



Flexible Meals Guide

CREATE VERSATILE MEALS



Core Ingredients Protein



WHOLE CHICKEN

Broth for soup, chopped dark meat in chicken gyros, shredded white meat for salads, wraps, tacos, nachos, enchilada, grain bowls



SALMON

Baked salmon filets, salmon cakes. top salads



GROUND POULTRY

Meatballs, Asian stir fry over rice, patties for lettuce wraps, top salads, burritos, grain bowls



GROUND RED MEAT

Tacos, soup, casseroles, to top salads or nachos, grain bowls, pasta dishes



EGGS

Egg bakes, stir fried rice, frittata, quiche, hard boiled as a snack or to top a salad



TOFU

Fried, tossed in stir fry, grain bowls, noodle dishes



BEANS/LENTILS/LEGUMES

Soups, curries, breakfast burritos, nachos, tacos, bowls, bean/lentil burgers

Core Ingredients Grains



BROWN RICE

Side, curry base, in soup, in southwest breakfast burrito, grain or burrito bowls, stir fried rice, gumbo



QUINOA

Side, in casserole, in buddha or grain bowl, top baked sweet potato, soup, wraps



CORN TORTILLA CHIPS

Side with salsa, black bean nachos, crushed to top a salad or casserole, chilaquiles, soup garnish



OATS

Energy balls, cocoatini no bake cookies, breakfast overnight oats, muffins, oatmeal, crumble in dessert



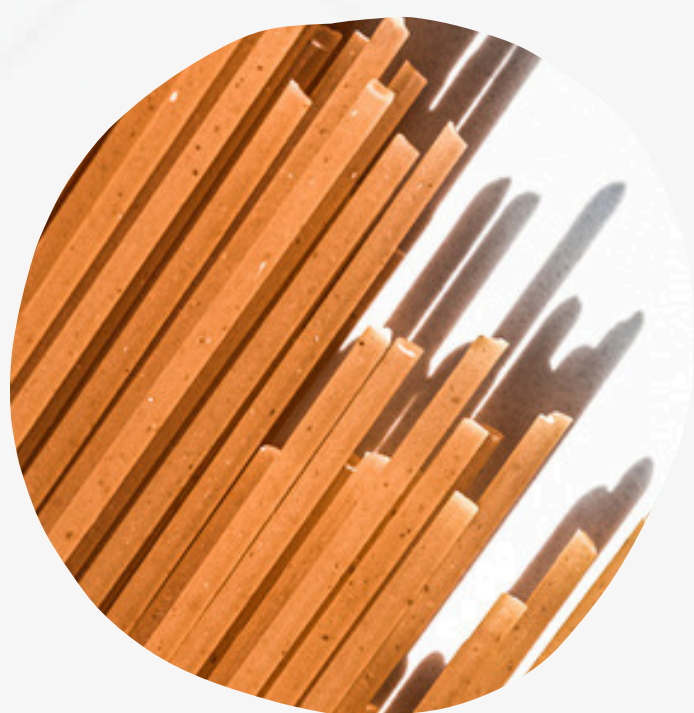
PROTEIN PANCAKE MIX

Waffles, chia chip pumpkin pancakes, in bars, muffins



MULTI-GRAIN OR ALMOND CRACKERS

Scooper for tuna chickpea salad or soup, kid lunchables, crush to top salad or as sub for panko



WHOLE GRAIN PASTA

pasta primavera, cold pasta salad with diced veggies, in soups, grain bowl with veggies

Core Ingredients Veggies



NIGHTSHADES

Bell peppers: Dipper for hummus, soup, nachos, tacos, grain bowls, top salad, stuffed peppers

Tomatoes: sauce base, soups, salads, pasta dishes



Sweet potatoes: breakfast burritos, nachos, tacos, grain bowls, curries, fries, loaded baked potato



ROMAINE

Salads, top tacos, nachos, gyros, grill as a side, whole leaf on burger, lettuce wrap, top grain bowls



ROOT VEGGIES (CARROTS, BEETS, PARSNIPS)

Roasted as side, in grain bowls, stir fries, curries, top puff pastries with roasted root veg with cheese and honey drizzle



DARK LEAFY GREENS (KALE, SPINACH, CHARD)

Salads, egg bites, freeze for smoothies, casseroles, soups, grain bowls, enchiladas, burritos, muffins



GOURDS

Zucchini: Zoodles for pasta dishes, diced and roasted as side, shredded for zucchini muffins, fritters, tots, boats



Pumpkin puree: Chia chip pumpkin pancakes, orange yogurt, creamy pumpkin pasta, smoothies, overnight oats



CRUCIFEROUS (BROCCOLI, CABBAGE, BOK CHOY)

Stir fries, shredded in slaw, top salads, tacos, grain bowls, noodle dishes, soups, grilled









ONION AND GARLIC

Everything! Soup, casserole, grain bowls, curries, pasta, salads

Core Ingredients in Diverse Cuisines







Identify the core ingredients used in diverse cuisines and modify 1 to a few ingredients in a dish. You can use sauces, dressings, herbs, and spices as easy add-ins. This will help to create a completely new dish and cuisine.

	Cuisine	Proteins	Grains	Veggies	Key Spices/ Sauces
	Mexican	poultry, pork, red meat, fish/seafood, pinto and black beans	rice, corn or flour tortillas, corn chips, and wheat. Latin America: potatoes and quinoa	corn, peppers, tomatoes, onions, sweet potatoes	chili powder, cumin, cilantro, salsa, avocado
	Italian	chicken, fish/seafood, beans, eggs, red meat sparingly	pasta, rice, barley, farro	artichokes, eggplant, broccoli rabe, bell pepper, onion, garlic, tomatoes, fennel, radicchio	Basil, oregano, parsley, garlic, olive oil, balsamic vinegar, marinara, Parmesan
	Thai	chicken, fish/seafood, pork, tofu, peanuts/peanut butter	rice, rice noodles	mushrooms, Chinese broccoli, cabbage, Chinese eggplant, carrots, onion or shallot, sugar snap peas, chilies	coconut milk, lime, fish sauce, curry paste, galangal (relative of ginger root), peanuts, chili peppers
	Indian	chickpeas, lentils, chicken, tofu	rice varieties, wheat (flatbread and naan), millet, barley	garlic, onion, peppers, potatoes, squash, cabbage, carrots, cucumber, cauliflower	Curry powder, turmeric, cumin, ginger, garam masala, coconut milk, yogurt
	Chinese	tofu, mung beans, seafood, poultry, beef, pork	rice, rice noodles, wheat, barley, millet, sorghum	bok choy, Chinese broccoli, eggplant, snow peas, bean sprouts, Napa cabbage, water spinach, mushrooms	sesame oil, soy sauce, ginger, garlic, chili powder, hoisin sauce
	American	poultry, fish/seafood, red meat, pork, beans, eggs, peanut butter	wheat, corn, rice, grits, oats	potatoes, onion, tomatoes, carrots, cucumbers, bell peppers, broccoli, lettuce and salad mix, celery	BBQ, ranch, ketchup, parsley, dill, chives, cajun, cheese

Core Ingredients in Diverse Cuisines

This list **highlights ingredients that are repeated** in cuisines to show how you can prepare core ingredients individually and then create variety in those ingredients with key spices or sauces from another cuisine.

Note: the key spices/sauces column is the same to help you brainstorm ideas to create versatile meals with just the addition of a key spice or sauce.

	Cuisine	Proteins	Grains	Veggies	Key Spices/ Sauces
	Mexican	poultry, fish/seafood, pork, red meat, beans	rice, wheat, potatoes	corn, peppers, tomatoes, onions, sweet potatoes	chili powder, cumin, cilantro, salsa, avocado
	Italian	chicken, fish, beans, eggs, red meat sparingly	pasta, rice, barley	eggplant, bell pepper, onion, garlic, tomatoes	Basil, oregano, parsley, garlic, olive oil, balsamic vinegar, marinara, Parmesan
	Thai	chicken, fish/seafood, pork, tofu, peanuts/peanut butter	rice, rice noodles	mushrooms, Chinese broccoli, cabbage, Chinese eggplant, carrots, onion, peas, chilies	coconut milk, lime, fish sauce, curry paste, galangal (relative of ginger root), peanuts, chili peppers
	Indian	chicken, tofu	rice, wheat (flatbread and naan), millet, barley	garlic, onion, peppers, potatoes, squash, cabbage, carrots, cucumber, cauliflower	Curry powder, turmeric, cumin, ginger, garam masala, coconut milk, yogurt
	Chinese	tofu, seafood, poultry, beef, pork	rice, rice noodles, wheat, barley, millet	Chinese broccoli, eggplant, peas, cabbage, mushrooms	sesame oil, soy sauce, ginger, garlic, chili powder, hoisin sauce
	American	poultry, fish/seafood, red meat, pork, beans, eggs, peanut butter	wheat, corn, rice	potatoes, onion, tomatoes, carrots, cucumbers, bell peppers, broccoli, lettuce, celery	BBQ, ranch, ketchup, parsley, dill, chives, cajun, cheese

Meal Plan

This meal plan uses core ingredients from each of the cuisines. Remember, you'll want to rotate or add in new ingredients in order to get variety and eat the rainbow. Once you hone in on recipes that your family loves, you can make swaps to include more variety in your weeks (example: kale sub chard; or onion sub shallot: rice sub quinoa).

	Day	Cuisine	Meal (Click for recipe link)	Core Ingredients
	Monday	Italian	<u>Tuscan white bean soup with zucchini and kale</u>	cannellini beans, broth, carrot, celery, zucchini, kale, serve with bread
	Tuesday	Mexican	<u>Chicken fajitas</u>	chicken, tortillas, sauteed onion and peppers, salsa, cilantro, greek yogurt
	Wednesday	Indian	<u>Lentil coconut curry.</u>	lentils, onion, garlic, ginger, curry paste, coconut milk, brown basmati rice, greek yogurt
	Thursday	Thai	<u>Thai crunch salad with peanut dressing</u>	edamame, lime, cilantro, Napa cabbage, carrots, bell peppers, peanuts, and peanut dressing
	Friday	Mexican	<u>Chicken bean burrito bowl</u>	chicken, black beans, rice, peppers, napa cabbage, salsa, chipotle sauce
	Saturday		Leftovers or out to eat	
	Sunday		Build your own meal	

Meal Plan: individual ingredients

This meal plan uses core ingredients from each of the cuisines but it shows the meals in a more flexible way (not tied to a day of the week) with a column showing which prepped core ingredients to use.

The right column shows how diverse you can make the meal by adding a sauce, dressing, or other topping.

Meal	Use Prepped Core Ingredients	Add this sauce or dressing
Chinese beef stir fry	-steak strips -roasted broccoli -brown rice -sesame seeds	<u>-soy ginger sauce</u>
Mexican stuffed sweet potatoes	-baked sweet potatoes -quinoa -black beans -diced tomatoes	-salsa -cheese -Greek yogurt
Salmon cakes + dill sauce + roasted broccoli	- <u>salmon cakes</u> -roasted broccoli	<u>-dill sauce</u> (make your own: Greek yogurt, lemon juice, dijon, mayo, dill)
Mediterranean quinoa bowl	-quinoa -cucumbers -tomatoes -avocado -onion -chickpeas	-dill sauce (see above)
Steak nachos	-steak strips -corn tortilla chips -black beans -romaine	-cheese -Greek yogurt -chipotle sauce

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Meal	Use Prepped Core Ingredients	Add this sauce or dressing
Southern hot chicken sandwich + brussels sprouts	-shredded chicken -pretzel bun -pickles -romaine -brussels sprouts	-hot sauce on shredded chicken
Shrimp Kung Pao	-shrimp -peanuts -rice -sauteed broccoli rabe	-Kung Pao sauce
Chicken gyros	-shredded chicken -pita bread -cucumbers -tomatoes -romaine	- <u>tzatziki sauce</u> (greek yogurt, dill, lemon, shredded cucumber, garlic)
Salad	-shrimp or chicken -cucumbers -tomatoes -romaine	-bacon pieces -pecorino -your favorite salad dressing
<u>Bacon pasta carbonara</u>	-bucatini pasta -egg -artichoke -pecorino -sauteed broccoli rabe	-bacon pieces

Meal Plan: individual ingredients

Use this sheet to help you plan your own customizable meals.

Meal	Use Prepped Core Ingredients	Add this sauce or dressing

Meal Plan

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Day	Cuisine	Meal	Core Ingredients
Monday			
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