

Transform Your Meal Planning with the Chef's Choice Meal Planner!

3 Sentences to make meal planning easy and make you sound like a chef!

1. For tonight's dinner, we have **(Cooking Method)** **(Protein)** paired with **(Starch)**, drizzled with **(Sauce)**, and served alongside **(Vegetable)**
2. Enjoy our **(Cooking Method)** **(Protein)** over **(Starch)**, topped with **(Sauce)**, and a side of **(Vegetable)**
3. Tonight's meal features **(Cooking Method)** **(Protein)** with **(Starch)**, accompanied by **(Sauce)**, and **(Vegetable)**

COOKING METHOD

Dry-Heat Cooking Methods

1. **Grilled:** Cooking food over direct heat, usually on a grill.
2. **Broiled:** Cooking food under direct heat, typically in an oven.
3. **Roasted:** Cooking food in an oven with dry heat, often at high temperatures.
4. **Baked:** Cooking food in an oven with dry heat, typically at moderate temperatures.
5. **Sautéed:** Cooking food quickly in a small amount of oil or butter over high heat.
6. **Pan-Fried:** Cooking food in a small amount of oil in a pan over medium to high heat.
7. **Stir-Fried:** Cooking small pieces of food quickly at high heat in a small amount of oil, often in a wok.
8. **Deep-Fried:** Cooking food by submerging it completely in hot oil.
9. **Smoked:** Cooking food slowly using indirect heat and smoke from wood or charcoal.

Moist-Heat Cooking Methods

1. **Poached:** Cooking food gently in liquid at a low temperature, below simmering.
2. **Steamed:** Cooking food using steam, often with a steamer basket or rack.
3. **Blanched:** Briefly boiling food, then immediately plunging it into ice water to stop the cooking process.
4. **Braised:** Cooking food slowly in a small amount of liquid, covered, often after browning it first.
5. **Stewed:** Cooking food slowly in a large amount of liquid, usually in a covered pot.

Combination Cooking Methods

1. **Sous Vide:** Cooking food in a vacuum-sealed bag submerged in a temperature-controlled water bath for an extended period.
2. **Slow Cooking:** Cooking food slowly at low temperatures, often in a slow cooker or crockpot.

VEGETABLE

Leafy Greens

- Spinach
- Kale
- Swiss chard
- Romaine lettuce
- Arugula
- Collard greens
- Mustard greens

Cruciferous Vegetables

- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Bok choy
- Kohlrabi

Root Vegetables

- Carrots
- Beets
- Turnips
- Radishes
- Parsnips
- Rutabagas

Alliums

- Onions
- Garlic
- Shallots
- Leeks
- Green onions (scallions)
- Chives

Squashes and Gourds

- Zucchini
- Yellow squash
- Butternut squash
- Acorn squash
- Spaghetti squash
- Pumpkin

Nightshades

- Tomatoes
- Bell peppers
- Eggplant
- Chili peppers

Legumes

- Green beans
- Snap peas
- Snow peas

Other Vegetables

- Cucumbers
- Celery
- Asparagus
- Mushrooms
- Artichokes
- Okra
- Corn
- Avocado



ADJECTIVES TO ADD

General Taste and Flavor

- Savory
- Sweet
- Spicy
- Tangy
- Rich
- Zesty
- Flavorful
- Aromatic
- Piquant
- Delectable

Texture

- Crispy
- Crunchy
- Tender
- Juicy
- Succulent
- Velvety
- Creamy
- Flaky
- Buttery
- Smooth

Freshness

- Fresh
- Vibrant
- Crisp
- Lush
- Ripe
- Garden-fresh

Temperature

- Hot
- Warm
- Chilled
- Cool
- Refreshing

Preparation Style

- Grilled
- Roasted
- Sautéed
- Baked
- Seared
- Glazed
- Marinated
- Smoked
- Braised
- Poached

Appearance

- 1. Golden
- 2. Glowing
- 3. Colorful
- 4. Charred
- 5. Glossy
- 6. Caramelized

Indulgence

- 1. Decadent
- 2. Heavenly
- 3. Indulgent
- 4. Luxurious
- 5. Gourmet

Exotic

- 1. Exotic
- 2. Fusion
- 3. Authentic
- 4. Traditional
- 5. Artisanal

PROTEIN

Land

1. Beef
2. Pork
3. Chicken
4. Lamb
5. Turkey
6. Duck
7. Venison
8. Bison

Sea

1. Fish (i.e. Salmon, Trout, Tuna, Halibut, Cod, etc)
2. Shrimp
3. Scallop
4. Crab
5. Clams
6. Mussels
7. Squid

Vegetarian

1. Tofu
2. Tempeh
3. Seitan
4. Beans (e.g., black beans, chickpeas, lentils)
5. Edamame
6. Peas
7. Quinoa
8. Nuts and seeds (e.g., almonds, chia seeds, flaxseeds)
9. Plant-based meat substitutes (e.g., Beyond Meat, Impossible Burger)

STARCH

Grains

1. Rice (e.g., white rice, brown rice, wild rice)
2. Quinoa
3. Barley
4. Bulgur
5. Farro
6. Millet
7. Couscous
8. Polenta

Pasta and Noodles

1. Spaghetti
2. Penne
3. Fettuccine
4. Macaroni
5. Linguine
6. Orzo
7. Rice noodles
8. Egg noodles
9. Soba noodles

Potatoes

1. Russet potatoes
2. Yukon Gold potatoes
3. Red potatoes
4. Sweet potatoes
5. Fingerling potatoes
6. Purple potatoes
7. Yams

Bread and Bread Products

1. White bread
2. Whole wheat bread
3. Sourdough bread
4. Baguette
5. Pita bread
6. Naan
7. Tortillas (flour and corn)
8. Bagels
9. Rolls and buns

Other Starches

1. Corn
2. Peas
3. Lentils
4. Chickpeas (garbanzo beans)
5. Black beans
6. Kidney beans
7. Plantains

SAUCES

Classic Sauces

1. Tomato Sauce
2. Marinara Sauce
3. Alfredo Sauce
4. Pesto
5. Béchamel Sauce
6. Hollandaise Sauce
7. Velouté Sauce
8. Espagnole (Brown Sauce)

Asian Sauces

1. Soy Sauce
2. Teriyaki Sauce
3. Hoisin Sauce
4. Oyster Sauce
5. Sweet and Sour Sauce
6. Peanut Sauce
7. Sriracha
8. Ponzu Sauce

BBQ and Grilling Sauces

1. BBQ Sauce
2. Chimichurri
3. Buffalo Sauce
4. Ranch Dressing
5. Blue Cheese Dressing

Mediterranean and Middle Eastern Sauces

1. Tzatziki
2. Hummus
3. Tahini
4. Baba Ganoush
5. Harissa

Dressings and Vinaigrettes

1. Balsamic Vinaigrette
2. Caesar Dressing
3. Italian Dressing
4. Honey Mustard Dressing
5. Raspberry Vinaigrette

Creamy and Dairy-Based Sauces

1. Cheese Sauce (e.g., Cheddar, Blue Cheese)
2. Mornay Sauce
3. Cream Sauce
4. Yogurt Sauce

Savory and Umami Sauces

1. Mushroom Sauce
2. Red Wine Reduction
3. Gravy
4. Demi-Glace

Spicy and Tangy Sauces

1. Hot Sauce
2. Chili Sauce
3. Remoulade
4. Tartar Sauce
5. Aioli

Herb and Citrus Sauces

1. Lemon Garlic Sauce
2. Herb Butter Sauce
3. Gremolata



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