

# One-Skillet Flavor Formula

## 5 Quick Dinners You'll Actually Make



Recipe Base	Protein	Veggie Add-In	Sauce or Booster
Pasta	Chicken, Turkey	Spinach, Peas	Garlic + Cream
Rice	Ground Beef, Tofu	Corn, Zucchini	Tex-Mex Paste
Orzo	Shrimp	Sun-dried Tomato	Pesto or Broth
Hash	Eggs	Sweet Potato	Paprika Yogurt

### Quick Flavor Boosters

- Tex-Mex Paste
- Dijon Mustard + Yogurt
- Chili Honey Drizzle
- Garlic Herb Butter Cubes

### Storage & Reheat Tips

- Let cool before portioning
- Freeze flat in zip-top bags
- Reheat in skillet with 1-2 Tbsp broth or milk

