

SKILLET FRAMEWORK

Proteins

- Hamburger
- Cubed Beef
- Shredded Chicken
- Cubed Chicken (Thigh or Breast)
- Venison (Ground or Cubed)
- Shredded Turkey
- Ground Turkey
- Sausage (Ground or Chopped Links)
- Bacon
- Tofu

Vegetables

- Carrots
- Peas
- Corn
- Green beans
- Onion
- Zucchini
- Yellow Summer Squash
- Winter Squash/Pumpkin (Buttercup, Butternut, Acorn, etc)
- Okra

Bases

- Broth (Chicken, Beef, Bone, Veggie, etc)
- Tomato Juice
- Milk

Grains

- Noodles
- Rice (White, Brown, Wild, etc.)
- Quinoa (White, Red, Black, Tri-Color)
- Lentils (Black, Green, Red, Brown)
- Gnocchi (Potato, Cheese, Pumpkin, etc.)
- Potatoes (Diced, thinly sliced, etc)

Spices

- Salt
- Pepper
- Onion Powder
- Garlic Powder
- Red Pepper Flakes
- Cayenne Pepper
- Ginger
- Cumin
- Turmeric
- Paprika
- Oregano
- Parsley
- Cilantro
- Rosemary
- Sage
- Basil
- Fennel Seeds
- Cinnamon
- Bay Leaves