



How to Compose and Recompose Dinner

LESSONS FROM THE MINIMALIST KITCHEN

Coming up with new dinner ideas can feel impossible. Follow this 5 step template for composing a meal. Then, recompose that meal idea into 5 other meals. Give your need for variety a bit of context.

STEP 1

Choose meal type.

THEN SELECT A CARBOHYDRATE

Grain Bowl Rice or Quinoa

Noodle Bowl Soba or Rice

Pasta All-Purpose Pasta

Salad Croutons

Tacos Tortillas

Wraps Tortillas or Lettuce

Sandwich Bread

STEP 2

Choose protein(s).

Plant-based Beans or Lentils

Meat Chicken, Beef, or Bacon

Fish Salmon or White Fish

Eggs Sunnyside or Scrambled

STEP 3

Choose veggie(s).

THEN SELECT A COOKING METHOD

Raw Sliced or Julienned

Sauteed Cast Iron Skillet

Pickled Homemade or Store Bought

Steamed Steamer Basket

Roasted Hot Oven

STEP 4

Choose sauce.

Pesto

Salsa

Vinaigrette

Crema/Yogurt

Peanut

Tahini

Soy

Tomato

Bechamel/Cheese

Enchilada

Mayo

STEP 5

Choose garnish(s).

Herbs

Cheese

Nuts

Seeds

Heat