

Kitchen Revival Meal Template

One Pot Wonder Ideas



Protein Source

- CHICKEN
- TOFU
- BEANS
- BEEF
- PORK
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Cheese

- CHEDDAR CHEESE
- CREAM CHEESE
- COTTAGE CHEESE
- PARMESAN CHEESE
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Fat Source

- BUTTER
- LARD
- OLIVE OIL
- TALLOW
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Vegetable

- CORN
- BROCCOLI
- CARROT
- BEANS
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Bread | Pasta | Grains

- NOODLES
- ORZO NOODLES
- RAMEN NOODLES
- RICE
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Toppings

- CHEESE
- BREADCRUMBS
- FRIED ONIONS
- BACON
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