



Let the sun shine! If you're anything like me, spring is when the clouds begin to lift, literally and figuratively - I truly live for the warmer, sunnier days! This spring we're bringing three brand new meals to our menu - all with bold and bright flavors in mind. We're of course also bringing back some classics to round out the menu, so be sure to look for your favorites.

Our team is also majorly celebrating the recent launch of our newest spice blend in nearly two years - GARLIC STIR FRY.

This blend has been highly requested by customers and was in-the-works for probably close to four years now, but I kept pivoting on the approach I wanted to take in creating the formula. Ultimately, I leaned into the way I personally blend flavors each time I make stir-fry or anything Asian-inspired, then I added a slight twist with cilantro leaf and rich, dried green chili (which adds depth but no heat).

The result is rich, bright, and bold while not being overpowering. GARLIC STIR FRY is perfect - I'm so in love with it. I can't wait for you to cook with it in your own kitchen.

As always, thank you for helping to build this business and supporting us. We're small but growing, and we always aim to feed you in ways that leave you feeling nourished and cared for with every bite.

Cheers,

*Diane*

PS: If you love Balanced Bites, be sure to tell a friend about us - that's how we grow best, through your word-of-mouth endorsements - we appreciate you!

## BRAND NEW ON THE MENU



**Beef Taco Bake Melt**  
with Pico de Gallo



**Chicken Piccata**  
with Spinach & Cauliflower Rice



**Dumpling Meatballs**  
with Bok Choy & Coconut  
Cauli-Rice

## BACK ON THE MENU



## WHAT'S ON THE MENU

**Al Pastor Pork**  
with Cilantro Cauliflower Rice

**BBQ Pulled Pork**  
with Smoky Sweet Potatoes  
& Grilled Seasonal Veggies

**Beef Taco Bake Melt**  
with Pico de Gallo

**Butter Chicken**  
with Yellow Cauliflower Rice

**Charlotte's Vietnamese  
Pork & Cabbage**  
with Roasted Carrots

**Chicken Enchilada Bake**  
with Cashew "Cheese" Sauce

**Chicken Piccata**  
with Spinach & Cauliflower Rice

**Cilantro Lime Chicken**  
with Sweet Potatoes, Grilled Onions,  
& Avocado Crema

**Dumpling Meatballs**  
with Bok Choy & Coconut Cauli-Rice

**Italian Style Stuffed Bell  
Peppers**  
(Beef & Turkey)

**Mary's Blueberry BBQ Beef**  
with Brussels Sprouts & Mashed Parsnips

**Meatballs Marinara**  
over Mashed Potatoes & Kale

**Mediterranean Chicken  
Bowl**  
with Tahini Sauce

**Sloppy Joe Chili**

**Spaghetti Squash  
Bolognese Bake**

**Want more carbs  
in your meals?**

Add-on a 5-pack of our broth-cooked rice to your next order. Each fully cooked portion is 1/2 cup, and contains 23g of carbohydrates.

For more information on  
our current menu, visit  
[balancedbites.com](https://balancedbites.com).

# Breakfast Fried Rice

PREP TIME: 20 minutes | COOK TIME: 30 minutes | YIELD: 4 servings

4 slices bacon, chopped  
1/4 lb ground pork,  
mixed with 2 tsp  
GARLIC STIR FRY  
Spice Blend  
1/2 cup diced red onions  
1/2 cup diced carrots  
1/2 cup diced bell  
peppers  
4 cloves garlic, smashed  
with the side of a knife  
3 cups cooked white rice  
1/4 cup coconut aminos  
2-3 dashes of fish sauce  
2 tbsp ghee  
4 large eggs

## FOR GARNISH

Sliced green onions  
Chopped fresh cilantro  
Sesame seeds

Cook the bacon in a large skillet over medium heat for about 5 minutes, until done to your liking. Remove the bacon from the skillet and set aside; leave the grease in the pan.

Crumble the sausage meat into the pan and cook for 9 to 10 minutes, until the sausage is cooked through. Set aside on the plate with the bacon.

Add the onions, carrots, and bell peppers to the skillet. Cook for 8 to 10 minutes, until the onions start to turn translucent and the peppers and carrots start to lose their crunch. Add the garlic and cook for 1 to 2 minutes longer, until the garlic starts to turn golden brown.

Add the sausage and bacon back to the skillet, then add the rice, coconut aminos, and fish sauce and stir to combine. Cook for 4 to 5 minutes, until the rice is browned and heated through.

Create a well in the middle of the mixture and add the ghee. Once the ghee has melted, crack the eggs in the well and use a wooden spoon to lightly scramble the eggs for 1 to 2 minutes.. Gently fold the eggs into the fried rice.

Serve garnished with sliced green onions, chopped cilantro, and sesame seeds.



## Get to know our new menu items

In addition to all the delicious meals that we've already shared with you, we have three \*new\* meals we can't wait to share with you!



### **BEEF TACO BOWL MELT** *with Pico de Gallo*

Modeled after a fast-food favorite, this dish is great on its own or eaten nachos-style with some chips. We add the house-shredded cheese cold, so when you heat and eat you'll have freshly melted cheese to enjoy on-the-spot.



### **CHICKEN PICCATA** *with Spinach & Cauliflower Rice*

For some Italian-style comfort, this dish includes a first for us - breaded chicken using a combination of almond and coconut flours with our own seasoning blend. It's light and delicious with a lemony white wine sauce and capers, served over cauliflower rice with spinach - it's divine.



### **DUMPLING MEATBALLS** *with Bok Choy & Coconut Caul-rice*

Paired with coconut cauli-rice and bok choy, these meatballs combine shrimp with pork as well as a version of our new GARLIC STIR FRY spice blend to bring you an all-around Asian-inspired dish that sings with flavor.

Don't forget to tag us on Instagram @balancedbites when you receive your box & eat your Meals!

# 3 Steps to Getting Your Kids to Eat a Wholesome Lunch

Now that kids are back in school, I'm sharing my top 3 steps to getting your kids to eat a wholesome lunch!

**Your best bet in getting your kids to eat a wholesome lunch is to get them involved.** Sure, they may reject some of your new ideas at first, but when kids are able to participate hands-on with the process of selecting and cooking the food they eat (and growing it, too, if you can start a garden!), they're far more receptive to trying new things and admitting to liking them.

**These three steps are simple, easy ways to help kids get involved:**

**Let them choose the foods for their lunch box.** If they gravitate towards treats, have them also choose something more robust, like a protein or veggie to go with it.



**Get them involved at the grocery store.** If you bring them with you, ask them to find a specific ingredient (that you know they can reach!) in the produce section, or have them pick a vegetable or fruit—perhaps something new they haven't tried before—to bring home and use in their lunch that week. If you're ordering online or doing curbside pickup, ask them to help when you're placing the order.



**Give them kid-friendly tasks in the kitchen.** If they're very young, they can help wash veggies or tear large lettuce leaves for a salad. As they get a bit older, they can measure ingredients with you, mix salad dressings or sauces, and eventually learn to chop some things up and work with heat to cook their foods.



By getting your kids involved in the kitchen, especially when they're young, you'll transform how they look at food. You can empower them to get creative in the kitchen—cooking is a lot like a fun art project that you get to eat when it's done. They'll build kitchen confidence that will translate into broader abilities for a lifetime, and it'll take the pressure off of you as you work to keep things as nourishing as possible in the kitchen.

**Looking for the perfect addition for your little's lunch box?**

Check out our gluten-free granola, we have lots of flavors to treat any taste!

## GARNISH LIKE A PRO!

Meal	Fresh Herbs	Citrus	Other Sauces or Toppings
<b>AI Pastor Pork</b>	cilantro	lime	pickled onions*, avocado, sour cream
<b>BBQ Pulled Pork</b>	parsley		BBQ sauce
<b>Beef Taco Melt Bowl</b>	cilantro, green onion	lime	avocado, sour cream
<b>Bolognese Bake</b>	basil, parsley		SUPER GARLIC PIZZA Spice Blend
<b>Butter Chicken</b>	cilantro	lime	
<b>Chicken Enchilada Bake</b>	cilantro	lime	avocado, cashew cheeze sauce*, cheese, sour cream
<b>Chicken Piccata</b>	parsley	lemon	
<b>Cilantro Lime Chicken</b>	cilantro, parsley	lime	avocado crema*, sour cream
<b>Dumpling Meatballs</b>	cilantro, green onions		chili flakes
<b>Italian Stuffed Bell Peppers</b>	basil, parsley	lemon	cheese
<b>Charlotte's Vietnamese Pork</b>	basil, cilantro	lime	sesame seeds
<b>Mary's Blueberry BBQ Beef</b>	cilantro	lime	
<b>Meatballs Marinara</b>	basil		cheese
<b>Mediterranean Chicken Bowl</b>	cilantro	lime	sesame seeds, tahini sauce*
<b>Sloppy Joe Chili</b>	cilantro, parsley		avocado, cheese, sour cream

\*this item comes in the box with your meal



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# NEED SOME SPICE INSPIRATION?

There are so many ways that our blends make mealtime so much more simple! Save this sheet for whenever you're in a pinch — we recommend even sticking it to your fridge or inside your spice cabinet!



If you want a killer hanger steak, pork tenderloin, burgers, or anything grilled, COFFEE BBQ blend is your secret weapon!



When this blend hits your food, it'll be amoré! Try it on avocado toast, eggs, and more for the perfect finish.



Inspired by the home fries at New Jersey diners, this blend takes potatoes, burgers, chicken, and beyond to the next level!



The perfect junk-free taco blend your whole family will love!



Perfect for a family-friendly taco night and also fantastic in Mediterranean dishes.



The ultimate easy button for adding a pop of Italian flavor - and for making sausage out of any ground meat.



When I dip, you dip, we dip! SUPER ONION is perfect for a junk-free onion dip!



A warm and flavorful all-purpose blend, this is the perfect spice for roasting anytime - and for holiday cooking!



Simple, but perfect! Season lamb or marinate chicken or pork with EVOO, lemon juice, and GREEK blend for an amazing meal.



The best RANCH ever! The flavors we all grew up loving, but without the junk or fillers.



The super hero for your cooking has arrived in SUPER GARLIC.



When you don't know what to season with, TRIFECTA is always the right answer. Grab this one jar and simplify your cooking.



A SUPER size of one of our best-selling blends that's all about next-level flavor.



Stir fry night, simplified. Use this blend for any Asian style dish, to make sauces, in fried rice, and of course in any stir fry.



Bring the coffee shop home or level-up your baking with our richly flavored sugars.



Visit us online 24/7 at [balancedbites.com](https://balancedbites.com)  
or in our San Francisco shop at 2181 Union Street.