



# HOW TO USE BALANCED BITES SPICES



**ROASTED CHICKEN**



**GRILLED CHICKEN**



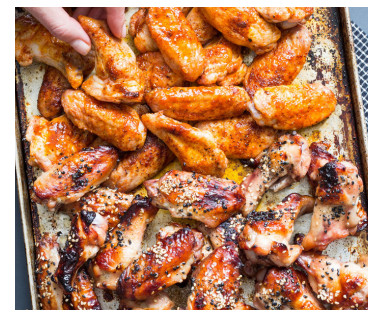
**ROASTED VEGGIES**



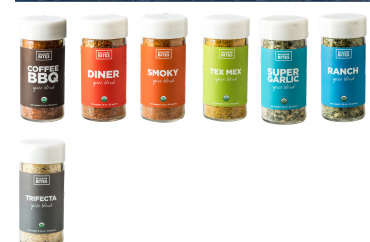
**SALMON**



**EGGS**



**WINGS**







**STEAK**



**TACOS**



**PORK**



**MEATBALLS**



**SALAD DRESSING**



**BURGERS**



**CAULI OR WHITE RICE**



**LAMB**



**PASTA & ZOODLES**

