

Meal Templates



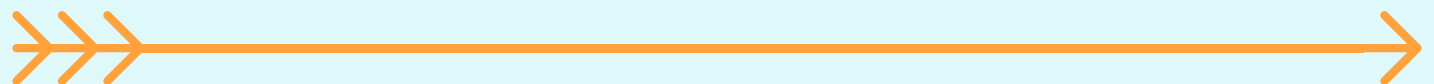
Run your veggies through this list to find a meal:

Primary:

Stir Fry
Roasted
Freeze
Skillet Meal
Sheet Pan Meal
Freezer Scrap Bag: DIY Broth
Soup
Salad
Simple Pan Saute
Pesto
Quiche/Frittata
Crock Pot/Instant Pot
Grilled
Smoothie
Raw -- Veggie Platter with Dip
Wraps or Sandwiches

Secondary:

Dip
Salsa
Pizza
Chili
Sauce
Tacos/Fajita/Quesadilla
Marinade
Pickle
Fried Rice
Omelette or Egg Scramble
Slaw
Hummus
Juice It
Rice or Pasta Bowl
Dehydrate
Fries or Chips



Use up these veggies first:

Leafy Greens



Loose Leaf Salad Greens



Root Veggie Tops



Fresh Herbs

