

Meal Templates



Run your veggies through this list to find a meal:

Primary:

Chili
Crock Pot
Grain or Pasta Bowl
Grilled
Quiche/Frittata
Raw- veggie platter with dip
Roasted
Salad
Sheet Pan Meal
Simple Pan Saute
Skillet Meal
Smoothie
Soup
Stir Fry
Tacos/ Burritos/ Quesadilla
Wraps or Sandwiches

Secondary:

Dehydrate
Dip
Freeze
Freezer Scrap DIY Broth
Fries or Chips
Hummus
Juiced
Marinade
Omelet or eggs
Pesto
Pickle
Pizza
Salad Dressing
Salsa
Sauce
Slaw

Use up these veggies first:

Lettuces/Salad Greens



Leafy Greens



Fresh Herbs



Root Veggie Tops

