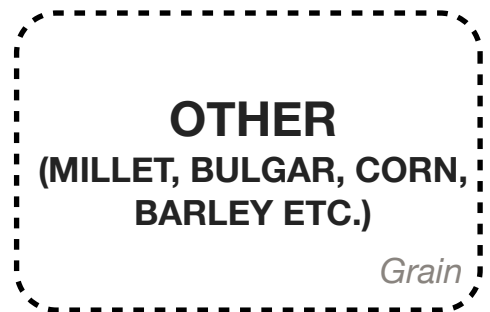
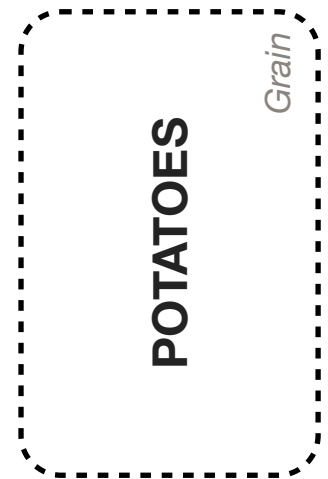
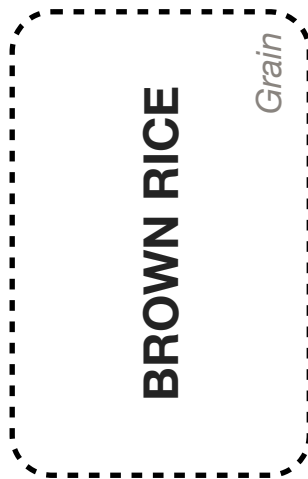


DINNER ADVENTURE CARDS

INSTRUCTIONS:

1. Cut out each card and choose **one 'grain' + one 'protein' + one or more 'rainbow' + one (optional) 'healthy fat' + one 'finish'** – there's your ingredient list!
2. Cook/combine those ingredients as needed to build a delicious and nutritionally-balanced meal.

1. Grain (PICK ONE)



2. "PROTEIN" (PICK ONE)

**TOFU /
TEMPEH**
Protein

BEANS
(BLACK, PINTO, KIDNEY,
CHICKPEAS, ETC.)
Protein

PEAS / LENTILS
Protein

MUSHROOMS
Protein

3. RAINBOW (PICK ONE OR MORE)

GREEN (LEAFY)
(SPINACH, KALE, CHARD,
ARUGULA, PARSLEY,
ETC.)
Rainbow

GREEN (OTHER)
(CUCUMBER, CELERY,
ASPARAGUS, BROCCOLI,
ETC.)
Rainbow

ORANGE
(CARROTS, BELL
PEPPERS, ORANGES,
SQUASH, MANGO, ETC.)
Rainbow

RED
(TOMATO, RADISH, BEET,
PEPPER, BERRY, APPLE,
ETC.)
Rainbow

BLUE
(BERRY, CABBAGE,
PLUMS, EGGPLANT,
GRAPES, ETC.)
Rainbow

4. HEALTHY FATS (OPTIONAL, PICK ONE)

AVOCADO
Fat

SEEDS
(SUNFLOWER, CHIA,
FLAX, PINE NUTS...)
Fat

WHOLE NUTS
(PEANUT, WALNUT,
ALMOND, CASHEW...)
Fat

NUT BUTTERS
(PEANUT BUTTER,
ALMOND BUTTER,
CASHEW CREAM...)
Fat

5. FINISHES (PICK ONE OR TWO)

LEMON JUICE
Finish

DRIED SPICES
(CUMIN, CORIANDER,
CAYENNE, PAKRIKA,
ETC.)
Finish

FRESH HERBS
(MINT, ROSEMARY,
BASIL, CILANTRO, ETC.)
Finish

ALLIUM
(GARLIC, ONION,
SHALLOT, OR CHIVES)
Finish

**SOY SAUCE /
TAMARI**
Finish

**NUTRITIONAL
YEAST**
Finish