

# MODULAR MEALS

Modular Meal planning allows you to leverage the mixing and matching of a core set of ingredients to make numerous *different* meals.

## Protein

- Sirloin steak

## Vegetables

- Onion, Tomato, Cucumber, Peppers

## Starch/Grain

- Brown Rice
- Potato



1. Sirloin with baked potato and steamed broccoli.
2. Sirloin with a grain salad (made with brown rice, onion, and tomato) and steamed broccoli.
3. Sirloin with a Greek salad (made with tomato, onions, cucumber, peppers, oil, vinegar, and dried oregano).

## Protein

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Vegetables

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## Starch/Grains

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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