



**Nourished**<sup>Rx</sup>

# MEAL CARDS

ESSENTIAL SPICE BLENDS

DISCOVERING HEALTHY FOOD

*Satisfying and filling  
well-balanced recipes*

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ESSENTIAL SPICE BLENDS

Essential **Spice**  
Blends



## Essential Spice Blends

Making your own spice blends is quick, easy, and helps you personalize your plate. You can control the ratios of the spices and can add or omit ingredients based on your preferences.

Many store-bought spices have added sodium, sugar, and artificial flavors. By making your own, you are able to create a spice blend that fits both your flavor preferences and health goals.

Toss your favorite vegetables, animal proteins, or plant-based proteins with any of these spice blends. Cook using your method of choice, and enjoy!



## Kitchen Tools Needed

- Bowl
- Measuring spoon
- Spoon, fork, or whisk for mixing
- Jar or airtight container (for storing)

## Instructions

### Mixing Bowl Method:

1. Add all ingredients to a small bowl, making adjustments to meet your preferences if desired.
2. Mix with a spoon, fork, or whisk until fully combined.
3. Transfer to an airtight container or Mason jar and store in a cool, dry place for up to 6 months.
4. Pair with vegetables or protein of your choice. Enjoy!

### Mason Jar Method:

1. Add all ingredients to a mason jar.
2. Close the lid tightly. Shake until ingredients are fully combined.
3. Store in a cool, dry place for up to 6 months.
4. Pair with vegetables or protein of your choice. Enjoy!

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

## Essential Spice Blends



5 minutes



yield: ½ cup

### Tex-Mex Spice Blend

*Recipe adapted from  
[www.jocooks.com](http://www.jocooks.com)*

#### Ingredients

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2 Tbsp chili powder  
2 Tbsp paprika  
2 Tbsp cumin  
1 Tbsp garlic powder  
2 tsp coriander  
1 tsp oregano

---



### Greek Spice Blend

*Recipe adapted from  
[www.sweetpeasandsaffron.com](http://www.sweetpeasandsaffron.com)*

#### Ingredients

---

3 Tbsp oregano  
2 Tbsp basil  
1 Tbsp dill  
2 tsp thyme  
2 tsp garlic powder  
2 tsp onion powder

---



## Essential Spice Blends



5 minutes



yield: ½ cup

### Italian Spice Blend

*Recipe adapted from  
[www.therecipecritic.com](http://www.therecipecritic.com)*

#### Ingredients

---

2 Tbsp basil  
2 Tbsp oregano  
1 Tbsp thyme  
1 Tbsp rosemary  
1 Tbsp parsley  
2 tsp garlic powder  
1 tsp marjoram

---



### No-Salt Spice Blend

*Recipe adapted from  
[www.food.com](http://www.food.com)*

#### Ingredients

---

2 Tbsp onion powder  
1 Tbsp garlic powder  
1 Tbsp paprika  
1 Tbsp ground mustard  
1 Tbsp parsley  
2 tsp thyme  
2 tsp black pepper  
2 tsp celery seed

---



## Essential Spice Blends



5 minutes



yield: ½ cup

### Poultry Spice Blend

*Recipe adapted from  
[www.tasteofhome.com](http://www.tasteofhome.com)*

#### Ingredients

---

3 Tbsp sage  
2 Tbsp thyme  
2 Tbsp rosemary  
2 tsp marjoram  
½ tsp nutmeg  
½ tsp black pepper

---



### Jerk Spice Blend

*Recipe adapted from  
[www.jocooks.com](http://www.jocooks.com)*

#### Ingredients

---

1 Tbsp onion powder  
1 Tbsp garlic powder  
1 Tbsp brown sugar  
1 Tbsp parsley  
2 tsp cayenne pepper  
2 tsp paprika  
2 tsp thyme  
2 tsp black pepper  
1 tsp allspice  
1 tsp cumin  
½ tsp nutmeg  
½ tsp cinnamon  
½ tsp red pepper flakes  
½ tsp cloves

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# Food Storage 101

How do you store your food after getting your groceries? Did you know that certain ways of storing foods can help them last longer? Below, we explore where and how different foods can be stored to help them last longer.

## Foods to Store on the Counter

- **Vegetables:** tomatoes, winter squash (butternut, acorn, pumpkin, spaghetti, etc.)
- **Fruits:** apples, pears, citrus, banana, avocado, melon
  - Apples, pears, citrus, avocado
    - If you plan to eat them within the next couple of days, otherwise store in the fridge
  - Bananas
    - Cover the stems to help them last longer
  - Melon
    - Cut up melon and store in the fridge once ready to eat.



## Foods to Store in Pantry (Dry, Cool, Dark)

- **Dried, shelf-stable goods:** oatmeal, rice, pasta, peanut butter, olive oil, etc.
- **Canned goods:** canned beans, vegetables, tuna, broth, etc.
- **Vegetables:** onions, garlic, and potatoes
  - Be sure to separate onions and potatoes. Onions can make potatoes sprout faster while potatoes make onions turn soft.



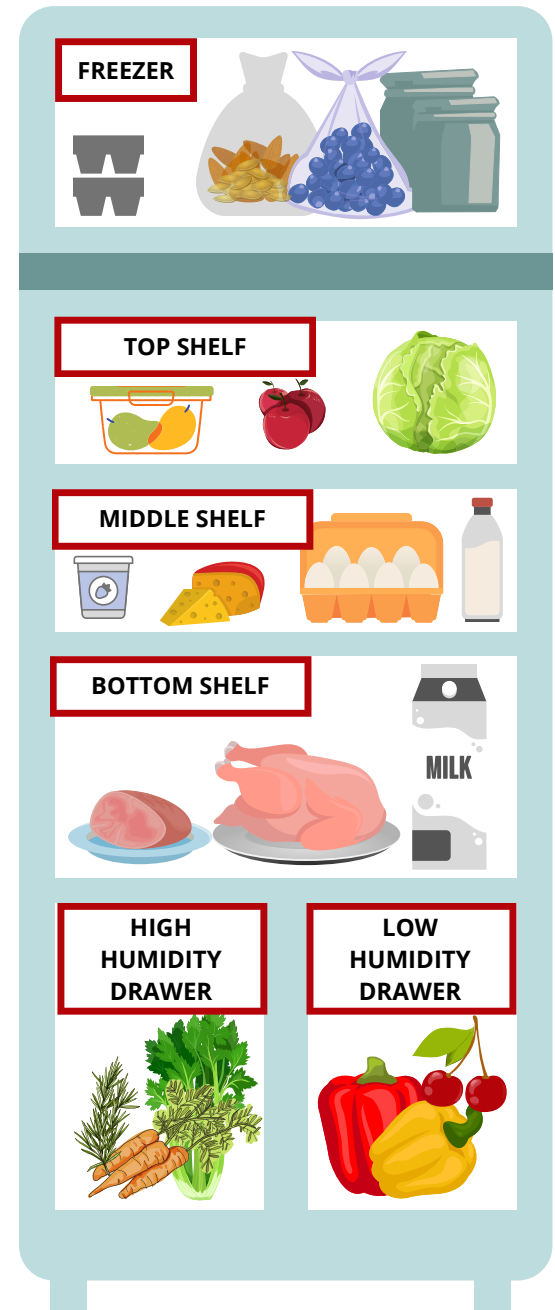
## Foods to Store in the Freezer



- Frozen foods purchased at grocery stores
- Unfinished leftovers in airtight containers that you do not plan to eat in next few days
- Bread to extend shelf life
- Nuts and seeds

## Foods to Store in the Refrigerator

- Leftovers
  - Store in air-tight containers
  - Plan to eat within the next few days
- Fresh fruits and vegetables
  - **High humidity drawer:** vegetables that might get soft or wilt like carrots, broccoli, cabbage, leafy greens, and herbs
  - **Low humidity drawer:** fruits and vegetables including apples, pears, bell peppers, and berries
- Dairy products and eggs
- Protein: meat, poultry, fish, tofu, etc.
  - Freeze if you are not using within next few days



**Apples, pears, bananas and onions should be stored separately from other fruits and vegetables when possible because they speed up the ripening of nearby produce.**



Food is health, food is care.  
**Food is healthcare.**

