

Meals Made Simple

PROTEIN + FAT + VEGETABLES + FLAVOURINGS = EASY MEALS

Use any of your own favorites in this type of equation to create combinations that you enjoy.

Protein	+	Fat	+	Vegetables	+	Flavourings
<ul style="list-style-type: none"> • ground meat • hard-boiled eggs • scrambled/fried eggs • sausages • jerky • turkey • cured meats • roast beef • rotisserie chicken or leftover cooked chicken • sardines (wild) • salmon or tuna (wild) • shellfish (wild) 		<ul style="list-style-type: none"> • avocado • guacamole • coconut oil • homemade mayonnaise • homemade dip • extra-virgin olive oil • nut oils • nuts or seeds (almonds, walnuts, sunflower seeds, etc.) • nut or seed butters • pesto 		<ul style="list-style-type: none"> • bell pepper • carrots • celery • cucumbers • broccoli • cauliflower • cabbage • leafy greens • nori/ seaweed paper • raw sauerkraut/fermented vegetables • tomatoes • veggies, leftover from another meal or pre-cooked 		<ul style="list-style-type: none"> • lemon or lime juice • hot sauce • homemade ketchup • mustard • olives • pickles • salad dressing • spices • fresh herbs

Always check ingredients and buy only those made without unwanted oils (like canola, soybean, or vegetable oil) or other questionable ingredient

Pick and choose at least 1 from each column for endless quick and easy meal combination with minimal thought or preparation