



FASTER WAY

MEAL GUIDE

SPICE
RESOURCE



FASTER WAY

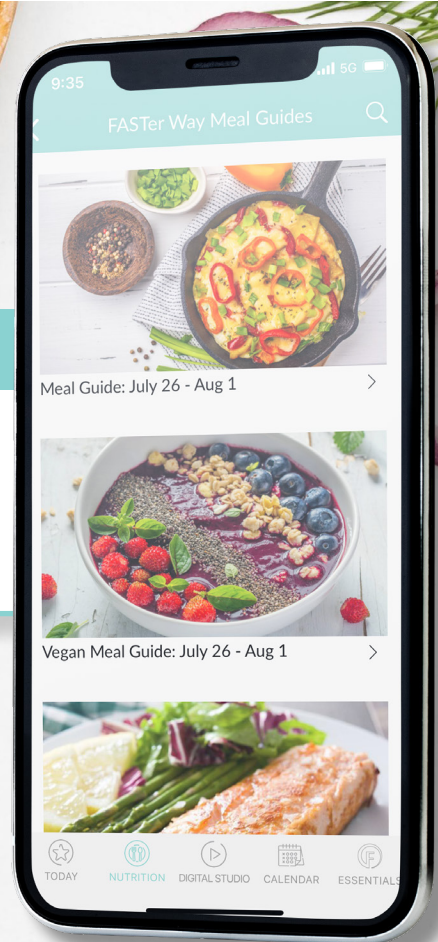
WELCOME TO OUR GUIDE!

This guide is intended to inspire you to personalize your plate. Use the spice & flavor blends as a guide to enhance your meals! Select organic spices when possible. Enjoy four bonus recipes of single spices blended together to use in your daily recipes.



FASTER WAY MEAL GUIDES

USE THESE SPICE BLENDS FOR IDEAS TO INCORPORATE INTO MEAL GUIDES AND WHEN A RECIPE SAYS **“SEASON TO TASTE”**



SPICES BY CUISINE

TEX MEX

cumin, chili powder, cayenne pepper, chili flakes, paprika, smoked paprika, oregano

ITALIAN

parsley, basil, oregano, thyme, pepper, garlic, onion, mushroom, paprika

NEUTRAL

salt, pepper, onion granules, garlic granules, paprika

INDIAN

bay leaves, cardamom, cinnamon, cloves, garam masala, black/white peppercorns, cumin, curry powder, star anise, paprika, dill, fennel, fenugreek, mint, mustard, nutmeg, poppy seed, sesame, saffron

ASIAN

basil, cinnamon, cilantro, coriander, chiles, cloves, cumin, galangal, garlic, ginger, lemongrass, spearmint, star anise, turmeric, sesame seeds, Chinese five spice

FRENCH

nutmeg, thyme, garlic powder, rosemary, oregano, herbs de provence

CAJUN

cayenne, oregano, paprika, thyme, rosemary, bay leaf

CARIBBEAN

allspice, nutmeg, garlic powder, cloves, cinnamon, ginger

FASTER WAY

BONUS SPICE BLEND RECIPES

USE A 8 OZ GLASS JAR TO STORE SPICE BLENDS



EVERYTHING BAGEL BLEND

5 tbsp. Garlic Flakes, Dried
3 ½ tbsp. Poppy Seeds
3 ½ tbsp. Onion Flakes, Dried
2 tbsp White Sesame Seeds



GARLICKY SPICE BLEND

9 tbsp. Garlic Flakes, Dried
4 tbsp. Chives, Dried
2 Tbsp. Garlic Granules



TACO SEASONING

2 tbsp. Chili Powder
2 tbsp. Cumin
1.5 tbsp. Garlic Granules
1.5 tbsp. Onion Granules
1 tbsp. Coriander
2 tsp. Paprika
2 tsp. Black Pepper



EVERYDAY BLEND

1 tbsp. Garlic Granules
1 tbsp. Onion Granules
2 tsp. Black Pepper
1 ½ tsp. Paprika
1 ½ tsp. Sea salt

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