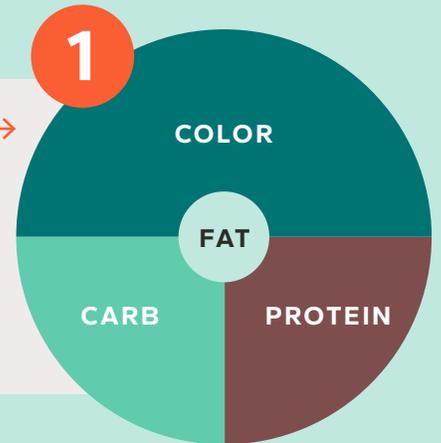


Meal Assembly GUIDE

1. Breakdown meal by goals (plate or macros) →
2. Choose a taste profile
3. Choose a protein
4. Make extra!
5. Meal examples



2 Taste Profile

Choose what style you're in the mood for.

SOME EXAMPLES

Italian: Red sauce, tomato, garlic, pepper, cheese, lemon

Mexican: Avocado, corn, salsa, cheese, lime

Greek: Hummus, tzatziki, dill, lemon

Chinese: Scallions, teriyaki sauce

Japanese: Soy sauce, yuzu, wasabi

Thai: Peanut sauce, sesame oil

BBQ: Buffalo sauce, BBQ sauce, corn

Indian: Curry, coconut milk, saffron, turmeric

3 Pick a Protein

Meats: Poultry, beef

Seafood: Fish, shrimp, scallops

Dairy Products: Cottage cheese, yogurt, eggs/egg whites

Plant-based: Tempeh, tofu, beans, lentils

“I encourage members to break down the plate and list their favorite protein options, non-starchy veg (or color) options, and high fiber starch options so they can mix and match from there.”

COACH NOELLE,
STRONGER U

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Make Extra

SU encourages you to cook more in bulk when possible!

5

Sample Meals

ITALIAN

PROTEIN: Ground Turkey, Ground Beef, Tempeh

CARB: Pasta, Zucchini Noodles, Spaghetti Squash

COLOR: Zucchini Noodles, Spaghetti Squash, Broccoli

FLAVOR: Red Sauce, Parmesan Cheese, Oil for cooking

ASIAN INSPIRED

PROTEIN: Chicken, Salmon, Tempeh, Tofu

CARB: Rice, Rice Noodles

COLOR: Green Beans, Stir Fry

FLAVOR: Reduced Sodium Soy Sauce or Teriyaki Sauce or Peanut Sauce, Sesame Oil for Cooking

MEXICAN

PROTEIN: Shrimp, Fish

CARB: Tortillas

COLOR: Corn, Salsa

FLAVOR: Taco Seasoning, Lime, Cheese

BUFFALO/BBQ

PROTEIN: Shredded Pork Loin, Shredded Chicken, Jackfruit

CARB: Potato Wedges, Wrap

COLOR: Green Beans

FLAVOR: Buffalo Sauce, Hot Sauce, BBQ

GREEK

PROTEIN: Chicken, Tofu

CARB: Potatoes, Gyro Wrap

COLOR: Lettuce, Onions, Tomatoes, Peppers

FLAVOR: Tzatziki, Dill, Lemon, Hummus

AMERICAN

PROTEIN: Turkey, Chicken, Veggie Burgers

CARB: Bun, English Muffin

COLOR: Lettuce, Onions, Tomatoes, Big Side Salad

FLAVOR: Salt, Pepper, Ketchup, Mustard, Pickles