



DELIVERING DINNERTIME, SIMPLIFIED | VOLUME 10 | SUMMER 2022

Summer is here, and so are longer days. But, longer days don't always mean more time to meal prep, right? Don't forget that Balanced Bites Meals are perfect for busy days when getting a meal on the table just isn't happening. And, our spice blends make cooking (and grilling) so easy. Just season your meat and veggies, add some of your favorite cooking fat like EVOO, then cook until done - boom. No fussing required.

This season we're changing it up and bringing back lots of your favorites to the menu - with grilling, brightness, and summery comfort food in mind.

And, once again we're celebrating the launch of another brand new spice blend - one you've asked for nearly since we launched - GARLIC LEMON PEPPER.

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. **And don't forget that you can earn discounts for referrals, just login to your Bite Bucks account to get your link.**



## Introducing GARLIC LEMON PEPPER Spice Blend

Amazing on chicken, fish, veggies, or anything grilled, GLP is sure to be a staple in your kitchen!

GARLIC LEMON PEPPER has tons of robust garlicky flavor, complemented with sharp black pepper and bright lemon. It's a flavor punch for any grilled food—perfect for grilling season!

For recipe inspo using GLP (and all of our other spice blends), visit [balancedbites.com](https://balancedbites.com)!



## WHAT'S ON THE MENU

**Aubrey's Buffalo Chicken**  
*with Ranch Cauliflower & Sweet Potato Mash*

**BBQ Beef & Bacon Burgers**  
*with Potatoes & Grilled Seasonal Veggies*

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

**Cassy's Sticky Honey**

**Garlic Pork**  
*with Coconut Cauliflower Rice & Roasted Broccoli*

**Chicken Piccata**  
*with Spinach & Cauliflower Rice*

**Creamy Pesto Spaghetti Squash Bake**

**Jenny's Beef Picadillo**  
*with Mashed Potatoes & Broccoli*

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

**Peruvian Shredded Beef**  
*with Plantains & Cilantro Cauli-Rice*

**Sloppy Joe Chili**  
*with Crimini Mushrooms*

**Spaghetti Squash Bolognese Bake**

**Stacy's BBQ Chicken**  
*with Peaches & Balsamic Root Veggies*

**Super Garlic Thai Pork**  
*with Stir-Fried Veggies*

**Thai Green Curry Chicken**  
*with Carrots & Coconut Cauli-Rice*

**White Chicken Chili**

## 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.

## Garlic Lemon Roasted Asparagus

1 lb asparagus, trimmed and rinsed

1 tbsp extra-virgin olive oil

1 tsp GARLIC LEMON PEPPER Spice Blend

Zest of 1 lemon

Juice of 1/2 lemon (save remaining half to cut into wedges for serving)

Preheat the oven to 375°F.

Place the asparagus on a rimmed baking sheet and toss with olive oil. Sprinkle with the spice blend and toss so the asparagus is evenly coated.

Roast for 10-15 minutes, until bright green and fork-tender. You'll need less time for thin asparagus, more for very thick asparagus.

Remove the asparagus from the oven and finish with the lemon zest and lemon juice.



## Garlic Lemon Butter Shrimp Pasta with Asparagus

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

1 recipe of Garlic Lemon Roasted Asparagus, cut on bias in 1" pieces

2 dozen large shrimp

2 tbsp GARLIC LEMON PEPPER Spice Blend

3 tbsp ghee or butter

Zest & juice of 1 lemon

2/3 cup of chicken broth

Splash of white wine (optional)

1 lb of cooked pasta of choice

### FOR GARNISH

1/4 cup grated or shaved parmesan cheese

Lemon wedges



Prepare the asparagus and bake according to the instructions at left.

While the asparagus is roasting, if your shrimp are not peeled and deveined, peel and devein the shrimp. To do this, first pull the tail off, then remove the rest of the shell and the dark vein that runs along the back of the shrimp, you may need to slice along the back of the shrimp, you may need to slice along the back of the shrimp to do this. Lay the shrimp on a paper towel and pat dry on each side. In a large bowl, toss with the spice blend, so the shrimp are fully coated.

Melt the ghee over medium heat in a large skillet. Place the shrimp in the hot pan, with at least 1 inch of space between them. Sear the shrimp for 1-2 minutes on each side, until they're pink all the way through. Once all the shrimp are cooked, remove them from the pan. Turn the heat to medium-high and add the lemon juice, zest, and broth (plus the wine, if using) to deglaze the pan. Use a wooden spoon to release the seared bits from the bottom of the pan to flavor the sauce. Reduce the remaining liquid over high heat for 2-3 minutes, stirring often, until the sauce is thick enough to coat the back of a spoon.

Remove the asparagus from the oven and cut on a bias in 1" pieces, meaning, cut the asparagus at a slight angle. Toss the asparagus with the cooked pasta. Serve the shrimp over the pasta, then spoon the sauce over the shrimp and garnish with the shaved parmesan cheese and a squeeze of lemon.



## Simple Ranch Dressing

3/4 cup full-fat sour cream

Juice of 1 large lemon

3 tbsp RANCH Spice Blend

2 tbsp extra-virgin olive oil

1 heaping tbsp chopped fresh chives, optional

1 clove garlic, minced or grated

In a small mixing bowl, whisk together all the ingredients until well mixed.

### SWITCH IT UP!

Make this dip with SUPER ONION, SUPER GARLIC, or SUPER GARLIC PIZZA for a little extra kick!



## GARNISH LIKE A PRO!

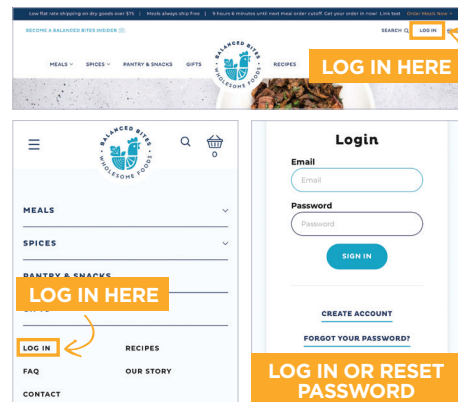
| Meal                                    | Fresh Herbs            | Citrus | Other Sauces or Toppings           |
|---|------------------------|--------|------------------------------------|
| <b>Aubrey's Buffalo Chicken</b>         | cilantro               | lemon  | dairy-free ranch*                  |
| <b>BBQ Beef &amp; Bacon Burgers</b>     | parsley                |        | BBQ sauce, and/or cheese           |
| <b>BBQ Pulled Pork</b>                  | parsley                |        | BBQ sauce                          |
| <b>Cassy's Sticky Honey Garlic Pork</b> | cilantro, green onion  | lime   | chili flakes, sesame seeds         |
| <b>Chicken Piccata</b>                  | parsley                | lemon  |                                    |
| <b>Jenny's Beef Picadillo</b>           | cilantro, parsley      | lime   | sour cream                         |
| <b>Mary's Blueberry BBQ Beef</b>        | cilantro               | lime   |                                    |
| <b>Peruvian Beef</b>                    | cilantro               | lime   |                                    |
| <b>Pesto Spaghetti Squash Bake</b>      | basil, parsley         | lemon  | pecorino romano, parmesan          |
| <b>Sloppy Joe Chili</b>                 | cilantro               |        | avocado, cheese, and/or sour cream |
| <b>Spaghetti Squash Bolognese Bake</b>  | basil, parsley         |        | SUPER GARLIC PIZZA Blend           |
| <b>Stacy's BBQ Chicken</b>              | cilantro               | lime   |                                    |
| <b>Super Garlic Thai Pork</b>           | cilantro               | lime   | sesame seeds                       |
| <b>Thai Green Curry Chicken</b>         | green onions, cilantro | lime   |                                    |
| <b>White Chicken Chili</b>              | cilantro               | lime   | avocado, sour cream                |

\*this item comes in the box with your meal

## Save money on your orders!

Bite Bucks is our loyalty program, so make sure to sign up if you haven't already!

With Bite Bucks, you accrue points with each purchase to earn discounts and free product rewards. You also earn points for referring friends, writing product reviews, following @balancedbites on social media, and subscribing to our newsletter.

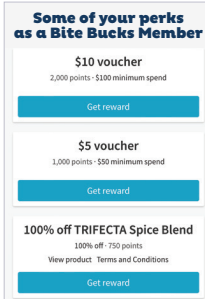


If you've never used Bite Bucks in the past, you may have checked out as a guest or used Shop Pay. To join, simply head to our navigation and tap "Login." From there, create an account. You can continue to use ShopPay, but you will need to set up your account once and login to it when you place orders.

Simply create an account with the same email address you've used for past orders. Bite Bucks will be also be awarded for historic purchases up to 90 days in the past!

**Think you already have an account?** Click to Login and click "Forgot Your Password." Enter the email address you used to place the order. If you've previously set up an account, you'll get an email sent to you to reset your password.

**Need help?** Email our team to hello@balancedbites.com if you're having trouble - we can help out.



## TIER PERKS

|   | BRONZE | SILVER | GOLD |
|---|--------|--------|------|
| Dollar off rewards                            | ●      | ●      | ●    |
| Free product rewards                          | ●      | ●      | ●    |
| Earn points for referring friends             | ●      | ●      | ●    |
| Earn points for product reviews               | ●      | ●      | ●    |
| Earn points for following us on social        | ●      | ●      | ●    |
| Earn points for subscribing to our newsletter | ●      | ●      | ●    |
| Earn double points                            |        | ●      | ●    |
| Earn birthday points                          |        | ●      | ●    |
| Earn BONUS points for referring friends       |        | ●      | ●    |
| Earn BONUS points for product reviews         |        | ●      | ●    |
| Earn BONUS birthday points                    |        |        | ●    |
| Free shipping reward                          |        |        | ●    |

# How I build drool-worthy salads—and you can too!

*I'm a firm believer in the notion that we eat with our eyes first, so keeping your food visually exciting is critical in my world. Bright colors, different shapes and textures, and a bit of pop here and there go a long way towards keeping your senses engaged with a drool-worthy salad.*

## 6. Add extra fat and texture

I very often add avocado or cheese to a salad as I love the creamy texture it adds as well as the boost of healthy fats and fiber. You can also opt for chopped or slivered nuts or some seeds like sunflower or pepitas.

## 4. Add protein

I try to get at least 4oz of protein on a salad, often more like 5-6oz. I recommend a \*minimum\* of 3oz and go up from there for your needs.

## 1. Start with greens

I typically use mixed greens, sometimes romaine, and sometimes whatever else looks good or have on-hand.

I may even finely chop some kale and mix it in there... but it needs to be massaged first to soften (and I'd always try to use some fruit to balance the bitterness of it.)

## 7. Dressing

My typical dressing is some variation of the following:

- 1/4 cup extra virgin olive oil
- 1/4 cup acid (vinegar or citrus juice like lemon, lime, or orange)
- 1/2-1 tsp mustard
- 1 tsp spice blend of choice

Whisked together.

If I'm feeling like kicking it up or making it interesting, I'll add other seasonings like some garlic powder or maybe fresh herbs. If the salad is going to be extra bitter (kale or lots of spicy veggies). I may add a touch of honey or pomegranate molasses to the dressing to mellow it out against the veggies.

## 5. Add fruit (if you like)

I like a little touch of natural sweetness in my salads to balance the acidity of the dressing. Some fruit I use often includes: pomegranate seeds, berries, mango, pineapple, apples, and orange segments.

## 3. Add colorful veggies

These can be raw or cooked; I typically do things like carrots, cabbage, bell pepper (even tastier roasted), beets, and tomato.

## 2. Add more greens

If we are well-stocked, I'll add sprouts (like broccoli sprouts, alfalfa sprouts, or pea shoots), micro-greens or herbs (like cilantro or basil) to the salad.



## NEED MORE INSPO?

Sign up to be a Balanced Bites Insider, and we'll send you *Diane's Salad Madness* which includes 100+ salad combos, and 19 salad dressing recipes!