bread + greens + sauce