1. **KNORR SIDE**
2. **PROTEINS:** (use 1 lb. of lean meat proteins or plant based proteins such as bean & legumes)
3. **VEGETABLES:** (add at least 2 cups of vegetables)
4. **AROMATICS:** (herbs, spices, flavorings)

### Cheddar Broccoli Rice
- chicken, black beans, chickpeas, tofu
- red onion, zucchini, squash, brussels sprouts, garlic, tomatoes, bell peppers
- parsley, cilantro, scallions

### Chicken Rice
- chicken, chickpeas, tofu
- carrots, spinach, kale, peppers, broccoli, cauliflower, onions, garlic, celery, brussels sprouts, cabbage, asparagus, green beans
- parsley, thyme, red wine vinegar

### Spanish Rice
- chicken, black beans, chickpeas, pinto beans, lentils, tofu
- tomatoes, bell peppers, onions, spinach, mushrooms
- paprika, cumin, chili powder, scallions, garlic, mayonnaise, cheese (cheddar or jack)

### Chicken Broccoli Rice
- chicken, black beans, chickpeas, pinto beans, lentils, tofu
- carrots, spinach, kale, peppers, cauliflower, onions, red onions, garlic, celery, brussels sprouts, cabbage, asparagus, mushrooms, tomatoes, green beans
- scallions, parsley, thyme, parmesan cheese

### Chicken Fried Rice
- tofu, chicken, pork
- garlic, bell peppers, carrots, onion/red onion, bean sprouts
- ginger, scallions, nuts (peanuts, cashews, walnuts), cilantro

### Mexican Rice
- chicken, pork, beef, shrimp, pinto beans, black beans, kidney beans
- tomato, bell peppers, poblano peppers, red onion, garlic, mushrooms, chilies (jalapeno), radishes
- cilantro, scallions, cheese (cheddar or jack), sour cream, lime

### Red Beans & Rice
- shrimp, seafood, celery, onions or shallots, green bell peppers, garlic, tomatoes
- olive oil, parsley

### Alfredo Pasta
- chicken, Italian sausage, shrimp, cannellini beans
- garlic, tomatoes, roasted red peppers, bell peppers, mushrooms, fennel
- basil, parmesan cheese, rosemary, balsamic vinegar, parsley

### Chicken Pasta
- chicken, tofu, chickpeas, kidney or pinto beans, lentils
- carrots, spinach, kale, peppers, broccoli, cauliflower, onions, garlic, celery, mushrooms, green beans
- parsley, thyme, red wine vinegar

### Creamy Garlic Shells
- chicken, Italian sausage, shrimp, cannellini beans
- garlic, tomatoes, roasted red peppers, bell peppers, mushrooms, fennel
- basil, parmesan cheese, rosemary, balsamic vinegar, parsley

### Teryaki Noodles
- chicken, pork, beef, shrimp, tofu, salmon
- garlic, bell peppers, broccoli, carrots, cabbage, onions
- red pepper flakes, ginger, scallions, cilantro, chinese 5 spice, star anise, nuts & seeds (peanuts, cashews, sesame seeds)

### Creamy Pesto
- chicken, Italian sausage, shrimp, cannellini beans
- garlic, tomatoes, roasted red peppers, bell peppers, mushrooms, fennel
- basil, parmesan cheese, balsamic vinegar, parsley

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**MIX & MATCH INGREDIENTS TO MAKE A QUICK AND EASY MEAL!**

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- **2. PROTEINS:** (use 1 lb. of lean meat proteins or plant based proteins such as bean & legumes)
- **3. VEGETABLES:** (add at least 2 cups of vegetables)
- **4. AROMATICS:** (herbs, spices, flavorings)