MEAL PREP MADE EASY

Quick & Easy Recipes Made With **FLAVRBOMBS™**



MICHAEL EDWARDS

Co-Founder of FLAVRBOMBS™

FLAVR BOMBS™

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MICHAEL EDWARDS

Co-Founder of FLAVRBOMBS™

WITH JEREMY PANG



IN MEMORY OF OUR CO-FOUNDER, CARLOS SOARES

This book is dedicated to Carlos Soares—my co-founder and dear friend. Carlos passed away suddenly shortly after we launched FLAVRBOMBS™, a loss that was devastating to his family, friends, and everyone who knew him. This book is written in his memory and honor.

Carlos was more than just a partner in this journey—he was a guiding light, full of warmth, creativity, and a deep, genuine care for others. Beyond his talents as an accomplished chef, he was an extraordinary designer and creative mind. His vision and artistry were instrumental in shaping FLAVRBOMBS™ into what it is today.

Carlos will be profoundly missed, not just by me, but by all who had the privilege of knowing him. His legacy will live on—not only through food but through his unwavering commitment to generosity, creativity, and uplifting those around him.

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INTRODUCTION

FLAVRBOMBS™ was born out of my own personal health transformation. After losing over 60 lbs, I realized that healthy cooking was the key to weight management—but eating the same meals over and over became boring. That's when I had an idea: what if I could transform my meals without changing what I ate or how I cooked? That's how FLAVRBOMBS™ came to life. We worked hard to create eight incredible spice blends inspired by global flavors, making it effortless to add excitement to any dish. Just add a scoop, and that's it.

This book is all about simplicity. You'll learn how to cook quick, easy meals with FLAVRBOMBS™, discover our eight bold flavors, and get inspired by 80+ recipes. But remember, recipes are just a starting point. They're all amazing, but FLAVRBOMBS™ is about creativity—mix and match, experiment, and make it your own. Just a scoop here or there can completely transform your meal.

It's time to feel confident in the kitchen. You can stay on track with your diet while still enjoying bold, delicious flavors. You deserve amazing food without compromise—without long grocery lists, complicated steps, or hours in the kitchen. FLAVRBOMBS™ makes it easy.

Let's get cooking!

Michael Edwards
Co-Founder of FLAVRBOMBS™


ZESTY
HERBS
ZESTY
HERBS


Holy

COOKING BASICS

FLAVRBOMBS™ was created as a simple cooking system to make healthy meals packed with incredible flavor. This book will guide you through everything you need to know to start cooking with FLAVRBOMBS™—from understanding our blends and how to use the scoop system to our cheat sheet for adding just the right amount of seasoning to every meal.

You’ll also learn essential cooking techniques for everyday staples and find inspiration for meal prepping and healthy cooking. Whether you're a beginner looking for an easy way to elevate your meals or an experienced cook wanting to simplify your routine, this section will give you the tools to cook with confidence and create delicious, nutritious dishes effortlessly.

THE FLAVORS

FLAVRBOMBS™ blends were created to make cooking easier, more flavorful, and accessible for everyone. We set out to craft seasonings that bring incredible taste using only 100% natural, high-quality ingredients—without fillers or unnecessary additives.

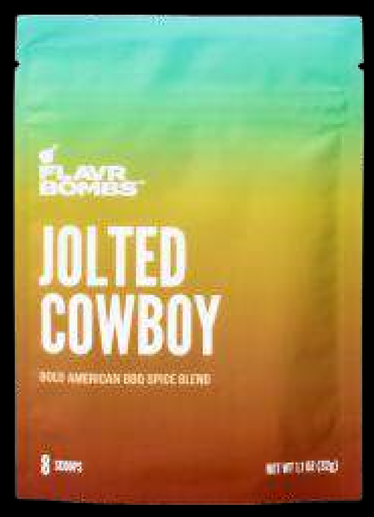
Each blend is carefully designed with complex layers of flavor, combining dozens of herbs and spices to replace an entire spice rack in one simple scoop. The mild heat profiles ensure that every member of the family can enjoy them, adding just the right amount of warmth without overpowering your meals.

Inspired by authentic global flavors, our blends offer a familiar twist that makes them perfect for everyday cooking. Whether you’re seasoning meats, roasting veggies, or putting together a quick meal, FLAVRBOMBS™ makes it effortless to create delicious, exciting dishes every time.



HOLY CARNITAS

Festive Mexican
Spice Blend



JOLTED COWBOY

Bold American BBQ Blend
with Ground Coffee



KOREAN BBQ

Korean Spice Blend with
Toasted Sesame Seeds



NONNA'S ITALIAN

Authentic Italian Herb &
Spice Blend



PIRI PIRI

Portuguese Sweet Pepper
Spice Blend



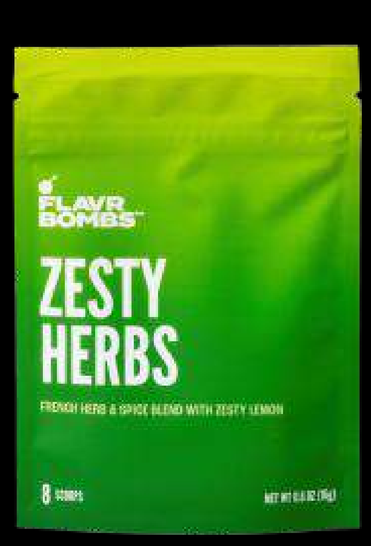
SWEET JERK

Authentic Sweet Caribbean
Spice Blend



TASTY TANDOORI

Authentic Indian
Spice Blend



ZESTY HERBS

French Herb & Spice Blend
with Zesty Lemon

THE CHEAT SHEET

If there’s one thing to take away from this book, it’s this cheat sheet—it’s your secret weapon in the kitchen and the foundation for all our cooking recipes and techniques.

The FLAVRBOMBS™ scoop system is designed to make cooking effortless. Each blend is perfectly portioned so you can swap flavors seamlessly, keeping meals exciting without the guesswork. One scoop equals about one teaspoon, making it easy to measure and season any dish with precision.

Once you learn our simple ingredient ratios, you can instantly create hundreds of different meal combinations without even needing a recipe. Whether you’re cooking meat, veggies, grains, or eggs, this guide ensures you always get the perfect amount of seasoning. Master this, and you’ll never need to second-guess your flavors again—just scoop, cook, and enjoy.

COOKING CHEAT SHEET

FLAVR BOMBS™

Follow these quick and simple ratios to add the perfect amount of flavor to every dish!



Steak
One scoop per steak



Chicken Breast
One scoop per breast



Thighs & Drums
One scoop per two pieces



Ground Meat
One scoop per lb



Fish
One scoop per two pieces



Pork Chops
One scoop per chop



Rice
One scoop per cup (uncooked)



Veggies
One scoop per two servings



Eggs
Just a pinch or two



Frying & Sautéing

Cook first, then add spices at the end. This will cook your food better, prevent the spices from burning and gives way more flavor to your food!



Baking & Roasting

Add your spices first then cook your food. This will naturally unlock aroma and flavor as the temperature rises and infuse your food with taste!



Air Frying

Season first then cook. The constant movement of air inside the fryer protects the outer crust of your food and minimizes the risk of burning.

FREESTYLE RECIPE

EASY CHICKEN

PREP TIME - 5 MIN | COOK TIME - 25 MIN | PORTIONS - SERVES 4

Baked chicken breast is a meal-prep staple that can be used in countless ways throughout the week. This simple method ensures juicy, well-seasoned chicken that can be sliced, shredded, or served whole in salads, wraps, grain bowls, tacos, or sandwiches. By batch-cooking multiple chicken breasts at once, you can mix and match flavors by using different FLAVRBOMBS™ blends after cooking. This keeps meals exciting without adding extra effort. Prep once, eat all week—just switch up the seasoning for a whole new dish every time.

INGREDIENTS

4 boneless, skinless chicken breasts

1 tbsp olive oil

½ tsp salt

1 scoop of any FLAVRBOMBS™ blend

EQUIPMENT

Baking sheet, parchment paper or foil, meat thermometer, tongs

NUTRITION

ENERGY	210 CAL
PROTEIN	32 G
CARBS	1 G
FAT	7 G

PREPARE THE CHICKEN

Preheat the oven to 400°F (200°C).

Pat the chicken breasts dry with a paper towel to help them brown evenly.

Rub with olive oil to keep the meat moist while cooking.

Sprinkle salt evenly over both sides.

COOK THE CHICKEN

Line a baking sheet with parchment paper or foil for easy cleanup.

Place chicken breasts on the sheet, spacing them apart so they cook evenly.

Bake for 20-25 minutes until the internal temperature reaches 165°F (75°C) when checked with a meat thermometer.

FINISH & SERVE

Remove from the oven and let the chicken rest for 5 minutes to lock in juices.

Sprinkle 1 scoop of FLAVRBOMBS™ evenly over the warm chicken, gently rubbing it in so the seasoning absorbs.

Slice, shred, or store in an airtight container for use in different meals throughout the week.



FREESTYLE RECIPE

SIMPLE STEAK

PREP TIME - 5 MIN | COOK TIME - 10-15 MIN | PORTIONS - SERVES 2

Cooking a great steak is all about high-heat searing followed by gentle finishing in the oven. This method locks in moisture while developing a flavorful crust. The key step is adding FLAVRBOMBS™ at the end—while the steak is still hot in the pan—allowing the seasoning to mix with the pan juices and coat the meat evenly. This creates a bold, mouthwatering crust without burning the spices. Whether you're using Jolted Cowboy for a smoky BBQ finish or Piri Piri for a spicy kick, this technique works for any cut of steak and any FLAVRBOMBS™ blend.

INGREDIENTS

2 ribeye, sirloin, or strip steaks (1-inch thick)

1 tbsp olive oil

½ tsp salt

1 scoop of any FLAVRBOMBS™ blend

EQUIPMENT

Cast-iron or oven-safe skillet, tongs, meat thermometer

NUTRITION

ENERGY	400 CAL
PROTEIN	35 G
CARBS	28 G
FAT	1 G

PREPARE THE STEAK

Preheat the oven to 375°F (190°C).

Pat the steaks dry with a paper towel to help with browning.

Rub with olive oil to enhance the crust.

Sprinkle salt evenly on both sides.

COOK THE STEAK

Heat a skillet over high heat until very hot.

Sear the steaks for 2 minutes on each side until a golden-brown crust forms.

Transfer the skillet to the oven and cook for 5 minutes for medium-rare, adjusting for desired doneness.

FINISH & SERVE

Remove the steaks from the oven and place them back on the stovetop over low heat.

Sprinkle 1 scoop of FLAVRBOMBS™ directly onto the steaks, rubbing them into the pan juices to create a flavorful crust.

Let the steaks rest for 5 minutes before slicing.



FREESTYLE RECIPE

GROUND MEATS

PREP TIME - 5 MIN | COOK TIME - 10 MIN | PORTIONS - SERVES 4

Ground meats are one of the fastest and most versatile proteins you can cook. This method works with any ground protein—beef, turkey, chicken, or plant-based alternatives—allowing you to batch-cook a neutral base and season it differently throughout the week. The key is to cook first, then turn off the heat and mix in your chosen FLAVRBOMBS™ seasoning at the end. This ensures the spices evenly coat the meat without burning. Use Holy Carnitas for taco fillings, Korean BBQ for rice bowls, or Nonna's Italian for pasta sauces—the same base, endless meal possibilities.

INGREDIENTS

1 lb ground meat (beef, turkey, chicken, or plant-based)

1 tbsp olive oil

½ tsp salt

1 scoop of any FLAVRBOMBS™ blend

EQUIPMENT

Large skillet, wooden spoon or spatula

NUTRITION

ENERGY	250 CAL
PROTEIN	25 G
CARBS	1 G
FAT	15 G

PREPARE THE MEAT

Heat a large skillet over medium-high heat and add olive oil.

Break up the meat into small pieces as you add it to the pan.

Sprinkle salt over the meat for seasoning.

COOK THE MEAT

Let the meat brown undisturbed for 2-3 minutes before stirring.

Continue cooking and stirring until fully browned and no longer pink, about 7-10 minutes.

Drain excess fat if necessary (especially for beef).

FINISH & SERVE

Turn off the heat and immediately sprinkle 1 scoop of FLAVRBOMBS™ over the cooked meat.

Stir well to evenly coat the meat with the seasoning.

Use immediately in tacos, rice bowls, pasta, or meal prep containers.



FREESTYLE RECIPE

PERFECT RICE

PREP TIME - 5 MIN **COOK TIME - 15-40 MIN** **PORTIONS - SERVES 4**

A pot of perfectly cooked rice is the foundation of easy, stress-free meal prep. Whether you're making grain bowls, stir-fries, or serving it alongside proteins, having pre-cooked rice ready to go makes meal planning effortless. The secret to using FLAVRBOMBS™ is adding a scoop after cooking—this prevents the spices from breaking down and keeps the flavors fresh. If you're storing rice for the week, wait to season it until just before serving. Try Tasty Tandoori for an Indian-inspired side, Sweet Jerk for Caribbean warmth, or Zesty Herbs for a French-style rice pilaf. Cook once, season however you like, and enjoy all week.

INGREDIENTS

1 cup white or brown rice

2 cups water or broth

½ tsp salt

1 scoop of any FLAVRBOMBS™ blend

EQUIPMENT

Medium saucepan with lid, measuring cups, fork for fluffing

NUTRITION

ENERGY	**200 CAL**
PROTEIN	**4 G**
CARBS	**44 G**
FAT	**1 G**

PREPARE THE RICE

Rinse the rice under cold water until the water runs clear to remove excess starch.

Combine the rice and water in the saucepan and cover with the lid.

COOK THE RICE

Turn the heat to low and let the rice cook undisturbed for 15 minutes (white rice) or 40 minutes (brown rice) until all liquid is absorbed.

Turn off the heat and let the rice sit, covered, for 5 minutes to finish steaming.

FINISH & SERVE

Fluff the rice with a fork to separate the grains.

If serving immediately, mix in FLAVRBOMBS™ while the rice is warm for maximum flavor absorption.

If storing for later, leave the rice plain and add FLAVRBOMBS™ just before serving to keep the flavors fresh.



FREESTYLE RECIPE

QUICK STIR FRYS

PREP TIME - 5-10 MIN **COOK TIME - 10-15 MIN** **PORTIONS - SERVES 4**

Stir-frying is one of the fastest and most adaptable ways to cook a meal, making it a foundational technique for using FLAVRBOMBS™ in everyday cooking. The key to a great stir-fry is knowing the order: cook the protein first, remove it from the pan, then cook the vegetables in the same pan to develop flavor. Once the vegetables are tender, return the protein, mix everything together, and turn off the heat before adding FLAVRBOMBS™. This ensures the seasoning coats everything evenly without burning. Once you understand this structure, you can create endless variations using any combination of meats, vegetables, and FLAVRBOMBS™ blends to transform the dish. Try Korean BBQ with beef and broccoli, Holy Carnitas with chicken and peppers, or Piri Piri with shrimp and snap peas. The possibilities are limitless, making this one of the most valuable techniques to master.

INGREDIENTS

1 lb protein (chicken, beef, shrimp, or tofu)

2 cups mixed vegetables (bell peppers, broccoli, carrots, or snap peas)

1 tbsp olive oil

½ tsp salt

1 scoop of any FLAVRBOMBS™ blend

EQUIPMENT

Large skillet or wok, tongs or spatula

NUTRITION

ENERGY	**280 CAL**
PROTEIN	**30 G**
CARBS	**12 G**
FAT	**10 G**

PREPARE THE INGREDIENTS

Cut the protein into bite-sized pieces for quick, even cooking.

Chop the vegetables into uniform sizes to ensure they cook at the same rate.

Preheat the pan over medium-high heat before adding oil.

COOK THE PROTEIN

Add ½ tbsp of oil to the pan and swirl to coat.

Cook the protein in a single layer, stirring occasionally, until fully cooked (3-5 minutes for shrimp, 5-7 minutes for chicken or beef).

Remove from the pan and set aside.

COOK THE VEGETABLES

Add the remaining ½ tbsp of oil to the same pan.

Stir-fry the vegetables for 3-5 minutes until tender-crisp.

FINISH & SERVE

Return the cooked protein to the pan and toss everything together.

Turn off the heat and sprinkle 1 scoop of FLAVRBOMBS™ over the stir-fry, mixing well to coat evenly.

Serve immediately over rice or noodles.



FREESTYLE RECIPE

ONE SHEET MEALS

PREP TIME - 5-10 MIN **COOK TIME - 25-30 MIN** **PORTIONS - SERVES 4**

Sheet pan meals are perfect for hands-off, meal-prep-friendly cooking. By roasting proteins and vegetables on one pan, you get deep, caramelized flavors with minimal cleanup. The secret to using FLAVRBOMBS™ is to season after roasting—this prevents the spices from burning in the oven and keeps their flavor vibrant. This method works for chicken, fish, tofu, or even chickpeas, paired with your favorite vegetables. Use Jolted Cowboy for smoky BBQ flavors, Piri Piri for a fiery finish, or Holy Carnitas for a Mexican-inspired meal. With one simple technique, you can create completely different meals just by changing the seasoning.

INGREDIENTS

1 lb protein (chicken thighs, fish fillets, tofu, or chickpeas)

3 cups mixed vegetables (zucchini, bell peppers, potatoes, broccoli, or carrots)

1 tbsp olive oil

½ tsp salt

1 scoop of any FLAVRBOMBS™ blend

EQUIPMENT

Large baking sheet, parchment paper or foil, tongs or spatula

NUTRITION

ENERGY	**400 CAL**
PROTEIN	**40 G**
CARBS	**35 G**
FAT	**12 G**

PREPARE THE INGREDIENTS

Preheat the oven to 400°F (200°C).

Cut the protein and vegetables into even-sized pieces for even cooking.

Toss everything in olive oil and salt to help with roasting.

Add 2-4 scoops of FLAVRBOMBS™ and mix until evenly coated.

COOK THE MEAL

Line a baking sheet with parchment paper or foil for easy cleanup.

Spread everything in a single layer to allow proper browning.

Roast for 25-30 minutes, flipping halfway through, until the protein is cooked and the vegetables are tender.

FINISH & SERVE

Serve immediately, or store for meal prep.




FLAVR BOMBS™
HOLY
CARNITAS
FESTIVE MEXICAN SPICE BLEND

HOLY CARNITAS

I love slow-cooked carnitas, but let’s be honest—nailing that perfect balance of citrusy, smoky, and savory flavors takes some work. That’s why I created Holy Carnitas—it’s got everything you need to get that deep, rich flavor in just one shake. It’s like an elevated taco seasoning that focuses on flavor and quality ingredients rather than just salt and heat. Whether you’re making classic pork carnitas, seasoning chicken for tacos, or adding a little something extra to roasted potatoes, this blend brings that authentic Mexican street food taste without needing a long marinade or a ton of ingredients.

FLAVOR PROFILE

Mexican-Inspired

CALORIES

10 calories per serving

TASTES GREAT ON

- Chicken
- Beef
- Pork
- Vegetables
- Rice
- Eggs

INGREDIENTS

- Cumin
- Chilli
- Sumac
- Paprika
- Oregano
- Basil
- Sea Salt

CHEF CARLOS' SIGNATURE RECIPE



HOLY CARNITAS STEAK WITH MEXICAN-STYLE RICE & SAUTÉED VEGGIES

PREP TIME - 20 MIN | COOK TIME - 20 MIN | PORTIONS - SERVES 2

This Holy Carnitas Steak recipe combines the robust flavours of perfectly pan-seared beef with the aromatic blend of Holy Carnitas FLAVRBOMBS™. Served alongside fragrant Mexican-style rice and tender sautéed vegetables, this dish offers a delicious and well-balanced meal. The rich spices infuse the steak with incredible depth, while the rice and vegetables add a touch of freshness and vibrancy. Perfect for any dinner occasion, this easy-to-prepare recipe brings a taste of Mexican cuisine to your table, making it a new favourite for both family dinners and special gatherings.

INGREDIENTS

2 12 oz New York striploin steaks

1 Cup of white rice

2 Sweet peppers

½ Cup of cherry tomatoes

¼ Bunch of cilantro

Olive oil

Salt

Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Skillet, saucepan, mixing bowls, knife, cutting board, measuring cups and spoons

NUTRITION

ENERGY	830 CAL
PROTEIN	58 G
CARBS	73 G
FAT	56 G

PREPARE THE INGREDIENTS

Pat dry the steak.

Rinse and drain the white rice.

Slice the onions and sweet peppers, cut the tomatoes in half, and chop cilantro.

STEAM THE RICE

In a saucepan, combine the rice, 1.2 cups of water, a pinch of salt, and 1 scoops of Holy Carnitas FLAVRBOMBS™.

Bring to a boil, then reduce heat to low, cover, and simmer for 12-15 minutes until tender.

Fluff the cooked rice with a fork, add tomatoes, cilantro and set aside.

SEAR THE BEEF & COOK THE VEGGIES

Heat a skillet over medium-high heat.

Season beef with olive oil, pinch of salt and sear for 3-5 minutes on each side or until browned.

Remove beef from the heat, add 2 scoops of Holy Carnitas FLAVRBOMBS™ and set aside in a covered container to rest.

PLATE & ENJOY

Slice the beef.

Plate the Mexican rice followed by the vegetables and the sliced beef on the top.

Enjoy!

HOLY CARNITAS MEXICAN RICE BOWL



PREP TIME - 10 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

This Mexican rice bowl is a vibrant, healthy option packed with whole grains and vegetables, perfect for busy weeknights. It makes a great base for meals and works well as a side dish. The Holy Carnitas FLAVRBOMBS™ brings zesty Latin spices that turn plain rice into a flavorful fiesta. With simple ingredients and easy preparation, this dish delivers bold taste while keeping your nutrition goals in check.

INGREDIENTS

1 cup long-grain white rice

2 cups chicken or vegetable broth

1 cup corn kernels (fresh or frozen)

1 cup diced tomatoes

½ cup black beans (cooked and drained)

1 small onion, diced

Olive oil

3 scoops Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Large saucepan with lid, mixing bowl, chef's knife

NUTRITION

ENERGY	**450 CAL**
PROTEIN	**9 G**
CARBS	**74 G**
FAT	**12 G**

PREPARE THE INGREDIENTS

Rinse the rice under cold water until the water runs clear.

Dice the onion and set aside.

COOK THE RICE

Heat 1 tbsp olive oil in a saucepan over medium heat. Add the diced onion and sauté until softened.

Add the rice and 2 scoops of Holy Carnitas FLAVRBOMBS™. Stir to coat the grains with oil and spices.

Pour in the broth, bring to a boil, then lower to a simmer.

Cover and cook for 15 minutes.

ADD THE VEGETABLES

Stir in the corn, tomatoes, black beans, and 1 scoop of Holy Carnitas FLAVRBOMBS™. Cover and cook for an additional 5 minutes.

PLATE & ENJOY

Fluff the rice with a fork and serve in bowls. Garnish with fresh cilantro if desired.



HOLY CARNITAS BEEF SEARED TORTILLAS WITH HOMEMADE GUACAMOLE



PREP TIME - 15 MIN **COOK TIME - 40 MIN** **PORTIONS - SERVES 4**

These Holy Carnitas “tacos” bring together bold, smoky flavors, juicy shredded beef, and crispy seared tortillas for the ultimate taco experience. Holy Carnitas FLAVRBOMBS™ infuses the beef with rich, citrusy, and slightly smoky notes, while fresh lime and orange juice add the perfect balance of brightness. The homemade guacamole adds a creamy, refreshing contrast to the deep flavors of the carnitas. Dipping the tortillas in the cooking liquid before searing gives them an irresistible crispy texture, making these tacos an unforgettable meal.

INGREDIENTS

For the beef

1 lb beef eye round roast, fat trimmed

½ onion, diced

4 garlic cloves, minced

¼ cup chicken broth

2 tbsp orange juice

1 tbsp lime juice

2 scoops Holy Carnitas FLAVRBOMBS™

For the guacamole

2 ripe avocados

¼ cup diced red onion

½ small tomato, finely diced

1 tbsp fresh cilantro, chopped

Juice of ½ lime

½ scoop Holy Carnitas FLAVRBOMBS™

Salt to taste

For the tortillas

8 corn tortillas

¼ cup fresh cilantro, chopped

¼ cup onion, finely diced

Fresh lime wedges

EQUIPMENT

Instant Pot (or pressure cooker), mixing bowls, skillet, tongs, forks for shredding

NUTRITION

ENERGY	**380 CAL**
PROTEIN	**34 G**
CARBS	**32 G**
FAT	**18 G**

COOK & SHRED THE BEEF

Preheat your oven to 380°F (190°C).

Dice the sweet peppers.

Peel and dice the potatoes into bite-sized pieces.

Pat the salmon fillet dry with a paper towel.

Remove the beef from the Instant Pot and let it cool slightly.

Using two forks, shred the meat into bite-sized pieces.

Keep the cooking liquid to use for dipping the tortillas.

MAKE THE GUACAMOLE

In a bowl, mash the avocados until slightly chunky.

Stir in red onion, tomato, cilantro, lime juice, Holy Carnitas FLAVRBOMBS™, and salt.

Mix well and let sit for 5-10 minutes for the flavors to meld.

SEAR THE TORTILLAS

Heat a skillet over medium-high heat.

Dip each corn tortilla lightly into the reserved cooking liquid.

Sear the tortillas in the skillet for 30-45 seconds per side, until lightly crispy.

ASSEMBLE AND ENJOY

Fill each seared tortilla with shredded carnitas.

Top with chopped onions, cilantro, and a generous spoonful of guacamole.

Serve with fresh lime wedges for an extra burst of citrus.

HOLY CARNITAS SPICED JACKFRUIT TACOS



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

These vegan tacos bring the flavors of Mexico to your table in a healthy, plant-based way. Holy Carnitas FLAVRBOMBS™ adds vibrant, smoky, and zesty notes to shredded jackfruit, creating a perfect filling for soft tortillas. This meal is high in fiber, low in fat, and quick to prepare, making it a nutritious option for busy weeknights or casual gatherings.

INGREDIENTS

2 cups canned jackfruit, drained and shredded

8 small corn tortillas

1 cup shredded cabbage

1 avocado, sliced

1 lime, cut into wedges

Olive Oil

4 scoops Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Frying pan, mixing bowl, baking sheet

NUTRITION

ENERGY	**260 CAL**
PROTEIN	**5 G**
CARBS	**40 G**
FAT	**8 G**

PREPARE THE INGREDIENTS

Preheat your oven to 350°F (175°C).

Pat the jackfruit dry, removing excess water.

Shred the cabbage or cut into thin strips.

Cut a ripe avocado in half, remove the pit and skin, and cut into thin slices.

Slice the lime into wedges.

COOK THE JACKFRUIT

Heat a frying pan over medium heat with 1 tbsp olive oil.

Add the jackfruit and 2 scoops of Holy Carnitas FLAVRBOMBS™. Sauté for 5 minutes until soft.

Transfer the jackfruit to a sheet pan and place in the oven to roast for 10 minutes until lightly crispy.

ASSEMBLE THE TACOS

Warm the tortillas in the oven or on a skillet.

Fill each tortilla with jackfruit, shredded cabbage, and avocado slices.

PLATE & ENJOY

Serve the tacos with lime wedges on the side. Enjoy!

HOLY CARNITAS STEAK WRAP WITH AVOCADO SALSA



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

Take a culinary trip to the heart of Latin flavors with this vibrant steak wrap. Holy Carnitas FLAVRBOMBS™ transforms lean steak into a fiesta of bold, smoky flavors, perfectly complemented by creamy avocado salsa. This healthy and protein-rich wrap is ideal for a quick lunch or dinner while keeping you energized and satisfied.

INGREDIENTS

1 lb flank steak

1 avocado

1 lime

1 small red onion, finely diced

2 tomatoes, diced

4 whole wheat tortillas

Olive oil

3 scoops Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Grill pan, mixing bowls, spatula

NUTRITION

ENERGY	**520 CAL**
PROTEIN	**38 G**
CARBS	**44 G**
FAT	**22 G**

PREPARE THE SALSA

Dice the tomatoes and red onion.

Halve and pit the avocado, then mash it with lime juice in a bowl.

Add the tomatoes, onion, 1 scoop of Holy Carnitas, and a pinch of salt to the avocado mash and mix together.

COOK THE STEAK & MAKE THE SALSA

Heat a grill pan over medium-high heat and add olive oil to the pan.

Season the steak with a pinch of salt on each side and rub with some olive oil.

Sear the steak for 4-5 minutes per side, depending on thickness. Let rest, season with 1 scoops of Holy Carnitas, then slice thinly against the grain.

ASSEMBLE THE WRAPS

Warm the tortillas, spread avocado salsa, and layer with steak slices. Sprinkle 1 scoops of Holy Carnitas FLAVRBOMBS™ for an extra kick.

PLATE & ENJOY

Roll up each tortilla tightly and serve with lime wedges.

HOLY CARNITAS CHICKEN TACOS WITH LIME-CILANTRO SLAW



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

Bring the zesty and fresh flavors of Mexican street food to your table with these nutritious tacos. Holy Carnitas FLAVRBOMBS™ enhance lean chicken breast, paired with a crunchy lime-cilantro slaw for a balanced, vibrant meal. This dish is perfect for a quick weeknight dinner that's packed with protein, fiber, and bright, bold flavors.

INGREDIENTS

2 chicken breasts

1 cup shredded cabbage

1 lime

1 handful fresh cilantro

8 small tortillas

Olive oil

4 scoops Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Mixing bowl, skillet, tongs, cutting board, knife

NUTRITION

ENERGY	**450 CAL**
PROTEIN	**28 G**
CARBS	**45 G**
FAT	**12 G**

PREPARE THE INGREDIENTS

Slice chicken breasts into thin strips.

Finely chop cilantro.

Juice the lime and set aside.

COOK THE CHICKEN

Heat 1 tbsp olive oil in a skillet over medium heat.

Season chicken with a pinch of salt and sear for 6–8 minutes, until fully cooked.

Toss cooked chicken with 2 scoops of Holy Carnitas FLAVRBOMBS™ in a mixing bowl.

MAKE THE SLAW

Combine cabbage, cilantro, lime juice, and a pinch of salt in a bowl. Mix well.

PLATE & ENJOY

Warm tortillas in a skillet or microwave. Fill with chicken and top with slaw.



ONE SHEET PAN HOLY CARNITAS PORK CHOPS WITH SWEET CORN AND RED ONIONS



PREP TIME - 20 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

Bring the zesty flavors of Latin cuisine to your dinner table with this nutritious and delicious meal. Holy Carnitas FLAVRBOMBS™ enhance lean pork chops and naturally sweet vegetables for a dish rich in protein, fiber, and essential vitamins. This recipe offers a wholesome, lower-fat twist on classic Mexican-inspired flavors without sacrificing taste or satisfaction.

INGREDIENTS

4 pork chops (bone-in or boneless)

2 cups corn kernels (fresh or frozen)

1 large red onion, sliced into wedges

Lime wedges for serving

Olive oil

4 scoops Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowls

NUTRITION

ENERGY	**620 CAL**
PROTEIN	**36 G**
CARBS	**50 G**
FAT	**28 G**

PREPARE THE INGREDIENTS

Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.

Toss corn and onion with 1 tbsp olive oil, 2 scoops Holy Carnitas FLAVRBOMBS™, and a pinch of salt. Spread on the sheet pan.

ADD THE PORK CHOPS

Rub pork chops with 2 scoops Holy Carnitas FLAVRBOMBS™, 1 tbsp olive oil, and a pinch of salt. Add them to the sheet pan.

ROAST

Roast for 20-25 minutes, flipping the pork chops halfway, until cooked through (145°F internally).

PLATE YOUR DISH

Serve pork chops with roasted corn and onions, with lime wedges on the side.

HOLY CARNITAS AIR FRYER TACOS



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 2**

Celebrate taco night with these vibrant and zesty pork tacos infused with the bold flavors of Holy Carnitas FLAVRBOMBS™. The air fryer ensures tender, flavorful meat without added oils, while the spice blend captures the essence of authentic Mexican cuisine. Paired with fresh toppings like onion and cilantro, these tacos are a healthier take on a beloved classic, perfect for sharing or savoring solo.

INGREDIENTS

1 lb pork shoulder, cut into small chunks

8 small corn tortillas

Toppings: diced onion, cilantro, lime wedges

Olive oil

3 scoops Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Air fryer, mixing bowl, knife, cutting board

NUTRITION

ENERGY	**380 CAL**
PROTEIN	**25 G**
CARBS	**30 G**
FAT	**16 G**

PREPARE THE INGREDIENTS

Toss pork chunks with olive oil and 3 scoops Holy Carnitas FLAVRBOMBS™.

COOK

Spread pork evenly in the air fryer basket. Cook at 375°F for 18–20 minutes, shaking halfway through.

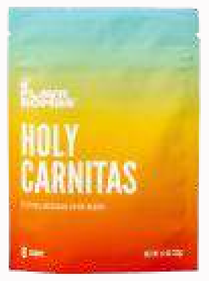
ASSEMBLE THE TACOS

Warm tortillas. Add pork and top with diced onion, cilantro, and a squeeze of lime.

PLATE & ENJOY

Serve tacos immediately and enjoy the fiesta of flavors!

HOLY CARNITAS CHICKEN LETTUCE WRAPS WITH AVOCADO SALSA AND CILANTRO-LIME QUINOA



PREP TIME - 15 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

Indulge in the bold, zesty flavors of Holy Carnitas FLAVRBOMBS™ in this light and healthy twist on classic Mexican cuisine. These lettuce wraps are low in carbs and calories but packed with protein and fresh veggies. Served alongside nutrient-dense quinoa with a burst of lime and cilantro, this dish is perfect for those who want to enjoy vibrant, satisfying meals without compromising on health or flavor.

INGREDIENTS

2 chicken breasts

1 head butter lettuce (leaves separated)

1 avocado (diced)

1 cup cherry tomatoes (halved)

1/4 cup red onion (finely chopped)

Juice of 2 limes

1 cup quinoa

2 cups water or chicken broth

Olive oil

Salt and pepper

4 scoops Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Mixing bowl, medium pot, frying pan, knife, cutting board

NUTRITION

ENERGY	**400 CAL**
PROTEIN	**35 G**
CARBS	**30 G**
FAT	**14 G**

PREPARE THE INGREDIENTS

Dice the avocado and toss with lime juice. Mix with cherry tomatoes and red onion to create the salsa.

Rinse quinoa under cold water and set aside.

COOK THE CHICKEN

Season chicken breasts with a pinch of salt and pepper.

Heat olive oil in a frying pan over medium heat and sear chicken for 4–5 minutes on each side until golden and cooked through.

Remove chicken and let it rest. Toss with 2 scoops of Holy Carnitas FLAVRBOMBS™ in a mixing bowl and shred with two forks.

MAKE THE QUINOA

In a medium pot, combine quinoa, water or broth, and a pinch of salt. Bring to a boil, reduce heat, and simmer for 15 minutes. Fluff with a fork and mix in 2 scoops of Holy Carnitas FLAVRBOMBS™, lime juice, and chopped cilantro.

ASSEMBLE, PLATE & ENJOY

Fill each lettuce leaf with shredded chicken and a spoonful of avocado salsa. Serve with cilantro-lime quinoa on the side.

Arrange lettuce wraps on a platter and pair with the quinoa for a colorful, nutrient-packed meal.

HOLY CARNITAS ROASTED SALMON, POTATOES AND PEPPERS



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 2**

Elevate your weeknight dinners with this vibrant, one-pan wonder! Holy Carnitas FLAVRBOMBS™ infuses the dish with a bold, savory kick, perfectly complementing the flaky salmon and caramelized vegetables. Packed with heart-healthy omega-3s and nutrient-rich potatoes and peppers, this wholesome recipe is both satisfying and effortless to prepare in under 30 minutes.

INGREDIENTS

1 large salmon fillet (~12 oz)

4 small potatoes, diced

2 sweet peppers, diced

½ cup corn (fresh or frozen)

Olive oil

Salt

5 scoops Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Baking sheet, cutting board, knife, mixing bowl, measuring spoons

NUTRITION

ENERGY	**654 CAL**
PROTEIN	**38 G**
CARBS	**45 G**
FAT	**32 G**

PREPARE THE INGREDIENTS

Preheat your oven to 380°F (190°C).

Dice the sweet peppers.

Peel and dice the potatoes into bite-sized pieces.

Pat the salmon fillet dry with a paper towel.

SEASON AND ARRANGE

In a mixing bowl, toss the corn and sweet peppers with 1 tbsp olive oil, a pinch of salt, and 2 scoops of Holy Carnitas FLAVRBOMBS™. Spread evenly on one side of a baking sheet.

Using the same bowl, toss the potatoes with 1 tbsp olive oil, salt, and 2 scoops of Holy Carnitas FLAVRBOMBS™. Spread on the other side of the sheet.

Season the salmon with 1 scoop of Holy Carnitas FLAVRBOMBS™ and a pinch of salt. Nestle it between the vegetables.

ROAST TO PERFECTION

Roast everything in the oven for 12-15 minutes or until the salmon flakes easily with a fork and the potatoes are golden brown.

PLATE & ENJOY

Arrange the roasted vegetables on plates and place the salmon fillet on top.


FLAVR BOMBS
JOLTED COWBOY
BOLD AMERICAN BBQ SPICE BLEND
8 SCOOPS

JOLTED COWBOY

I wanted to create a truly unique southern BBQ spice blend that had deep, smoky richness but also something truly unique—so I combined single-origin coffee with brown sugar for a bold, complex flavor. Jolted Cowboy delivers everything you expect from a BBQ rub, but in a spice blend that stands out with its rich, slightly sweet depth. It rivals the best BBQ sauces, but without the extra calories. The coffee adds a deep, lasting flavor, while the brown sugar helps create unbelievable caramelization when grilling or roasting. It's amazing on steak, brisket, or ribs, but I've even used it on roasted sweet potatoes, and it's a game-changer. It also works incredibly well in stews, adding a depth of flavor that punches through in any dish.

FLAVOR PROFILE

American BBQ, coffee, smokey, caramel

CALORIES

10 calories per serving

TASTES GREAT ON

- Steak
- Chicken
- Pork
- Stews
- Beans
- Potatoes
- Grilled Veggies

INGREDIENTS

- Single Origin Ground Coffee
- Hickory Smoked Salt
- Cayenne
- Pepper
- Onion
- Chilli
- Brown Sugar

CHEF CARLOS' SIGNATURE RECIPE



JOLTED COWBOY PORK KEBABS WITH ROASTED POTATOES AND BROCCOLI

PREP TIME - 10 MIN | COOK TIME - 15 MIN | PORTIONS - SERVES 2

This Jolted Cowboy FLAVRBOMBS™ pork kebabs recipe showcases smoky, savory flavors with perfectly marinated pork cubes threaded onto skewers alongside sweet peppers and onions. Paired with roasted potatoes and broccoli, this dish delivers a balanced and satisfying meal with a hearty twist. Perfect for weeknight dinners or casual gatherings, this recipe is easy to prepare and sure to impress.

INGREDIENTS

2 pork chops, cut into cubes

1 sweet pepper, cut into medium pieces

1 onion, cut into medium pieces

3 potatoes, diced

1 head of broccoli, cut into florets

Olive oil

Salt

4 scoops Jolted Cowboy FLAVRBOMBS™

EQUIPMENT

Oven, baking dish, knife, cutting board, mixing bowls, skewers

NUTRITION

ENERGY	550 CAL
PROTEIN	47 G
CARBS	52 G
FAT	24 G

PREPARE THE INGREDIENTS

Preheat the oven to 380°F (190°C).

Wash and prepare the broccoli florets.

Dice the sweet pepper and onion into medium-sized pieces.

Immerse wood skewers in water (optional, to prevent burning during cooking).

SEASON THE VEG AND MAKE THE KEBABS

In a mixing bowl, toss the diced potatoes and broccoli florets with 1 tbsp olive oil, a pinch of salt, and 2 scoops of Jolted Cowboy FLAVRBOMBS™.

Spread the vegetables evenly on a baking dish and set aside.

In a separate bowl, toss the pork cubes, sweet pepper, and onion with 1 tbsp olive oil and a pinch of salt.

Thread the pork cubes, sweet pepper, and onion pieces onto the skewers.

Brush the kebabs with olive oil and season with 2 scoops of Jolted Cowboy FLAVRBOMBS™.

ROAST IN THE OVEN

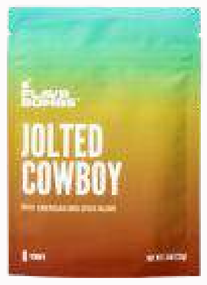
Place the kebabs on a baking dish alongside the seasoned potatoes and broccoli.

Roast in the oven for 12-15 minutes or until the pork is fully cooked (internal temperature of 145°F) and the vegetables are golden and tender.

PLATE & ENJOY

Plate the pork kebabs alongside the roasted broccoli and potatoes.

JOLTED COWBOY INSTAPOT BBQ PULLED CHICKEN SLIDERS



PREP TIME - 10 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

Smoky, tender, and packed with bold BBQ flavors! These Jolted Cowboy BBQ Pulled Chicken Sliders are slow-cooked to perfection, then shredded and piled onto soft slider buns with a crunchy, tangy slaw. Perfect for game nights, family gatherings, or a quick weeknight meal!

INGREDIENTS

For the sliders

3 boneless chicken breasts

¾ cup chicken broth

3 tbsp apple cider vinegar

1 ½ tbsp honey

8 slider buns

4 scoops Jolted Cowboy FLAVRBOMBS™

For the slaw

1 ½ cups shredded cabbage

⅓ cup shredded carrots

3 tbsp Greek yogurt

1 ½ tsp Dijon mustard

1 ½ tsp apple cider vinegar

Salt & pepper to taste

EQUIPMENT

Oven, baking dish, knife, cutting board, mixing bowls, skewers

NUTRITION (PER SLIDER)

ENERGY	**290 CAL**
PROTEIN	**22 G**
CARBS	**35 G**
FAT	**7 G**

COOK THE CHICKEN

Place the chicken breasts in an Instantpot.

Add chicken broth, apple cider vinegar, honey, Jolted Cowboy FLAVRBOMBS™, olive oil, and Dijon mustard.

Pressure cook for 30 minutes.

SHRED THE CHICKEN

Once fully cooked, use two forks to shred the chicken directly in the slow cooker.

Stir well so the chicken absorbs all the flavorful juices.

MAKE THE SLAW

In a bowl, combine cabbage, carrots, Greek yogurt, Dijon mustard, apple cider vinegar, salt, and pepper.

Toss well and refrigerate until ready to serve.

ASSEMBLE THE SLAW

Toast the slider buns lightly.

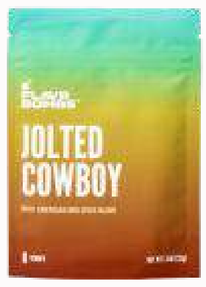
Pile a generous portion of pulled chicken onto each bun.

Top with a scoop of slaw for crunch and freshness.

Serve immediately and enjoy!



JOLTED COWBOY NEW YORK STRIPLOIN STEAKS WITH ROASTED SWEET POTATOES



PREP TIME - 10 MIN **COOK TIME - 50 MIN** **PORTIONS - SERVES 2**

This Jolted Cowboy Steak is the ultimate bold and smoky steakhouse experience, packed with rich coffee-infused flavors from Jolted Cowboy FLAVRBOMBS™. Paired with crispy roasted sweet potatoes seasoned with Zesty Herbs FLAVRBOMBS™, this meal delivers deep, complex flavors with a perfect balance of spice, sweetness, and umami. The garlic-butter sear locks in the juiciness of the steak, while roasting ensures a tender, melt-in-your-mouth bite.

INGREDIENTS

For the steak

2 striploin steaks (10 oz each)

2 tbsp butter

4 garlic cloves, minced

Salt and pepper to taste

2 scoops Jolted Cowboy FLAVRBOMBS™

For the sweet potatoes

1 large sweet potato (350g), sliced into thin chips

1 tbsp olive oil

Salt to taste

1 scoop Jolted Cowboy FLAVRBOMBS™

EQUIPMENT

Baking sheet, large skillet, roasting rack, mixing bowl, tongs

NUTRITION

ENERGY	**620 CAL**
PROTEIN	**48 G**
CARBS	**40 G**
FAT	**38 G**

PREPARE THE SWEET POTATOES

Preheat the oven to 400°F (200°C).

Slice the sweet potatoes into thin chips for an even roast.

In a bowl, toss the sweet potatoes with olive oil and Zesty Herbs FLAVRBOMBS™, ensuring an even coating.

Spread the potatoes in a single layer on a baking sheet.

Bake for 20-25 minutes, flipping halfway through, until golden brown and crispy.

Season with salt to taste if desired.

PREPARE THE STRIPLOIN STEAKS

Rub the striploins generously with Jolted Cowboy FLAVRBOMBS™, salt, and pepper.

Heat a large skillet over medium-high heat and melt the butter.

Add minced garlic and let it become fragrant (about 30 seconds).

Sear the striploins for 3-4 minutes per side to develop a deep crust.

Sear the edges by holding the steak with tongs and rolling it along the perimeter for 1-2 minutes.

FINISH THE STEAKS IN THE OVEN

Transfer the seared steaks to a roasting rack set over a baking sheet.

Place in the oven and cook to your preferred doneness:

Rare: 125°F (about 5-7 minutes)

Medium-Rare: 135°F (about 8-10 minutes)

Medium: 145°F (about 12-15 minutes)

Remove from the oven and let the steaks rest for 5-10 minutes before slicing to retain juices.

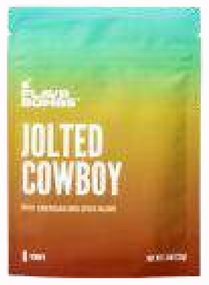
PLATE & ENJOY

Plate the perfectly seared striploin steaks alongside the crispy roasted sweet potatoes.

Spoon any garlic butter drippings from the pan over the steaks for extra richness.

Enjoy a bold, smoky, and flavor-packed steakhouse experience at home!

JOLTED COWBOY EASY RICE PILAF



PREP TIME - 10 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

This smoky rice pilaf brings a unique depth of flavor with Jolted Cowboy FLAVRBOMBS™. The combination of coffee and spices transforms rice into a rich, aromatic dish. Easy to make and brimming with bold flavors, this pilaf pairs well with grilled vegetables or proteins for a hearty, balanced meal.

INGREDIENTS

1 cup basmati rice

2 cups vegetable broth

½ cup diced red bell pepper

½ cup diced carrots

1 small onion, finely chopped

¼ cup slivered almonds (optional)

Olive oil

3 scoops Jolted Cowboy FLAVRBOMBS™

EQUIPMENT

Large skillet, saucepan

NUTRITION

ENERGY	**460 CAL**
PROTEIN	**7 G**
CARBS	**80 G**
FAT	**11 G**

PREPARE THE INGREDIENTS

Rinse the rice thoroughly and set aside. Chop the vegetables.

COOK THE VEG

Heat 1 tbsp olive oil in a large skillet. Add onion, bell pepper, and carrots. Sauté until softened.

Stir in 2 scoops of Jolted Cowboy FLAVRBOMBS™.

MAKE THE RICE PILAF

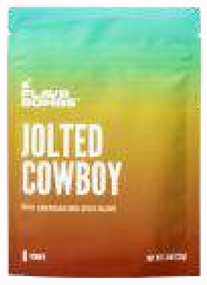
Transfer the sautéed vegetables to a saucepan. Add the rice and stir to coat.

Pour in the broth, bring to a boil, then reduce to low heat. Cover and simmer for 20 minutes.

PLATE & ENJOY

Stir in slivered almonds (optional) before serving. Season with 1 more scoop of Jolted cowboy, Fluff rice and plate alongside your favorite protein.

JOLTED COWBOY CHICKEN WITH MASHED SWEET POTATOES AND SAUTÉED KALE



PREP TIME - 15 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

Experience the bold, smoky flavors of the open plains with this coffee-rubbed chicken recipe featuring Jolted Cowboy FLAVRBOMBS™. The blend's rich coffee and spice combination adds depth to the juicy chicken, perfectly balanced by creamy sweet potatoes and nutrient-packed sautéed kale. This meal is a satisfying, wholesome way to enjoy a taste of BBQ-inspired cooking at home.

INGREDIENTS

4 chicken breasts

2 large sweet potatoes (peeled and cubed)

4 cups kale (stems removed, chopped)

1/4 cup milk or non-dairy alternative

1 garlic clove (minced)

Olive oil

Salt and pepper

4 scoops Jolted Cowboy FLAVRBOMBS™

EQUIPMENT

Mixing bowl, medium pot, frying pan, knife, cutting board

NUTRITION

ENERGY	**480 CAL**
PROTEIN	**42 G**
CARBS	**45 G**
FAT	**10 G**

PREPARE THE INGREDIENTS

Peel and cube sweet potatoes. Chop kale and mince garlic.

COOK THE CHICKEN AND KALE

Heat olive oil in a frying pan over medium heat and sear chicken for 5–6 minutes per side until cooked through. Remove from pan and season with 2 scoops of Jolted Cowboy Season chicken breast with 2 scoops of Jolted Cowboy FLAVRBOMBS™

In the same pan used for the chicken, heat a small amount of olive oil. Add garlic and sauté for 30 seconds, then toss in kale. Cook for 2–3 minutes until wilted and season with 1 scoop of Jolted Cowboy FLAVRBOMBS™.

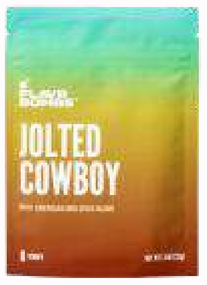
MAKE THE SWEET POTATOES

Boil sweet potatoes in a medium pot of salted water for 12–15 minutes until tender. Drain and mash with milk, a pinch of salt, and 1 scoop of Jolted Cowboy FLAVRBOMBS™.

PLATE & ENJOY

Serve chicken alongside mashed sweet potatoes and sautéed kale for a vibrant, flavorful plate.

JOLTED COWBOY COFFEE-RUBBED MUSHROOM STEAKS



PREP TIME - 15 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

These mushroom steaks are a vegan delight with a smoky, coffee-spiced twist thanks to Jolted Cowboy FLAVRBOMBS™. Perfect for grilling or pan-searing, they deliver a hearty, umami-packed bite that's rich in flavor but light on calories. This recipe is easy to make, nutritious, and ideal for a cozy BBQ-inspired dinner.

INGREDIENTS

4 large Portobello mushrooms

1 cup cherry tomatoes, halved

1 tbsp olive oil

2 scoops Jolted Cowboy FLAVRBOMBS™

EQUIPMENT

Grill pan or frying pan, mixing bowls

NUTRITION

ENERGY	**220 CAL**
PROTEIN	**6 G**
CARBS	**18 G**
FAT	**14 G**

PREPARE THE INGREDIENTS

Remove the stems from the mushrooms and score the caps lightly for better flavor absorption.

SEASON THE MUSHROOMS

In a bowl, toss mushrooms with 2 scoops of Jolted Cowboy FLAVRBOMBS™ and olive oil.

COOK

Heat a grill pan or frying pan on medium-high heat.

Grill mushrooms for 5 minutes on each side until golden brown.

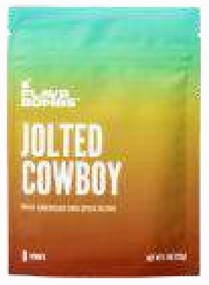
Sauté cherry tomatoes in the same pan for 2 minutes until blistered.

PLATE & ENJOY

Serve the mushroom steaks topped with tomatoes.



JOLTED COWBOY AIR FRYER STEAK FRIES



PREP TIME - 10 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

Take your fries to the next level with a bold twist! These steak fries, seasoned with Jolted Cowboy FLAVRBOMBS™, deliver a smoky, spiced, and slightly sweet flavor that pairs perfectly with their crispy texture. The air fryer makes them golden and crunchy with minimal oil, offering a healthier option that doesn't skimp on taste. Serve as a side dish or a snack for a true flavor explosion.

INGREDIENTS

4 medium russet potatoes, cut into thick wedges

2 tbsp olive oil

3 scoops Jolted Cowboy FLAVRBOMBS™

EQUIPMENT

Air fryer, knife, mixing bowl, cutting board

NUTRITION

ENERGY	**320 CAL**
PROTEIN	**5 G**
CARBS	**50 G**
FAT	**12 G**

PREPARE THE INGREDIENTS

Soak potato wedges in cold water for 10 minutes to remove excess starch. Drain and pat dry with a towel.

SEASON AND ARRANGE

Toss the wedges in a mixing bowl with olive oil and 3 scoops Jolted Cowboy FLAVRBOMBS™.

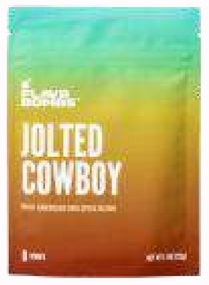
AIR FRY

Arrange fries in the air fryer basket in a single layer. Cook at 375°F for 25 minutes, shaking every 8–10 minutes, until golden and crispy.

PLATE & ENJOY

Serve hot with your favorite dipping sauce, such as aioli or barbecue sauce.

JOLTED COWBOY STEAK SALAD WITH COFFEE-INFUSED DRESSING



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 2**

This hearty and nutrient-packed steak salad brings together lean protein, fresh greens, and a bold, smoky dressing. Jolted Cowboy FLAVRBOMBS™ infuse the steak with a unique coffee-caramel flavor while keeping it light and healthy. A perfect choice for a quick, flavorful, and satisfying meal.

INGREDIENTS

12 oz sirloin steak

4 cups mixed greens

1/4 cup cherry tomatoes, halved

1/4 red onion, thinly sliced

Olive oil

1 tsp Balsamic Vinegar

3 scoops Jolted Cowboy FLAVRBOMBS™

EQUIPMENT

Skillet, mixing bowl, whisk, cutting board, knife

NUTRITION

ENERGY	**520 CAL**
PROTEIN	**35 G**
CARBS	**24 G**
FAT	**26 G**

PREPARE THE INGREDIENTS

Let steak sit at room temperature for 10 minutes.

Slice tomatoes and onion.

COOK THE STEAK

Heat 1 tbsp olive oil in a skillet on high heat.

Lightly salt the steak and sear 4–5 minutes per side (medium rare).

Rest steak for 5 minutes, then slice thinly. Toss with 2 scoops Jolted Cowboy FLAVRBOMBS™.

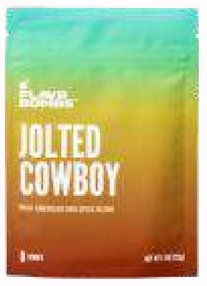
MAKE THE DRESSING

Whisk together 1 tbsp olive oil, balsamic vinegar, and 1 scoop Jolted Cowboy FLAVRBOMBS™ in a bowl.

ASSEMBLE

Layer greens, tomatoes, and onions on plates. Top with steak slices and drizzle with dressing.

ONE SHEET PAN JOLTED COWBOY STEAK WITH MUSHROOMS AND FINGERLING POTATOES



PREP TIME - 10 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

This hearty meal is perfect for steak lovers who want a healthier option. Jolted Cowboy FLAVRBOMBS™ brings a smoky coffee-spiced flavor that pairs perfectly with lean cuts of steak, earthy mushrooms, and potassium-rich potatoes. With balanced macronutrients and robust flavors, this dish proves you can enjoy a satisfying, protein-packed dinner without compromising your health goals.

INGREDIENTS

4 small steaks (ribeye or sirloin, ~6 oz each)

1 lb fingerling potatoes, halved

8 oz mushrooms, sliced

Olive oil

4 scoops Jolted Cowboy FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowls

NUTRITION

ENERGY	**680 CAL**
PROTEIN	**38 G**
CARBS	**50 G**
FAT	**35 G**

PREPARE THE INGREDIENTS

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

Toss potatoes and mushrooms with 1 tbsp olive oil, 2 scoops Jolted Cowboy FLAVRBOMBS™, and a pinch of salt. Spread on the sheet pan.

SEAR THE STEAKS

Heat a skillet with 1 tsp olive oil on high heat. Sear steaks for 1-2 minutes on each side until browned.

ROAST TO PERFECTION

Transfer steaks to the sheet pan with veggies. Roast for 8-12 minutes, depending on desired doneness.

PLATE & ENJOY

Serve steaks with roasted potatoes and mushrooms.

JOLTED COWBOY HEARTY BEEF & BEAN STEW



PREP TIME - 15 MIN **COOK TIME - 75 MIN** **PORTIONS - SERVES 6**

This Jolted Cowboy Hearty Beef & Bean Stew is the ultimate comfort meal with a bold, smoky twist. Featuring tender beef, hearty beans, and the robust flavors of Jolted Cowboy FLAVRBOMBS™, this stew is perfect for chilly nights. The deep coffee-infused BBQ seasoning enhances the richness of the broth, making it a stick-to-your-ribs kind of meal that's both satisfying and nutritious.

INGREDIENTS

1 ½ lbs beef stew meat, cut into chunks

1 can (15 oz) black beans, drained and rinsed

1 can (15 oz) diced tomatoes, with juices

1 large onion, diced

3 cloves garlic, minced

3 cups beef broth

1 tbsp olive oil

Salt to taste

2 scoops Jolted Cowboy FLAVRBOMBS™

EQUIPMENT

Large Dutch oven or heavy-bottomed pot, cutting board & knife, wooden spoon, ladle

NUTRITION

ENERGY	**650 CAL**
PROTEIN	**65 G**
CARBS	**93 G**
FAT	**20 G**

SEAR THE BEEF

Heat olive oil in a Dutch oven over medium-high heat.

Add beef chunks and sear for 3-4 minutes per side until browned. Remove and set aside.

SAUTÉ AROMATICS

In the same pot, sauté the diced onion and garlic for 2 minutes until fragrant.

BUILD THE STEW

Return beef to the pot and add Jolted Cowboy FLAVRBOMBS™, diced tomatoes, black beans, and beef broth.

Stir well and bring to a boil.

SIMMER & SERVE

Reduce heat, cover, and let simmer for 1 hour until the beef is tender.

Adjust seasoning with salt as needed.

Serve hot with cornbread or over rice.

FLAVR BOMBS

KOREAN BBQ

KOREAN SPICE BLEND WITH TOASTED SESAME SEEDS

8 SERVE

KOREAN BBQ

If there’s one blend you could practically eat straight from the package, it’s Korean BBQ. People tell me they’re obsessed with it. It’s an homage to Korean cooking in a modern and fun way—sweet, smoky, savory, and packed with umami. But traditional marinades take time, and sometimes you just want that flavor right now. That’s why I made FLAVRBOMBS™ Korean BBQ—it’s got all the deep, rich flavors of classic bulgogi or galbi marinade, but in a dry spice blend that you can use on anything. The toasted sesame gives it a nutty warmth, the garlic and spice add depth, and the whole thing just works.

FLAVOR PROFILE

Korean, sweet, smokey

CALORIES

20 calories per serving

TASTES GREAT ON

Chicken

Beef

Fish

Veggies

Rice

Noodles

INGREDIENTS

Korean Chilli

Toasted Sesame Seeds

Onion

Ginger

White Pepper

Smoke Paprika

Brown Sugar

Sea Salt

CHEF CARLOS' SIGNATURE RECIPE



KOREAN BBQ HONEY-DRIZZLED PORK CHOPS WITH RICE AND RAPINI

PREP TIME - 20 MIN | COOK TIME - 20 MIN | PORTIONS - SERVES 2

Indulge in a satisfying fusion meal featuring our Korean BBQ FLAVRBOMBS™ pan-seared, paired with fluffy white rice and tender blanched rapini. This dish is a beautiful blend of textures and flavours, combining the juicy, savoury pork chops with the delicate rice and the slightly bitter, yet refreshing rapini. Each element of the dish is elevated by the distinct taste of FLAVRBOMBS™, creating a harmonious and fulfilling dining experience.

INGREDIENTS

1 large salmon fillet (~12 oz)

4 small potatoes, diced

2 sweet peppers, diced

½ cup corn (fresh or frozen)

Olive oil

Salt

Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Skillet, saucepan, mixing bowl, knife, cutting board, measuring Cup

NUTRITION

ENERGY	465 CAL
PROTEIN	29 G
CARBS	37 G
FAT	25 G

PREPARE THE INGREDIENTS

Pat dry and trim the pork chops if necessary.

Measure, rinse, and drain the rice.

Wash and trim the rapini.

MAKE THE RICE

In a saucepan, combine rice, water, a pinch of salt, and 2 scoops of Korean BBQ FLAVRBOMBS™.

Bring to a boil, reduce heat to low, cover, and simmer for 12-15 minutes.

Fluff the rice with a fork and let it sit covered for at least 5 minutes.

COOK THE PORK CHOPS & RAPINI

Season the pork chops with a pinch of salt to taste

Heat the olive oil in a skillet over medium-high heat.

In a small bowl, whisk together 1 tbsp mustard, 1 tbsp honey, a pinch of salt, 2 scoops of Korean BBQ FLAVRBOMBS™, and set aside.

Pan-fry pork chops for 4-5 minutes per side until golden brown.

Remove from heat and brush with the mustard-honey mix.

Blanche The Rapini

In a large pot, bring salted water to a boil and blanch rapini for 2-3 minutes.

Once cooked, place them into cold water for 1-2 minutes to stop the cooking process, then remove them from the water and squeeze the excess liquid.

On a plate, toss the rapini with olive oil, a pinch of salt, and 2 scoops of Korean BBQ FLAVRBOMBS™.

Plate the rice and rapini and serve with the pork chop on the side.

KOREAN BBQ PORK MEATBALLS WITH RICE AND BRUSSELS SPROUTS



PREP TIME - 25 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 2**

Enjoy a savory and umami-packed meal with these Korean BBQ FLAVRBOMBS™ pork meatballs. Paired with fluffy basmati rice and caramelized Brussels sprouts, this dish delivers a delightful fusion of sweet, tangy, and smoky flavors. It's simple to make yet elevated enough for any special occasion.

INGREDIENTS

8 oz ground pork

1 cup basmati rice

1 cup Brussels sprouts, halved

1 onion, chopped

4 garlic cloves, chopped

1 lime

2 tsp cornstarch

1 tbsp soy sauce

1 tsp honey (plus 1 tsp for Brussels sprouts)

2 tbsp olive oil

Salt

5 scoops Korean BBQ FLAVRBOMBS™

EQUIPMENT

Mixing bowl, baking sheet, saucepan, skillet or sauté pan, knife, cutting board, measuring cups and spoons

NUTRITION

ENERGY	**600 CAL**
PROTEIN	**35 G**
CARBS	**65 G**
FAT	**20 G**

PREPARE THE INGREDIENTS & COOK THE RICE

Preheat the oven to 400°F (200°C).

Halve the Brussels sprouts and chop the onion and garlic.

In a saucepan, combine 1 cup of rinsed and drained rice, 1.5 cups water, and a pinch of salt. Bring to a boil, then reduce heat to low, cover, and simmer for 12-15 minutes until tender.

Once cooked, fluff the rice with a fork, mix in 1 scoop of Korean BBQ FLAVRBOMBS™, and cover to keep warm.

PREPARE & COOK THE MEATBALLS

Season the ground pork with a pinch of salt and 2 scoops of Korean BBQ FLAVRBOMBS™. Form the pork into small meatballs.

In a skillet over medium-high heat, sear the meatballs until browned on both sides. Remove from the pan once browned.

Add the chopped onions and garlic to the pan and cook for 2 minutes.

Stir in soy sauce, 1 tsp honey, the juice of ½ lime, and a cornstarch slurry (2 tsp cornstarch dissolved in ½ cup of warm water).

Cook on medium-low heat for about 5-10 minutes until the sauce thickens, then finish with 1 scoop of Korean BBQ FLAVRBOMBS™. Return meatballs into the sauce and keep on low heat until ready to serve.

MAKE THE BRUSSELS SPROUTS

Toss the halved Brussels sprouts with 2 tbsp olive oil, a pinch of salt, and pepper.

In a large non-stick pan over medium-high heat, sear the Brussels sprouts cut side down until caramelized.

Stir in 1 tsp honey, the juice of ½ lime, and 1 scoop of Korean BBQ FLAVRBOMBS™.

PLATE & ENJOY

Spoon a serving of rice onto each plate and top with the Korean BBQ pork meatballs and extra sauce. Add the caramelized Brussels sprouts alongside.



KOREAN BBQ BEEF BOWL WITH PICKLED CARROTS AND KIMCHI



PREP TIME - 20 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

This Korean BBQ Beef Bowl is a quick, flavorful, and satisfying meal, featuring savory-sweet ground beef infused with Korean BBQ FLAVRBOMBS™. The rich umami flavors of soy, garlic, and ginger are balanced with the tangy crunch of pickled carrots, crisp cucumbers, and spicy kimchi. Topped with toasted sesame seeds and scallions, this dish delivers a perfect balance of textures and bold flavors in every bite.

INGREDIENTS

For the rice

1 cup white rice (jasmine or short-grain)

2 cups water

½ tsp salt

For the beef

450g lean ground beef

3 tbsp low-sodium soy sauce

1 ¼ cups minced scallions (both green and white parts)

1 tbsp garlic, minced

2 tbsp rice vinegar

2 tbsp honey

2 tbsp fresh ginger, minced

3 scoops Korean BBQ FLAVRBOMBS™

1 tbsp sesame oil, plus extra for drizzling

For serving

1 ½ cups shredded carrots (see notes for pickling option)

1 small Persian or English cucumber, thinly sliced

½ cup kimchi

1 tbsp toasted sesame seeds

EQUIPMENT

Medium saucepan with lid, large skillet, small mixing bowl, knife and cutting board, measuring cups and spoons

NUTRITION

ENERGY	**450 CAL**
PROTEIN	**34 G**
CARBS	**42 G**
FAT	**18 G**

MAKE THE RICE

Rinse the rice under cold water until the water runs clear to remove excess starch.

In a medium saucepan, combine rice, water, and salt. Bring to a boil over medium-high heat.

Reduce heat to low, cover, and simmer for 15 minutes or until the water is fully absorbed.

Remove from heat and let sit, covered, for 5 minutes before fluffing with a fork.

COOK THE BEEF

Heat a large skillet over medium-high heat and add sesame oil.

Add ground beef and cook, breaking it into small pieces, until browned and fully cooked (about 5 minutes).

When the beef is halfway cooked, add 1 tbsp soy sauce and ⅔ of the scallions.

Stir in garlic and cook for 30 seconds, until fragrant.

MAKE THE KOREAN BBQ SAUCE

While the beef cooks, whisk together rice vinegar, honey, ginger, 2 scoops of Korean BBQ FLAVRBOMBS™, and the remaining 2 tbsp soy sauce in a small bowl.

Pour the sauce over the cooked beef and stir well to coat. Let it cook for 1-2 minutes to absorb the flavors.

PLATE & ENJOY

Divide the fluffy white rice into bowls.

Top with the Korean BBQ beef, shredded carrots, sliced cucumber, and kimchi.

Garnish with toasted sesame seeds or 1 scoop of Korean BBQ FLAVRBOMBS™ and the remaining scallions.

Drizzle with a little extra sesame oil for added depth.

Enjoy.

KOREAN BBQ STICKY RICE



PREP TIME - 5 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

This sticky rice is a quick and flavorful way to bring the essence of Korean BBQ to your table. The Korean BBQ FLAVRBOMBS™ lends sweet and smoky flavors to this comforting rice dish, perfect for pairing with grilled meats or tofu. Quick, simple, and satisfying.

INGREDIENTS

1 cup short-grain sushi rice

1 ½ cups water

2 tbsp soy sauce

1 tbsp sesame oil

2 scoops Korean BBQ FLAVRBOMBS™

Optional: chopped green onions for garnish

EQUIPMENT

Rice cooker or saucepan

NUTRITION

ENERGY	**380 CAL**
PROTEIN	**6 G**
CARBS	**70 G**
FAT	**8 G**

PREPARE THE INGREDIENTS

Rinse the rice until the water runs clear.

SEASON AND ARRANGE

Combine rice, water, soy sauce, and 1 scoop of Korean BBQ FLAVRBOMBS™ in a saucepan. Bring to a boil.

Lower the heat, cover, and simmer for 15-20 minutes until the rice is tender and water is absorbed.

FINISH THE RICE

Stir in sesame oil and 1 scoop of Korean BBQ FLAVRBOMBS™. Let rest for 5 minutes.

PLATE & ENJOY

Garnish with chopped green onions and serve warm.

KOREAN BBQ TOFU STIR-FRY



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

This quick and healthy stir-fry features crispy tofu and colorful veggies tossed in the sweet and savory goodness of Korean BBQ FLAVRBOMBS™. Packed with protein and fiber, it's an easy way to enjoy bold Korean flavors in a plant-based meal.

INGREDIENTS

1 block (14 oz) firm tofu, cubed

2 cups mixed bell peppers, sliced

1 cup broccoli florets

2 tbsp olive oi

1 tbsp cornstarch

3 scoops Korean BBQ FLAVRBOMBS™

EQUIPMENT

Frying pan, mixing bowl

NUTRITION

ENERGY	**290 CAL**
PROTEIN	**14 G**
CARBS	**25 G**
FAT	**15 G**

PREPARE THE INGREDIENTS

Pat tofu dry and cut into cubes. Coat cubes with 1 tbsp of cornstarch

COOK THE TOFU

Heat 1 tbsp olive oil in a frying pan over medium heat.

Pan-fry tofu for 5 minutes, making sure to brown all sides of the tofu. Remove from the pan and set aside in a mixing bowl.

COOK THE VEGETABLES

Add 1 tbsp olive oil to the same pan. Sauté bell peppers and broccoli for 5 minutes. Once tender, remove from heat and add to the same mixing bowl.

COMBINE AND SERVE

Toss tofu and vegetables with 4 scoops of Korean BBQ FLAVRBOMBS™.

Stir-fry for 2 minutes until well-coated.

KOREAN BBQ CHICKEN STIR-FRY WITH STEAMED RICE AND VEGETABLES



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

This quick and easy stir-fry brings the bold flavors of Korean BBQ FLAVRBOMBS™ to your dinner table. With tender chicken, crisp vegetables, and fragrant steamed rice, it's a well-rounded meal that's as healthy as it is delicious. Perfect for busy weeknights!

INGREDIENTS

2 chicken breasts (sliced)

2 cups broccoli florets

1 diced red pepper

1 cup white rice

2 tbsp soy sauce

1 tsp sesame oil

Olive oil

4 scoops Korean BBQ FLAVRBOMBS™

EQUIPMENT

Wok or large frying pan, medium pot, knife, cutting board

NUTRITION

ENERGY	**480 CAL**
PROTEIN	**35 G**
CARBS	**55 G**
FAT	**10 G**

PREPARE THE INGREDIENTS

Slice chicken and red pepper.

Season chicken with a pinch of salt and 2 scoops of Korean BBQ Season chicken breast with 2 scoops of Jolted Cowboy FLAVRBOMBS™

COOK THE RICE

Rinse rice under cold water until the water runs clear. In a pot, and 1 cup of rice and 1 ½ cups of water. Bring to a boil, then cover and reduce heat to low, and simmer for 15 minutes until all the water is absorbed. Fluff with a fork.

STIR-FRY THE CHICKEN AND VEGETABLES

Heat olive oil in a wok. Stir-fry marinated chicken until browned. Remove and set aside.

Add broccoli and peppers to the wok.

Stir-fry for 3–4 minutes with soy sauce, sesame oil, and 2 scoops of Korean BBQ FLAVRBOMBS™.

PLATE & ENJOY

Serve stir-fried chicken and vegetables over steamed rice.



CRISPY AIR FRYER KOREAN BBQ CHICKEN WINGS



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

Get ready for a flavor explosion! These Crispy Air Fryer Korean BBQ Chicken Wings bring all the bold, umami-rich flavors of FLAVRBOMBS™ Korean BBQ Spice Blend—a mix of toasted sesame, smoky heat, and a touch of sweetness. With the air fryer, you get restaurant-quality wings that are crispy on the outside, juicy inside, and coated in a sticky, caramelized glaze. No deep frying, no mess—just pure Korean BBQ bliss in every bite!

INGREDIENTS

2 lbs chicken wings, split into drumettes & flats

1 tbsp cornstarch (for extra crispiness)

1 tbsp olive oil

2 scoops Korean BBQ FLAVRBOMBS™

For the Glaze

¼ cup soy sauce

2 tbsp honey

1 tbsp rice vinegar

1 clove garlic, minced

1 tsp sesame oil

1 tsp gochujang or sriracha

EQUIPMENT

Air fryer, mixing bowls, tongs, small saucepan

SEASON THE WINGS

In a large bowl, toss chicken wings with Korean BBQ FLAVRBOMBS™, cornstarch, and olive oil until evenly coated.

AIR FRY UNTIL CRISPY

Preheat air fryer to 400°F (200°C).

Arrange wings in a single layer in the air fryer basket.

Cook for 18-20 minutes, shaking the basket halfway through for even crispiness.

MAKE THE GLAZE

While wings cook, heat a small saucepan over medium heat.

Combine soy sauce, honey, rice vinegar, garlic, sesame oil, and gochujang or sriracha.

Simmer for 3-4 minutes until thick and glossy.

TOSS & SERVICE

Transfer crispy wings to a bowl and toss with the glaze until fully coated.

Garnish with sesame seeds & sliced green onions.

NUTRITION

ENERGY	**450 CAL**
PROTEIN	**38 G**
CARBS	**22 G**
FAT	**24 G**

KOREAN BBQ TOFU WRAP WITH PICKLED VEGETABLES



PREP TIME - 15 MIN **COOK TIME - 10 MIN** **PORTIONS - SERVES 4**

This vibrant wrap combines crispy tofu and tangy pickled vegetables, infused with the bold flavors of Korean BBQ FLAVRBOMBS™. It's a plant-based powerhouse packed with protein and umami that's perfect for a quick, healthy meal. Easy to assemble and bursting with flavor, this wrap will transport your taste buds straight to Seoul.

INGREDIENTS

1 block (14 oz) firm tofu, pressed and cubed

1 cup shredded carrots

1 cup thinly sliced cucumber

1 cup shredded purple cabbage

4 whole wheat tortillas

3 tbsp rice vinegar

1 tbsp sugar

Olive oil

1 tbsp cornstarch

4 scoops Korean BBQ FLAVRBOMBS™

EQUIPMENT

Skillet, mixing bowls

NUTRITION

ENERGY	**440 CAL**
PROTEIN	**22 G**
CARBS	**52 G**
FAT	**16 G**

PREPARE THE VEGETABLES

• Mix carrots, cucumber, and cabbage in a bowl. Add rice vinegar, sugar, and a pinch of salt. Toss and let sit for 10 minutes to pickle.

COOK THE TOFU

Heat a skillet with olive oil. Toss tofu cubes with 3 scoops Korean BBQ FLAVRBOMBS™ and 1 tbsp of cornstarch, then cook until golden and crispy on all sides, about 8 minutes.

ASSEMBLE THE WRAPS

Spread pickled veggies on tortillas, add tofu, and sprinkle 1 scoop Korean BBQ FLAVRBOMBS™ for extra seasoning.

PLATE & ENJOY

Roll up tightly and serve warm or cold.

KOREAN BBQ VEGGIE STIR-FRY WITH RICE NOODLES



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 2**

This quick and colorful stir-fry captures the essence of Korean street food in a healthy and vibrant way. Packed with fiber-rich vegetables and tender rice noodles, the dish is elevated by the sweet, smoky, and umami flavors of Korean BBQ FLAVRBOMBS™. A perfect meal for busy nights when you want something nutritious yet satisfying.

INGREDIENTS

4 oz rice noodles

1 cup broccoli florets

1 red bell pepper, thinly sliced

1/2 cup snap peas

Olive oil

Soy sauce or tamari (optional, for garnish)

3 scoops Korean BBQ FLAVRBOMBS™

EQUIPMENT

Wok or large skillet, cutting board, knife, pot

NUTRITION

ENERGY	**480 CAL**
PROTEIN	**10 G**
CARBS	**78 G**
FAT	**12 G**

COOK THE NOODLES

Boil noodles in salted water according to package instructions. Drain and set aside.

COOK THE VEGETABLES

Heat 1 tbsp olive oil in a wok or large skillet over medium-high heat.

Add broccoli, bell pepper, and snap peas. Sauté for 5–6 minutes until tender-crisp.

COMBINE & FINISH

Toss cooked noodles into the skillet with the vegetables.

Add 3 scoops Korean BBQ FLAVRBOMBS™ and stir until evenly coated.

PLATE & ENJOY

Serve hot, garnished with a drizzle of soy sauce or tamari, if desired.

ONE SHEET PAN KOREAN BBQ BEEF STRIPS WITH BROCCOLI AND BELL PEPPERS



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

This recipe pairs lean beef with vibrant vegetables, creating a dish high in protein, vitamins, and antioxidants. Korean BBQ FLAVRBOMBS™ bring bold, sweet, and smoky flavors without the need for sugary marinades. It's a quick, wholesome option that supports muscle recovery, promotes a balanced diet, and proves healthy eating doesn't have to be boring.

INGREDIENTS

1 lb beef strips (sirloin or flank, sliced thinly)

1 head broccoli, cut into florets

2 bell peppers, sliced into strips

Olive oil

4 scoops Korean BBQ FLAVRBOMBS™

Sesame seeds (optional garnish)

EQUIPMENT

Baking sheet, mixing bowls

NUTRITION

ENERGY	**600 CAL**
PROTEIN	**40 G**
CARBS	**50 G**
FAT	**25 G**

PREPARE THE INGREDIENTS

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

Toss broccoli and peppers with 1 tbsp olive oil, 2 scoops Korean BBQ FLAVRBOMBS™, and a pinch of salt. Spread on the sheet pan.

ROAST THE VEGETABLES

Roast the veggies for 10 minutes.

ADD BEEF STRIPS

Toss beef strips with 2 scoops Korean BBQ FLAVRBOMBS™, 1 tbsp olive oil, and a pinch of salt.

Add the beef to the sheet pan with veggies.

Roast everything together for another 8-10 minutes, or until beef is browned and tender.

PLATE & ENJOY

Serve beef and veggies garnished with sesame seeds if desired.

FLAVR BOMBS

NONNA'S ITALIAN

AUTHENTIC ITALIAN HERB & SPICE BLEND







NONNA'S ITALIAN

I made Nonna's Italian in memory of Nonna, Giovanna, who taught me how to cook and appreciate quality ingredients and authentic flavors. I wanted a blend that's true to my Calabrian heritage and to Italian cooking—one that captures the essence of homemade meals in just a few scoops. With this blend, you can make an authentic tomato sauce with nothing more than crushed tomatoes, onion, garlic, and a few scoops of seasoning. Whether you're making pasta sauce, seasoning meatballs, or roasting veggies, this blend gives you that "cooked all day" flavor without the wait. It's cozy, familiar, and always hits the spot.

FLAVOR PROFILE

Italian

CALORIES

0 calories per serving

TASTES GREAT ON

Chicken

Fish

Vegetables

Tomato Sauces

Dressings & Salads

Potatoes

INGREDIENTS

Basil

Thyme

Rosemary

Parsley

Oregano

Garlic

Sea Salt

CHEF CARLOS' SIGNATURE RECIPE

NONNA'S ITALIAN CHICKEN BREAST WITH ROASTED BRUSSELS SPROUTS AND TOMATO SALAD



PREP TIME - 10 MIN | COOK TIME - 20 MIN | PORTIONS - SERVES 2

Enjoy the comforting flavors of Italian cuisine with Nonna's Italian Chicken Breast. This dish features tender, pan-seared chicken breasts seasoned with Nonna's Italian FLAVRBOMBS™ for a burst of rich, authentic taste. Paired with crispy roasted Brussels sprouts and a refreshing tomato salad, this meal offers a delightful combination of textures and flavors. Perfect for a family dinner or a casual gathering, this recipe is both easy to prepare and satisfying. Experience a taste of Italy with every bite of this wholesome and delicious meal.

INGREDIENTS

2 Chicken breasts

2 Cups of fresh brussel sprouts

6 Roman tomatoes

1 Red onion

1 Garlic clove

Olive oil

Apple cider vinegar

Salt

Nonna's Italian FLAVRBOMBS™

EQUIPMENT

Frying pan, baking sheet, mixing bowl, knife, cutting board, measuring cups

NUTRITION

ENERGY	**510 CAL**
PROTEIN	**50 G**
CARBS	**25 G**
FAT	**20 G**

ROAST THE BRUSSELS SPROUTS

Toss halved Brussels sprouts with 1 tbsp of olive oil, a pinch of salt, and 1 scoop of Nonna's Italian FLAVRBOMBS™.

Place them face down on the preheated baking sheet.

Roast for 8-12 minutes until crispy and tender.

COOK THE CHICKEN BREASTS

Season chicken breasts with salt.

Heat 1 tbsp of olive oil in a frying pan.

Pan-sear the chicken breasts for about 5-6 minutes per side or until cooked through.

Remove from heat and immediately season with 2 scoops of Nonna's Italian FLAVRBOMBS™.

MAKE THE TOMATO SALAD

In a mixing bowl, combine tomatoes, garlic, red onion, vinegar, and 1 tbsp of olive oil.
Gently smash the mixture with a fork to release juices.

Season with a pinch of salt and 2 scoops of Nonna's Italian FLAVRBOMBS™.

PLATE & ENJOY

Plate the chicken breast alongside the roasted brussels sprouts and tomato salad.

NONNA’S ITALIAN TOMATO BASIL RISOTTO



PREP TIME - 10 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

This risotto delivers creamy comfort without excess calories. Infused with Nonna’s Italian FLAVRBOMBS™, it combines the warmth of Italian herbs with fresh tomatoes for a dish that’s simple yet elegant. Perfect for busy evenings or entertaining guests, this recipe is a tribute to the rustic kitchens of Italy.

INGREDIENTS

1 cup arborio rice

1 cup diced fresh tomatoes

4 cups vegetable broth (kept warm)

1 small onion, finely chopped

½ cup grated Parmesan cheese (optional)

Olive oil

3 scoops Nonna’s Italian FLAVRBOMBS™

EQUIPMENT

Large saucepan, ladle, wooden spoon

NUTRITION

ENERGY	**420 CAL**
PROTEIN	**10 G**
CARBS	**65 G**
FAT	**12 G**

PREPARE THE INGREDIENTS

Heat the vegetable broth in a separate saucepan to keep it warm.

Dice the onion and tomatoes.

SAUTÉ THE AROMATICS

Heat 1 tbsp olive oil in a large saucepan. Add the onion and sauté until translucent.

Stir in 2 scoops of Nonna’s Italian FLAVRBOMBS™ and cook for 1 minute to bloom the spices.

COOK THE RISOTTO

Add the rice to the pan and stir to coat with oil and spices. Gradually ladle in the warm broth, one cup at a time, stirring continuously until absorbed. Repeat until the rice is creamy and tender (about 20 minutes).

Stir in the diced tomatoes and the final scoop of Nonna’s Italian FLAVRBOMBS™. Add Parmesan cheese if desired.

PLATE & ENJOY

Serve warm, garnished with fresh basil if available.



NONNA’S ITALIAN ZUCCHINI ROLL-UPS



PREP TIME - 20 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 2**

These zucchini roll-ups are a delicious, low-carb take on classic Italian flavors. By replacing pasta with thin zucchini slices, this dish keeps things light while delivering all the rich, cheesy goodness of a traditional baked Italian meal. Nonna’s Italian FLAVRBOMBS™ infuses the dish with bold flavors of garlic, basil, and oregano, making every bite taste like an authentic Italian experience.

INGREDIENTS

1 medium zucchini

1 ½ cups mozzarella cheese

1 cup marinara sauce

½ cup Parmesan cheese, grated

Salt and pepper to taste

2 scoops Nonna’s Italian FLAVRBOMBS™

EQUIPMENT

Mandolin or sharp knife, paper towels, baking dish, oven

NUTRITION

ENERGY	**320 CAL**
PROTEIN	**26 G**
CARBS	**10 G**
FAT	**20 G**

PREPARE THE INGREDIENTS

Wash the zucchini and slice it thinly using a mandolin or sharp knife.

Pat the slices dry with paper towels to remove excess moisture.

ASSEMBLE THE ROLL-UPS

Preheat the oven to 350°F (180°C).

Spread 2 tablespoons of marinara sauce on the bottom of a baking dish.

Lay out the zucchini slices and top each with marinara sauce, mozzarella cheese, and 1 scoop of Nonna’s Italian FLAVRBOMBS™.

Roll them up tightly and place them in the baking dish.

BAKE AND SERVE

Pour additional marinara sauce over the rolls.

Sprinkle with more mozzarella, Parmesan, and 1 scoop of Nonna’s Italian FLAVRBOMBS™.

Bake for 10 minutes or until the cheese is golden and bubbly.

Serve warm and enjoy!

NONNA'S ITALIAN ONE SHEET PAN BAKED TILAPIA WITH ROASTED POTATOES & GREEN BEANS



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

A light, flaky, and flavor-packed meal—done in one pan! This One Sheet Pan Baked Tilapia is seasoned with FLAVRBOMBS™ Nonna's Italian Herb & Spice Blend, bringing aromatic herbs, garlic, and a touch of citrus to every bite. Paired with crispy roasted potatoes and tender green beans, this dish is healthy, easy, and perfect for a stress-free dinner.

INGREDIENTS

4 tilapia fillets (about 6 oz each)

1 lb baby potatoes, halved

8 oz green beans, trimmed

2 tbsp olive oil

Juice of 1 lemon

Salt to taste

3 scoops Nonna's Italian FLAVRBOMBS™

EQUIPMENT

Large baking sheet, parchment paper, mixing bowls

NUTRITION

ENERGY	**390 CAL**
PROTEIN	**42 G**
CARBS	**30 G**
FAT	**14 G**

ROAST THE POTATOES

Preheat oven to 400°F (200°C).

Toss baby potatoes with 1 tbsp olive oil, 1 scoop Nonna's Italian FLAVRBOMBS™, and a pinch of salt.

Spread on a lined baking sheet and roast for 10 minutes.

ADD TILAPIA & GREEN BEANS

While potatoes roast, season tilapia fillets with lemon juice and 2 scoops Nonna's Italian FLAVRBOMBS™.

Toss green beans with 1 tbsp olive oil and a pinch of salt.

Add tilapia and green beans to the sheet pan with the potatoes.

BAKE TO PERFECTION

Bake for 10-12 minutes until the tilapia is flaky and the green beans are tender.

Optional: Broil for 2 minutes for extra crispiness.

PLATE & ENJOY

Plate the tilapia alongside the roasted potatoes and green beans.

Garnish with extra lemon wedges for a fresh citrusy touch.

NONNA’S ITALIAN STUFFED CHICKEN BREASTS WITH SPINACH & SUN-DRIED TOMATOES



PREP TIME - 15 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

Get ready to impress! These Nonna’s Italian Stuffed Chicken Breasts are juicy, cheesy, and bursting with Mediterranean flavors. FLAVRBOMBS™ Nonna’s Italian Herb & Spice Blend infuses every bite with savory garlic, basil, and rosemary, while a luscious filling of spinach, sun-dried tomatoes, and creamy mozzarella turns simple chicken into an Italian masterpiece.

INGREDIENTS

4 boneless, skinless chicken breasts

1 cup fresh spinach, chopped

½ cup sun-dried tomatoes, chopped

1 cup shredded mozzarella cheese

2 tbsp olive oil

Salt to taste
3 scoops Nonna’s Italian FLAVRBOMBS™

EQUIPMENT

Large skillet, baking dish, mixing bowl, toothpicks or kitchen twine

NUTRITION

ENERGY	**460 CAL**
PROTEIN	**50 G**
CARBS	**8 G**
FAT	**24 G**

PREPARE THE CHICKEN

Slice a deep pocket into each chicken breast (careful not to cut all the way through).

Season inside and out with 2 scoops of Nonna’s Italian FLAVRBOMBS™.

MAKE THE FILLING

In a bowl, mix spinach, sun-dried tomatoes, mozzarella, and 1 scoop of Nonna’s Italian FLAVRBOMBS™.

Stuff the filling evenly into each chicken breast and secure with toothpicks.

SEAR FOR FLAVOR, THE BAKE

Heat 1 tbsp olive oil in a skillet over medium-high heat.

Sear chicken for 2-3 minutes per side until golden brown.

Transfer chicken to a baking dish, drizzle with 1 tbsp olive oil, and bake at 375°F (190°C) for 18-22 minutes until cooked through.

PLATE & ENJOY

Let rest for 5 minutes, remove toothpicks, and serve with your favorite side (pasta, roasted veggies, or a fresh salad).

NONNA'S ITALIAN QUICK TOMATO SAUCE, SPAGHETTI AND MEATBALLS



PREP TIME - 5 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 3**

Embark on a culinary journey to the heart of Italy with this classic Nonna's Italian FLAVRBOMBS™ Spaghetti and Meatballs recipe. Tender, savory meatballs seasoned with the aromatic blend of Nonna's Italian FLAVRBOMBS™ are paired with perfectly cooked spaghetti and a quick, flavorful tomato sauce. Each forkful celebrates the simplicity and elegance of Italian cooking.

INGREDIENTS

8 oz ground beef

½ pack spaghetti (~4 oz)

2 cups canned tomatoes, cubed

1 onion, chopped

2 garlic cloves, minced

2 tbsp olive oil

Salt and pepper

5 scoops Nonna's Italian FLAVRBOMBS™

EQUIPMENT

Oven, baking sheet, mixing bowls, knife, cutting board, saucepan, pot, measuring cups and spoons

NUTRITION

ENERGY	**590 CAL**
PROTEIN	**24 G**
CARBS	**85 G**
FAT	**20 G**

PREPARE THE INGREDIENTS

Chop the onion and mince the garlic.

Cube the canned tomatoes.

Bring a large pot of salted water to a boil for the spaghetti.

MAKE THE MEATBALLS

Season the ground beef with a pinch of salt and 3 scoops of Nonna's Italian FLAVRBOMBS™.

Shape the ground beef into medium-sized meatballs.

In a skillet, heat 1 tbsp olive oil over medium heat and sear the meatballs until browned on all sides.

Remove from the skillet and set aside.

MAKE THE TOMATO SAUCE

In a saucepan, heat 2 tbsp olive oil over medium heat.

Sauté the chopped onion and minced garlic until translucent.

Add the cubed canned tomatoes, a pinch of salt and pepper, and 2 scoops of Nonna's Italian FLAVRBOMBS™.

Simmer the sauce for 5-10 minutes, stirring occasionally.

COOK THE SPAGHETTI AND PLATE

Cook the spaghetti according to package instructions until al dente. Drain well.

Toss the cooked spaghetti with half of the tomato sauce.

Plate the spaghetti and top with the meatballs.

Add the remaining tomato sauce over the meatballs.

Optional: Sprinkle with grated Parmesan cheese for a finishing.



NONNA’S ITALIAN TOMATO BASIL SOUP



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

This comforting soup captures the essence of a rustic Italian kitchen with the aromatic flavors of Nonna’s Italian FLAVRBOMBS™. Fresh tomatoes, basil, and high-quality olive oil create a simple yet flavorful dish that’s both nutritious and heartwarming. Light in calories but rich in taste, this soup is perfect as a starter or a light meal.

INGREDIENTS

6 large ripe tomatoes, chopped

1 small onion, diced

2 garlic cloves, minced

3 cups vegetable broth

1 tbsp olive oil

Fresh basil leaves for garnish

4 scoops Nonna’s Italian FLAVRBOMBS™

EQUIPMENT

Large pot, blender, wooden spoon

NUTRITION

ENERGY	**190 CAL**
PROTEIN	**5 G**
CARBS	**24 G**
FAT	**9 G**

PREPARE THE INGREDIENTS

Chop the tomatoes and dice the onion. Mince the garlic.

MAKE THE SOUP BASE

Heat olive oil in a large pot over medium heat.

Add onions and garlic, sauté for 3 minutes until softened.

Stir in tomatoes and cook for 5 minutes until they start to break down.

SIMMER & BLEND

Add vegetable broth and 3 scoops of Nonna’s Italian FLAVRBOMBS™.

Bring to a boil, then reduce heat and simmer for 15 minutes.

Use a blender to puree the soup until smooth.

PLATE & ENJOY

Ladle soup into bowls, sprinkle with an extra scoop of Nonna’s Italian FLAVRBOMBS™, and garnish with fresh basil leaves.

NONNA’S ITALIAN VEGGIE PANINI WITH BALSAMIC DRIZZLE



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

Channel the essence of a rustic Italian kitchen with Nonna’s Italian FLAVRBOMBS™ in this veggie-packed panini. Juicy roasted vegetables, melted mozzarella, and a tangy balsamic drizzle come together in a healthy and satisfying sandwich that’s as easy as it is delicious.

INGREDIENTS

1 zucchini, sliced lengthwise

1 red bell pepper, sliced into strips

1 eggplant, sliced

4 whole-grain ciabatta rolls

4 oz fresh mozzarella, sliced

Balsamic glaze

3 scoops Nonna’s Italian FLAVRBOMBS™

EQUIPMENT

Skillet or grill pan

NUTRITION

ENERGY	**460 CAL**
PROTEIN	**18 G**
CARBS	**54 G**
FAT	**16 G**

PREPARE THE INGREDIENTS

Toss zucchini, bell pepper, and eggplant with olive oil, 2 scoops Nonna’s Italian FLAVRBOMBS™, and a pinch of salt.

GRILL THE VEGETABLES

Grill veggies on a panini press until tender and slightly charred.

ASSEMBLE THE SANDWICH

Layer veggies and mozzarella on ciabatta rolls. Sprinkle 1 scoops Nonna’s Italian FLAVRBOMBS™ for extra flavor.

PRESS THE PANINI

Grill the sandwiches until bread is crisp and cheese is melted. Drizzle with balsamic glaze before serving.

NONNA'S ITALIAN CHICKEN WITH ROASTED VEGETABLES AND GARLIC POLENTA



PREP TIME - 15 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

Transport yourself to a rustic Italian countryside with this comforting and healthy meal featuring Nonna's Italian FLAVRBOMBS™. Succulent roasted chicken is paired with seasonal vegetables and creamy polenta, all infused with the aromatic herbs and spices of this classic blend. This dish provides the perfect balance of protein, fiber, and whole grains for a wholesome dinner experience.

INGREDIENTS

4 bone-in chicken thighs

1 zucchini (sliced)

1 bell pepper (sliced)

1 red onion (sliced)

1 cup cherry tomatoes

1 cup polenta (cornmeal)

3 cups water or chicken broth

1 garlic clove (minced)

Olive oil

Salt, and pepper

4 scoops Nonna's Italian FLAVRBOMBS™

EQUIPMENT

Baking sheet, medium pot, frying pan, knife, cutting board

NUTRITION

ENERGY	**460 CAL**
PROTEIN	**38 G**
CARBS	**45 G**
FAT	**14 G**

PREPARE THE INGREDIENTS

Slice zucchini, bell pepper, and red onion. Halve cherry tomatoes. Mince garlic.

COOK THE CHICKEN AND VEGETABLES

Preheat oven to 400°F.

Toss vegetables with olive oil, salt, and 2 scoops of Nonna's Italian FLAVRBOMBS™.

Place chicken thighs on a baking sheet, drizzle with olive oil, and season with salt and pepper. Roast chicken and vegetables for 25–30 minutes, turning vegetables halfway.

COOK THE POLENTA

In a medium pot, bring water or broth to a boil. Slowly whisk in polenta and reduce heat to low. Cook for 5–7 minutes, stirring frequently. Add garlic and 2 scoops of Nonna's Italian FLAVRBOMBS™.

PLATE & ENJOY

Spoon polenta onto a plate, top with roasted vegetables, and place a chicken thigh on top. Garnish with additional herbs if desired.

NONNA’S ITALIAN GARLIC SHRIMP PASTA



PREP TIME - 5 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 2**

Elevate your weeknight dinners with this vibrant, one-pan wonder! Holy Carnitas FLAVRBOMBS™ infuses the dish with a bold, savory kick, perfectly complementing the flaky salmon and caramelized vegetables. Packed with heart-healthy omega-3s and nutrient-rich potatoes and peppers, this wholesome recipe is both satisfying and effortless to prepare in under 30 minutes.

INGREDIENTS

6 oz spaghetti

1 lb large shrimp, peeled and deveined

2 garlic cloves, minced

1/2 cup cherry tomatoes, halved

Olive oil

Salt

3 scoops Nonna’s Italian FLAVRBOMBS™

EQUIPMENT

Pot, skillet, strainer, tongs, cutting board

MAKE THE PASTA

Boil water with a pinch of salt. Cook spaghetti to al dente (8–10 minutes), then drain.

COOK THE SHRIMP

Heat 1 tbsp olive oil in a skillet on medium-high heat.

Sauté garlic for 1 minute, then add shrimp.

Cook 3–4 minutes until pink and opaque. Toss with 2 scoops Nonna’s Italian FLAVRBOMBS™.

COMBINE & SERVE

Add cooked spaghetti and cherry tomatoes to the skillet. Toss gently to coat.

Sprinkle with 1 additional scoop of Nonna’s Italian FLAVRBOMBS™ before serving.

NUTRITION

ENERGY	**560 CAL**
PROTEIN	**31 G**
CARBS	**65 G**
FAT	**15 G**


FLAVR BOMBS
PIRI PIRI
PORTUGUESE SWEET PEPPER SPICE BLEND

PIRI PIRI

Piri Piri is traditionally known for its fiery hot peppers, but I wanted to do something different. Instead of focusing on intense heat, our blend highlights the natural sweetness of red peppers and the deep smokiness of paprika. We use a unique blend of three different paprikas—Hungarian, sweet, and smoked—to create a flavor you won't find in any other blend. It transforms something as simple as grilled chicken or shrimp into a bold and unforgettable dish, adding just the right amount of warmth without overpowering spice.

FLAVOR PROFILE

Portuguese, Smokey, Sweet

CALORIES

10 calories per serving

TASTES GREAT ON

Chicken

Fish

Eggs

Vegetables

Rice

Potatoes

INGREDIENTS

Hungarian Paprika

Sweet Paprika

Smoked Paprika

Oregano

Cayenne

Coriander

Ginger

Nutmeg

Brown Sugar

Sea Salt

CHEF CARLOS' SIGNATURE RECIPE



PIRI PIRI CHICKEN DRUMSTICKS WITH ROASTED POTATOES AND PORTUGUESE SALAD

PREP TIME - 20 MIN | COOK TIME - 20 MIN | PORTIONS - SERVES 3

Elevate your dinner with the bold and spicy flavours of Piri Piri Chicken Drumsticks. This recipe brings together juicy, well-seasoned chicken drumsticks, roasted to perfection alongside crispy mini potatoes. Complemented by a fresh and vibrant Portuguese salad, this dish offers a harmonious balance of heat and freshness. Simple yet flavourful, it's perfect for any meal where you want to impress without spending hours in the kitchen. Enjoy a taste of Portuguese cuisine that's both satisfying and easy to prepare.

INGREDIENTS

6 Chicken drumsticks

10 Mini Potatoes

1/4 Iceberg lettuce

1 Sweet pepper

1 Red onion

1/2 cucumber

1/2 bunch of fresh cilantro

Olive oil

Dijon mustard

Salt

Piri Piri FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowl, measuring cup, whisk

NUTRITION

ENERGY	640 CAL
PROTEIN	42 G
CARBS	46 G
FAT	34 G

PREPARE THE INGREDIENTS

Preheat the oven to 400°F (200°C).

Wash and halve the mini potatoes and tomatoes.

Chop iceberg lettuce, red onion, and cilantro.

Dice sweet peppers and cucumber.

ROAST THE DRUMSTICKS & POTATOES

Toss mini potatoes with 1 tbsp olive oil, salt, 2 scoops of Piri Piri FLAVRBOMBS™ and set aside.

Make small cuts in the drumsticks and season them with 1 tbsp of olive oil, a pinch of salt, and 2 scoops of Piri Piri FLAVRBOMBS™. Place the chicken and potatoes in a baking sheet facing down and roast them for 15-20 minutes until golden and tender.

MAKE VINAIGRETTE

In a mixing bowl, whisk together 1 tsp of mustard, apple cider vinegar, 1 tbsp olive oil, 1 scoops of Piri Piri FLAVRBOMBS™, and a pinch of salt.

Combine lettuce, tomatoes, red onion, sweet pepper, cilantro, and mix well.

MAKE THE SALAD & PLATE THE DISH

In a mixing bowl, combine lettuce, tomatoes, cucumber, red onion, sweet pepper, cilantro, vinaigrette and mix well.

Serve the roasted Piri Piri chicken drumsticks and mini potatoes alongside the dressed salad.

CRISPY PIRI PIRI SWEET POTATO FRIES WITH SPICY PIRI PIRI MAYO DIP



PREP TIME - 10 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

Bold, crispy, and packed with flavor, these baked sweet potato fries are seasoned with FLAVRBOMBS™ Piri Piri for the perfect balance of sweet and spicy. Paired with a creamy Piri Piri mayo dip, this dish is a must-try!

INGREDIENTS

2 large sweet potatoes, cut into thin fries

2 tbsp olive oil

½ tsp salt

½ tsp garlic powder

1 scoop Piri Piri FLAVRBOMBS™

For the dip

½ cup mayonnaise (or Greek yogurt for a lighter version)

1 tbsp lemon juice

1 garlic clove, minced

1 scoop Piri Piri FLAVRBOMBS™

EQUIPMENT

Large mixing bowl, baking sheet, parchment paper, measuring spoons, knife & cutting board, small bowl (for the dip), whisk or spoon (for mixing)

NUTRITION

ENERGY	**280 CAL**
PROTEIN	**2 G**
CARBS	**35 G**
FAT	**15 G**

PREPARE THE INGREDIENTS

Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.

Cut two large sweet potatoes into thin fries.

In a large bowl, toss the sweet potato fries with olive oil, FLAVRBOMBS™ Piri Piri, salt, and garlic powder. Make sure the fries are evenly coated.

BAKE TO PERFECTION

Spread the fries in a single layer on the baking sheet. Bake for 25-30 minutes, flipping halfway, until golden brown and crispy.

MAKE THE DIP

While the fries bake, mix mayonnaise (or Greek yogurt), lemon juice, minced garlic, and FLAVRBOMBS™ Piri Piri in a small bowl. Stir well and refrigerate until ready to serve.

PLATE & ENJOY

Once the fries are crispy, remove from the oven and let cool slightly. Serve with the Piri Piri mayo dip and enjoy the perfect balance of sweet, spicy, and creamy flavors!



PIRI PIRI SHRIMP WITH MANGO SALSA AND CAULIFLOWER RICE



PREP TIME - 50 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 2**

This vibrant dish pairs juicy shrimp with fresh, homemade mango salsa, all served over cauliflower rice for a light yet satisfying meal. Piri Piri FLAVRBOMBS™ adds a bold kick of heat, balancing perfectly with the natural sweetness of the mango.

INGREDIENTS

For the Shrimp

16 large shrimp, peeled and deveined

2 tbsp olive oil

1 scoop Piri Piri FLAVRBOMBS™

Salt and pepper to taste

For the Mango Salsa

1 ripe mango, diced

¼ red bell pepper, chopped

¼ cup red onion, chopped

3 tbsp fresh cilantro, chopped

Juice of ½ lime

Salt and pepper to taste

For the Cauliflower Rice

1 small head of cauliflower (or 2 cups riced cauliflower)

1 tbsp olive oil

1 scoop Piri Piri FLAVRBOMBS™

Salt and pepper to taste

EQUIPMENT

Mixing bowls, non-stick skillet, knife and cutting board, food processor or box grater, large sauté pan

NUTRITION

ENERGY	300 CAL
PROTEIN	34 G
CARBS	18 G
FAT	13 G

MARINATE THE SHRIMP & MAKE THE SALSA

In a bowl, toss shrimp with olive oil, half of the Piri Piri FLAVRBOMBS™, salt, and pepper.

Let marinate for at least 30 minutes.

Finely chop the ingredients for the mango salsa and combine in a bowl.

Refrigerate for 30 minutes to let flavors meld.

PREPARE THE CAULIFLOWER RICE

Remove the leaves from the cauliflower and chop it into small florets.

Using a food processor, pulse the cauliflower until it reaches a rice-like texture. If using a box grater, grate the florets using the medium-sized holes.

Heat a large sauté pan over medium heat and add olive oil.

Add the riced cauliflower to the pan and stir in 1 scoop of Piri Piri FLAVRBOMBS™.

Cook for 5-7 minutes, stirring occasionally, until the cauliflower softens slightly but still has some texture.

Season with salt and pepper to taste.

COOK THE SHRIMP

Heat a non-stick skillet over medium-high heat.

Sauté shrimp for 2–3 minutes per side until golden brown.

PLATE & ENJOY

Spoon the cauliflower rice onto plates.

Top with mango salsa and shrimp.

Garnish with fresh cilantro and a sprinkle of Piri Piri FLAVRBOMBS™.

PIRI PIRI SPICY BLACK BEAN TACOS WITH FRESH SLAW & AVOCADO CREMA



PREP TIME - 15 MIN **COOK TIME - 10 MIN** **PORTIONS - SERVES 4**

These bold and vibrant black bean tacos are seasoned with FLAVRBOMBS™ Piri Piri Portuguese Sweet Pepper Blend for a smoky, spicy kick. Topped with a fresh slaw and creamy avocado crema, this dish is a healthy, flavor-packed meal that's quick and easy to make!

INGREDIENTS

1 can Black beans

Garlic

Lime

Shredded cabbage

Shredded carrots

8 Corn tortillas

1 Avocado

Greek yogurt or sour cream

Fresh cilantro

Olive oil

Salt

Water (if needed for avocado crema)

Piri Piri FLAVRBOMBS™

EQUIPMENT

Large skillet, mixing bowls (2), measuring spoons, knife & cutting board, blender or food processor

NUTRITION

ENERGY	**320 CAL**
PROTEIN	**10 G**
CARBS	**45 G**
FAT	**10 G**

PREPARE THE SLAW

In a medium bowl, combine 1 cup of shredded cabbage and ¼ cup of shredded carrots.

Drizzle with 1 tablespoon of lime juice, 1 tablespoon of olive oil, and ¼ teaspoon of salt.

Toss well and set aside to let the flavors meld.

COOK THE BLACK BEANS

Heat 1 tablespoon of olive oil in a large skillet over medium heat.

Mince 1 garlic clove and sauté for 30 seconds until fragrant.

Add 1 can of black beans (drained and rinsed), then stir in 1 scoop of FLAVRBOMBS™ Piri Piri and ½ teaspoon of salt.

Squeeze in the juice of ½ a lime and cook for 5-7 minutes, mashing some of the beans for a creamy texture. Remove from heat.

MAKE THE AVOCADO CREMA

In a blender or food processor, blend 1 ripe avocado, ¼ cup of Greek yogurt or sour cream, juice of 1 lime, and ½ teaspoon of salt until smooth.

If the mixture is too thick, add 1 tablespoon of water to reach a creamy consistency.

ASSEMBLE, PLATE & ENJOY

Warm 8 small corn tortillas in a dry skillet or microwave.

Spoon a portion of the black bean mixture onto each tortilla, top with a generous amount of slaw, and drizzle with avocado crema.

Garnish with fresh cilantro.

Serve immediately and enjoy these spicy, flavor-packed tacos!

PIRI PIRI SPICED RICE WITH ROASTED VEGETABLES



PREP TIME - 10 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

Bring the lively flavors of Portugal to your table with this vibrant rice and vegetable dish. Piri Piri FLAVRBOMBS™ adds just the right touch of warmth to complement the sweetness of roasted vegetables. This recipe is a perfect choice for a healthy, flavorful, plant-based main or side dish.

INGREDIENTS

1 cup brown rice

2 cups water or vegetable broth

1 small zucchini, diced

1 red bell pepper, diced

1 small onion, diced

Olive oil

3 scoops Piri Piri FLAVRBOMBS™

EQUIPMENT

Baking sheet, large saucepan

NUTRITION

ENERGY	**430 CAL**
PROTEIN	**7 G**
CARBS	**75 G**
FAT	**10 G**

PREPARE THE VEGETABLES

Preheat the oven to 400°F (200°C). Toss zucchini, bell pepper, and onion with 1 tbsp olive oil, 2 scoops of Piri Piri FLAVRBOMBS™, and a pinch of salt. Spread on a baking sheet.

ROAST THE VEGETABLES

Roast in the oven for 20-25 minutes, stirring halfway through, until tender and caramelized.

COOK THE RICE

Rinse the brown rice under cold water. Combine with water or broth in a saucepan, add 1 scoop of Piri Piri FLAVRBOMBS™, and bring to a boil. Cover, reduce heat, and simmer for 25 minutes or until liquid is absorbed.

COMBINE, PLATE & ENJOY

Mix the roasted vegetables into the cooked rice. Serve warm, garnished with parsley if desired.

PIRI PIRI GRILLED VEGETABLE SKEWERS



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

These colorful vegetable skewers are a healthy, flavor-packed dish enhanced by the smoky heat of Piri Piri FLAVRBOMBS™. Perfect for grilling or roasting, the blend elevates simple veggies into a vibrant and nutrient-rich meal.

INGREDIENTS

1 zucchini, sliced

1 bell pepper, chopped

1 red onion, quartered

1 cup cherry tomatoes

1 tbsp olive oil

4 scoops Piri Piri FLAVRBOMBS™

EQUIPMENT

Skewers, grill or baking sheet

NUTRITION

ENERGY	**150 CAL**
PROTEIN	**3 G**
CARBS	**18 G**
FAT	**8 G**

PREPARE THE INGREDIENTS

Chop the vegetables into bite-sized pieces and thread onto skewers.

SEASON AND ARRANGE

Brush vegetables with olive oil and sprinkle with 3 scoops of Piri Piri FLAVRBOMBS™.

GRILL THE SKEWERS

Preheat the grill or oven to 400°F (200°C).

Grill or roast skewers for 15-20 minutes, turning halfway.

PLATE & ENJOY

Arrange skewers on a platter and sprinkle with the remaining scoop of Piri Piri FLAVRBOMBS™.



PIRI PIRI SPICED TILAPIA PO'BOY WITH CITRUS SLAW



PREP TIME - 15 MIN **COOK TIME - 10 MIN** **PORTIONS - SERVES 4**

Inspired by the classic po'boy, this healthier version swaps fried shrimp for tender tilapia spiced with Piri Piri FLAVRBOMBS™. Paired with a refreshing citrus slaw, this sandwich is full of vibrant flavors and easy to prepare, making it a perfect choice for a balanced and satisfying meal.

INGREDIENTS

4 tilapia fillets

4 whole-grain hoagie rolls

1 cup shredded cabbage

1 carrot, shredded

1 lime

2 tbsp Greek yogurt

Olive oil

4 scoops Piri Piri FLAVRBOMBS™

EQUIPMENT

Skillet, mixing bowls

NUTRITION

ENERGY	**520 CAL**
PROTEIN	**36 G**
CARBS	**54 G**
FAT	**18 G**

PREPARE THE SLAW

Combine cabbage, carrot, lime juice, yogurt, 1 scoop of Piri Piri FLAVRBOMBS™ and a pinch of salt in a bowl. Toss well and set aside.

COOK THE TILAPIA

Season tilapia with 3 scoops Piri Piri FLAVRBOMBS™. Heat olive oil in a skillet and cook fillets for 3-4 minutes per side until flaky.

ASSEMBLE THE SANDWICH

Spread slaw inside hoagie rolls, add tilapia, and sprinkle 1 scoop Piri Piri FLAVRBOMBS™ for extra zest.

PLATE & ENJOY

Serve immediately with a side of fresh lime wedges.

PIRI PIRI SPICED CHICKEN THIGHS WITH ROASTED SWEET POTATOES AND GREEN BEANS



PREP TIME - 10 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

Add a fiery kick to your dinner table with this flavorful and healthy dish featuring Piri Piri FLAVRBOMBS™. Juicy spiced chicken is paired with sweet potatoes and crisp green beans, creating a balanced meal that's rich in protein, vitamins, and fiber. This easy-to-prepare dish is perfect for busy nights when you want a delicious and nutritious dinner in no time.

INGREDIENTS

1 large salmon fillet (~12 oz)

4 small potatoes, diced

2 sweet peppers, diced

½ cup corn (fresh or frozen)

Olive oil

Salt

Holy Carnitas FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowl, knife, cutting board

NUTRITION

ENERGY	**470 CAL**
PROTEIN	**35 G**
CARBS	**40 G**
FAT	**15 G**

PREPARE THE INGREDIENTS

Cube sweet potatoes and trim green beans. Toss sweet potatoes with olive oil and 2 scoops of Piri Piri FLAVRBOMBS™.

COOK THE CHICKEN AND SWEET POTATOES

Preheat oven to 400°F. Place chicken thighs on a baking sheet and season with 2 scoops of Piri Piri FLAVRBOMBS™, salt, and pepper. Arrange sweet potatoes around the chicken. Roast for 25 minutes.

ADD THE GREEN BEANS

After 25 minutes, add green beans to the baking sheet. Toss lightly with olive oil and roast for another 10 minutes until vegetables are tender and chicken is fully cooked.

PLATE & ENJOY

Serve chicken alongside sweet potatoes and green beans for a colorful, nutrient-rich meal.

PIRI PIRI SPICED CHICKEN WRAPS WITH YOGURT SAUCE



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

Experience the bold, balanced flavors of Portugal with these Piri Piri chicken wraps. Packed with lean protein, a creamy yogurt sauce, and soft tortillas, this dish is flavorful yet light. Piri Piri FLAVRBOMBS™ bring depth and complexity to the chicken, making it a delicious and nutritious option for any meal.

INGREDIENTS

2 chicken breasts

1 cup Greek yogurt

1 garlic clove, minced

Juice of 1 lemon

8 small tortillas

Olive oil

4 scoops Piri Piri FLAVRBOMBS™

EQUIPMENT

Mixing bowl, skillet, tongs, cutting board, knife

NUTRITION

ENERGY	**430 CAL**
PROTEIN	**34 G**
CARBS	**50 G**
FAT	**10 G**

PREPARE THE INGREDIENTS

Slice chicken into thin strips.

Mix the yogurt, garlic, and lemon juice in a bowl and 2 scoops of Piri Piri FLAVRBOMBS™ to create the sauce.

Set aside.

COOK THE CHICKEN

Heat 1 tbsp olive oil in a skillet over medium heat.

Toss chicken with 2 scoops Piri Piri FLAVRBOMBS™ and a pinch of salt.

Sauté chicken for 6–8 minutes, until fully cooked.

ASSEMBLE THE WRAPS

Warm tortillas and fill with cooked chicken. Drizzle with yogurt sauce.

PLATE YOUR DISH

Serve wraps warm with extra yogurt sauce on the side.

ONE SHEET PAN PIRI PIRI ROASTED CHICKEN WINGS WITH CARROTS AND BRUSSELS SPROUTS



PREP TIME - 10 MIN **COOK TIME - 35 MIN** **PORTIONS - SERVES 2-3**

Indulge in the bold flavors of Piri Piri FLAVRBOMBS™ while keeping things healthy. This recipe pairs protein-packed chicken wings with nutrient-dense vegetables like carrots and Brussels sprouts for a meal rich in vitamins, fiber, and antioxidants. It's a flavorful and guilt-free way to enjoy a spicy kick while fueling your body with wholesome ingredients.

INGREDIENTS

2 lbs chicken wings

3 carrots, sliced into sticks

1 lb Brussels sprouts, halved

Olive oil

4 scoops Piri Piri FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowls

NUTRITION

ENERGY	**700 CAL**
PROTEIN	**40 G**
CARBS	**30 G**
FAT	**45 G**

PREPARE THE INGREDIENTS

Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.

Toss carrots and Brussels sprouts with 1 tbsp olive oil, 2 scoops Piri Piri FLAVRBOMBS™, and a pinch of salt. Spread on the sheet pan.

ADD THE CHICKEN WINGS

Toss wings with 2 scoops Piri Piri FLAVRBOMBS™ and a drizzle of olive oil.

Place them on the sheet pan with the veggies.

ROAST TO PERFECTION

Roast for 30-35 minutes, flipping wings halfway, until chicken is golden and crispy.

PLATE & ENJOY

Serve chicken wings with the roasted vegetables.


SWEET
JERK

SWEET JERK

Jerk seasoning is one of my all-time favorite flavors—spicy, smoky, and rich. I wanted a blend that hit all those classic jerk notes but with a unique twist—an extra layer of sweetness that makes it incredibly versatile. Sweet Jerk combines warm spices, a little heat, and a rich sweetness to create the perfect balance. It's perfect for quick grilled chicken, shrimp, or even roasted vegetables. When I cook with it, I'm instantly transported to a beachside grill in the Caribbean, and I hope it does the same for you.

FLAVOR PROFILE

Jamaican

CALORIES

15 calories per serving

TASTES GREAT ON

Chicken

Beef

Pork

Vegetables

Beans

Fruit

Rice

INGREDIENTS

Cayenne

All Spice

Thyme

Cumin

Brown Sugar

Pepper Flakes

Black Pepper

Smoked Paprika

Onion

Garlic

Nutmeg

Sea Salt

CHEF CARLOS' SIGNATURE RECIPE



SWEET JERK CHICKEN THIGHS WITH RICE AND BEANS, AND MANGO CEVICHE

PREP TIME - 15 MIN | COOK TIME - 15 MIN | PORTIONS - SERVES 4

Discover the vibrant flavours of the Caribbean with our Sweet Jerk Chicken Thighs recipe. Perfectly spiced with Sweet Jerk FLAVRBOMBS™, these chicken thighs are pan-seared to perfection and served with aromatic rice and beans. Complemented by a refreshing mango ceviche, this dish offers a perfect balance of spice, sweetness, and zest. Easy to prepare and bursting with flavour, this meal is ideal for weeknight dinners or entertaining guests. Enjoy a taste of the Caribbean at home with this delicious and wholesome recipe!

INGREDIENTS

4 Chicken thighs

1/2 cup White rice

1/2 cup Canned Black Beans

1 Mango

1 Tomato

1 Avocado

1 Red onion

1 bunch of Cilantro

2 Limes

Butter (Optional)

Olive oil

Salt

Sweet Jerk FLAVRBOMBS™

EQUIPMENT

Frying-pan, saucepan, mixing bowls, knife, cutting board, measuring cup, zester

NUTRITION

ENERGY	530 CAL
PROTEIN	28 G
CARBS	35 G
FAT	38 G

PREPARE THE INGREDIENTS & MAKE THE RICE

Dice the mango, avocado and tomatoes. Thinly slice the red onion and wash in cold water. Chop the garlic, cilantro stems and leaves separately.

Measure, rinse, and drain the rice.

In a saucepan, combine the rice, 1.3 cups of water, a pinch of salt, and 2 scoops of Sweet Jerk FLAVRBOMBS™.

Bring to a boil, then reduce heat to low, cover, and simmer for 12-15 minutes until tender. Fluff the cooked rice with a fork and set aside.

MAKE THE BEANS & MIX WITH THE RICE

In a saucepan, combine 1 tbsp of olive oil, chopped garlic and onion, and cook for 1 minute on medium heat.

Add the beans and chopped cilantro stems and cook for 2 minutes.

Add 2 scoop of Sweet Jerk FLAVRBOMBS™, 1/2 cup of water and cook for about 5-8 minutes or until most of the water is gone.

Once cooked assemble the rice and beans, and add 1 scoop of Sweet Jerk FLAVRBOMBS™ for extra flavor.

SEAR THE CHICKEN THIGHS

Season the chicken thighs with a pinch of salt and 2 scoops of Sweet Jerk FLAVRBOMBS™.

Pre-heat a frying-pan with 1 tbsp of olive oil.

Sear the chicken thighs on each side, add 1 tbsp of butter, and cook for more than 4-6 minutes until browned and cooked. Let them rest for 5 minutes.

MAKE THE MANGO CEVICHE

Mix the mangos, tomatoes, onion, cilantro, lime zest and juice, 2 tbsp of olive oil, salt, and 2 scoops of Sweet Jerk FLAVRBOMBS™. Mix well and enjoy!

SWEET JERK KOFTA WITH MINT COUSCOUS AND LENTIL RAGU



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 2**

Embark on a Caribbean-inspired culinary journey with these savory Sweet Jerk FLAVRBOMBS™ beef koftas. Paired with refreshing mint-infused couscous and a hearty lentil ragu, this dish harmonizes bold spices, fresh herbs, and wholesome ingredients for a well-rounded meal. Perfect for a quick, satisfying dinner in under 30 minutes.

INGREDIENTS

10 oz ground beef

½ cup couscous

½ cup lentils

3 garlic cloves, chopped

1 apple, diced

½ bunch of fresh mint, finely chopped

1 tbsp olive oil

Salt

4 scoops Sweet Jerk FLAVRBOMBS™

EQUIPMENT

Air fryer, small pot, mixing bowl, knife, cutting board, measuring cups, and spoons

NUTRITION

ENERGY	**600 CAL**
PROTEIN	**40 G**
CARBS	**50 G**
FAT	**25 G**

PREPARE THE INGREDIENTS

Preheat the oven to 400°F (200°C).

Rinse the lentils in cold water and drain.

Dice the apple, chop the garlic, and finely chop the fresh mint.

COOK THE LENTILS

In a pot, combine the lentils, garlic, 1 cup of water, 1 scoops of Sweet Jerk FLAVRBOMBS™, and a pinch of salt.

Simmer for about 15 minutes or until the lentils are tender and the water is absorbed.

MAKE THE KOFTA

In a mixing bowl, combine the ground beef, 2 scoops of Sweet Jerk FLAVRBOMBS™, and a pinch of salt.

Form the mixture into small patties or oval shapes.

Air fry or bake the patties at 400°F for 8-10 minutes, or until browned and fully cooked.

MAKE THE COUSCOUS AND PLATE

In a pot, combine couscous, 1 cup of water, 1 scoop of Sweet Jerk FLAVRBOMBS™ and a pinch of salt.

Simmer for about 15 minutes until couscous is tender and water has been absorbed.

Fluff with a fork and mix in diced apples and fresh mint.

Add the couscous to your plate and top it with the lentil ragu and kofta.



SWEET JERK SLOW-COOKED PULLED PORK WITH PINEAPPLE AND STEWED BLACK BEANS



PREP TIME - 15 MIN **COOK TIME - 4-6 HORUS** **PORTIONS - SERVES 6**

This Sweet Jerk Pulled Pork is a juicy, slow-cooked dish infused with Caribbean flavors, thanks to Sweet Jerk FLAVRBOMBS™. The tender, smoky-sweet pork pairs beautifully with fresh pineapple, adding a bright, tangy contrast to the rich meat. Served alongside savory stewed black beans with tomatoes, red peppers, and greens, this dish is a perfect balance of heat, sweetness, and depth, making for a vibrant and comforting Caribbean-inspired feast.

INGREDIENTS

For the pulled pork

3 lbs pork shoulder (boneless)

½ cup orange juice

2 tbsp lime juice

1 tbsp apple cider vinegar

½ cup chicken broth

2 tbsp brown sugar

1 tbsp olive oil

4 scoops Sweet Jerk FLAVRBOMBS™

For the black beans

1 can (15 oz) black beans, drained and rinsed

1 tbsp olive oil

½ cup diced tomatoes

½ red bell pepper, diced

¼ cup red onion, finely chopped

2 garlic cloves, minced

1 tbsp fresh cilantro, chopped

½ cup vegetable or chicken broth

2 scoops Sweet Jerk FLAVRBOMBS™

For serving

1 cup fresh pineapple, diced

Fresh cilantro for garnish

EQUIPMENT

Slow cooker (or Instant Pot/ Dutch oven), large skillet, knife and cutting board, mixing bowl

NUTRITION

ENERGY	**480 CAL**
PROTEIN	**38 G**
CARBS	**45 G**
FAT	**18 G**

PREPARE & COOK THE PORK

Pat the pork shoulder dry with a paper towel.

Rub 2 scoops Sweet Jerk FLAVRBOMBS™, brown sugar, and olive oil all over the pork.

Place the pork in a slow cooker and add orange juice, lime juice, apple cider vinegar, and chicken broth.

Cover and cook on LOW for 6 hours or HIGH for 4 hours, until fork-tender.

Once done, shred the pork with two forks and mix it into the juices.

Add 2 scoops of Sweet Jerk FLAVRBOMBS™ to the mixture.

MAKE THE STEWED BEANS

Heat olive oil in a large skillet over medium heat.

Add red onion, bell pepper, and garlic, and sauté for 2-3 minutes until softened.

Stir in diced tomatoes, black beans, 2 scoops of Sweet Jerk FLAVRBOMBS™, and broth.

Let simmer for 10 minutes, stirring occasionally, until the beans are rich and saucy.

Stir in fresh cilantro just before serving.

PLATE & ENJOY

Plate the Sweet Jerk pulled pork and top with fresh diced pineapple.

Serve alongside the stewed black beans.

Garnish with fresh cilantro and enjoy!

SWEET JERK SWEET POTATO, CHICKPEA AND COCONUT “CURRY”



PREP TIME - 10 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

This vibrant “curry” is a comforting blend of sweet and spicy, thanks to Sweet Jerk FLAVRBOMBS™. Packed with hearty sweet potatoes and creamy coconut milk, it’s a fiber-rich, satisfying dish that’s quick to make and full of island flavors.

INGREDIENTS

1 large sweet potato, diced

1 can (13.5 oz) coconut milk

1 cup chickpeas, drained

2 cups spinach

4 scoops Sweet Jerk FLAVRBOMBS™

1 tbsp olive oil

EQUIPMENT

Large pot, wooden spoon

NUTRITION

ENERGY	**320 CAL**
PROTEIN	**7 G**
CARBS	**42 G**
FAT	**14 G**

PREPARE THE INGREDIENTS

Dice the sweet potato and rinse the chickpeas.

COOK THE BASE

Heat olive oil in a pot over medium heat. Add sweet potatoes and sauté for 5 minutes.

Stir in coconut milk and 3 scoops of Sweet Jerk FLAVRBOMBS™.

Simmer for 15 minutes.

FINISH THE “CURRY”

Add chickpeas and spinach, cooking for 5 minutes until spinach wilts.

PLATE & ENJOY

Serve in bowls and sprinkle with the remaining scoop of Sweet Jerk FLAVRBOMBS™.

SWEET JERK GRILLED CHICKEN SANDWICH WITH PINEAPPLE SALSA



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

The tropical flavors of Sweet Jerk FLAVRBOMBS™ bring a burst of Caribbean warmth to this chicken sandwich. Topped with a tangy pineapple salsa, it's a healthy and vibrant meal that's perfect for grilling season or any time you want a taste of island life.

INGREDIENTS

4 boneless, skinless chicken breasts

4 whole-grain buns

1 cup diced pineapple

1 small red onion, diced

1 small jalapeño, minced

Olive oil

4 scoops Sweet Jerk FLAVRBOMBS™

EQUIPMENT

Grill pan, mixing bowls

NUTRITION

ENERGY	**550 CAL**
PROTEIN	**42 G**
CARBS	**50 G**
FAT	**20 G**

PREPARE THE SALSA

Mix pineapple, onion, jalapeño, and a pinch of salt in a bowl.

COOK THE CHICKEN

Season chicken breasts with a pinch of salt and olive oil. Grill for about 5-6 minutes per side until evenly browned.

Remove from heat and season with 3 scoops of Sweet Jerk FLAVRBOMBS™

MAKE THE SANDWICH

Place grilled chicken on buns, top with pineapple salsa, and sprinkle 1 scoop Sweet Jerk FLAVRBOMBS™.

PLATE & ENJOY

Serve with a side of mixed greens or plantain chips.

SWEET JERK RICE AND BLACK BEANS



PREP TIME - 10 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

Inspired by the vibrant flavors of the Caribbean, this dish is a wholesome and satisfying combination of rice and protein-rich black beans. Sweet Jerk FLAVRBOMBS™ infuses the meal with warm spices, creating a quick and easy option for weeknight dinners.

INGREDIENTS

1 cup long-grain rice

1 ½ cups coconut water (or water)

1 cup black beans (cooked and drained)

½ cup diced bell peppers

Olive oil

Cilantro (optional)

3 scoops Sweet Jerk FLAVRBOMBS™

EQUIPMENT

Large saucepan, mixing bowl

NUTRITION

ENERGY	**440 CAL**
PROTEIN	**11 G**
CARBS	**75 G**
FAT	**9 G**

PREPARE THE INGREDIENTS

Rinse the rice thoroughly. Dice the bell peppers.

COOK THE RICE

In a saucepan, combine rice, coconut water, and 2 scoops of Sweet Jerk FLAVRBOMBS™. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes.

ADD BEANS AND PEPPERS

Stir in the black beans, bell peppers, and the remaining scoop of Sweet Jerk FLAVRBOMBS™.

Cover and cook for an additional 5 minutes.

PLATE & ENJOY

Optionally top with fresh cilantro.

Serve warm and enjoy the flavors of the Caribbean!



SWEET JERK CARIBBEAN CHICKEN WITH MANGO SALSA AND COCONUT RICE



PREP TIME - 15 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

Infused with the warm, aromatic flavors of Sweet Jerk FLAVRBOMBS™, this Caribbean-inspired dish is a celebration of vibrant spices and fresh ingredients. Juicy chicken, paired with tropical mango salsa and creamy coconut rice, makes for a nutrient-packed and flavorful meal that feels like a vacation on a plate.

INGREDIENTS

4 chicken thighs (boneless, skinless)

1 mango (diced)

1/4 cup red onion (finely chopped)

1/4 cup fresh cilantro (chopped)

1 cup jasmine rice

1 cup coconut milk

1/2 cup water

4 scoops Sweet Jerk FLAVRBOMBS™

Juice of 1 lime

Olive oil, salt, and pepper

EQUIPMENT

Mixing bowl, frying pan, medium pot, knife, cutting board

NUTRITION

ENERGY	**500 CAL**
PROTEIN	**40 G**
CARBS	**50 G**
FAT	**12 G**

PREPARE THE INGREDIENTS

Dice mango and chop red onion and cilantro. Combine with lime juice to make the salsa.

Rinse rice under cold water and set aside.

COOK THE CHICKEN

Season chicken with a pinch of salt and pepper. Heat olive oil in a frying pan over medium heat.

Sear chicken thighs for 4–5 minutes per side until golden and cooked through.

Toss with 2 scoops of Sweet Jerk FLAVRBOMBS™ in a mixing bowl.

COOK THE RICE

In a medium pot, combine jasmine rice, coconut milk, water, and a pinch of salt. Bring to a boil, then reduce heat and simmer for 15 minutes. Fluff with a fork and stir in 2 scoops of Sweet Jerk FLAVRBOMBS™.

PLATE & ENJOY

Serve chicken thighs over coconut rice, topped with mango salsa. Garnish with cilantro if desired.

CRISPY SWEET JERK AIR FRYER CHICKEN WINGS



PREP TIME - 5 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

Indulge in guilt-free comfort food with these Caribbean-inspired chicken wings. Seasoned with the sweet and savory warmth of Sweet Jerk FLAVRBOMBS™, each bite is a burst of tropical flavor. Cooked in the air fryer, these wings are crisped to perfection without deep frying, making them lower in fat but rich in taste. Perfect for entertaining or a weeknight treat, they'll quickly become a household favorite.

INGREDIENTS

2 lbs chicken wings

2 tbsp olive oil

3 scoops Sweet Jerk FLAVRBOMBS™

EQUIPMENT

Air fryer, mixing bowl, tongs

NUTRITION

ENERGY	**360 CAL**
PROTEIN	**24 G**
CARBS	**8 G**
FAT	**20 G**

PREPARE THE WINGS

Pat the chicken wings dry with paper towels. Toss them in olive oil in a mixing bowl.

Add 3 scoops of Sweet Jerk FLAVRBOMBS™ and toss until evenly coated.

COOK

Arrange wings in a single layer in the air fryer basket. Cook at 375°F for 20–25 minutes, flipping halfway through.

PLATE & ENJOY

Serve hot with your favorite dipping sauce and enjoy!

SWEET JERK GRILLED SALMON WITH PINEAPPLE SALSA



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 2**

This light and vibrant dish brings the flavors of the Caribbean to your table. Sweet Jerk FLAVRBOMBS™ add warm, tropical spices to the salmon, while a fresh pineapple salsa provides a burst of natural sweetness and acidity. It's a nutrient-packed option loaded with omega-3s and vitamins, perfect for a wholesome yet indulgent meal.

INGREDIENTS

2 salmon fillets (6 oz each)

1 cup diced fresh pineapple

1/4 cup red onion, finely chopped

1 tbsp fresh cilantro, chopped

1 lime

Olive oil

3 scoops Sweet Jerk FLAVRBOMBS™

EQUIPMENT

Grill or grill pan, mixing bowl, knife, cutting board

NUTRITION

ENERGY	**400 CAL**
PROTEIN	**32 G**
CARBS	**24 G**
FAT	**16 G**

PREPARE THE SALSA

In a bowl, mix pineapple, red onion, cilantro, juice of half a lime and 1 scoop of Sweet Jerk FLAVRBOMBS™.

Set aside.

SEASON THE SALMON

Rub salmon fillets with 2 scoops Sweet Jerk FLAVRBOMBS™ and 1 tbsp olive oil.

GRILL

Preheat grill or grill pan to medium heat.

Grill salmon for 4–6 minutes per side, until cooked through and flaky.

PLATE & ENJOY

Serve grilled salmon with pineapple salsa and a wedge of lime.

ONE SHEET PAN SWEET JERK SHRIMP WITH PINEAPPLE AND ZUCCHINI



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

This dish combines the lean protein of shrimp with the natural sweetness of pineapple and zucchini's high fiber content. Sweet Jerk FLAVRBOMBS™ provide bold Caribbean flavors without excess sugar or salt. Perfect for a light yet satisfying dinner, this recipe supports healthy digestion and a balanced lifestyle while delivering tropical vibes right to your plate.

INGREDIENTS

1 lb shrimp (peeled and deveined)

2 cups pineapple chunks

2 medium zucchinis, sliced into rounds

Olive oil

4 scoops Sweet Jerk FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowls

NUTRITION

ENERGY	**510 CAL**
PROTEIN	**35 G**
CARBS	**60 G**
FAT	**12 G**

PREPARE THE INGREDIENTS

Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.

Toss pineapple and zucchini with 1 tbsp olive oil, 2 scoops Sweet Jerk FLAVRBOMBS™, and a pinch of salt. Spread on the sheet pan.

ADD THE SHRIMP

Toss shrimp with 2 scoops Sweet Jerk FLAVRBOMBS™ and a drizzle of olive oil. Add shrimp to the sheet pan.

ROAST TO PERFECTION

Roast for 10-12 minutes, until shrimp are pink and zucchini is tender.

PLATE & ENJOY

Serve shrimp with roasted pineapple and zucchini.

FLAVR BOMBS

TASTY TANDOORI

ORI

TASTY TANDOORI

I’ve always loved the deep, smoky flavors of tandoori cooking, but traditional marinades can take hours. That’s why I created Tasty Tandoori—to capture that bold, aromatic Indian spice profile in an instant, no long marinades required. It’s warm, earthy, and just a little tangy, with a hint of heat that makes everything from chicken to roasted veggies come alive. Whether you're grilling, baking, or pan-searing, this blend gives you that restaurant-style tandoori flavor without the wait.

FLAVOR PROFILE

Indian

CALORIES

10 calories per serving

TASTES GREAT ON

- Chicken
- Beans & Peas
- Rice
- Vegetables
- Lamb
- Tofu
- Sauces & Curries

INGREDIENTS

- Cayenne
- Cumin
- Paprika
- Garlic
- Ginger
- Coriander
- Turmeric
- Cardamom
- Clove
- Cinnamon
- Black Pepper
- Sea Salt

CHEF CARLOS' SIGNATURE RECIPE



TASTY TANDOORI SALMON WITH QUINOA AND GREEN BEANS

PREP TIME - 10 MIN | COOK TIME - 20 MIN | PORTIONS - SERVES 2

Looking for a delicious and nutritious meal that's easy to prepare? Our Tasty Tandoori Salmon with Quinoa and Green Beans is the perfect choice! This dish combines the rich flavours of tandoori-spiced salmon with the wholesome goodness of quinoa and fresh vegetables. The result is a balanced meal that's not only bursting with exotic flavours but also packed with essential nutrients. Whether you're hosting a dinner party or just cooking for your family, this recipe is sure to impress. Let's get cooking!

INGREDIENTS

2 Fresh Salmon fillets

Green Beans

1 large sweet pepper

1/2 Bunch of parsley

Olive oil

Salt

Tasty Tandoori FLAVRBOMBS™

EQUIPMENT

Baking sheet, saucepan, mixing bow, measuring cup, knife, cutting board

NUTRITION

ENERGY	650 CAL
PROTEIN	50 G
CARBS	40 G
FAT	35 G

PREPARE THE INGREDIENTS

Preheat the oven to 390°F (200°C).

Slice the sweet peppers and trim the green beans.

Rinse and drain the quinoa.

Finely chop the parsley.

COOK THE QUINOA

In a saucepan, combine the quinoa, 1 cup of water, a pinch of salt, and 1 scoop of Tasty Tandoori FLAVRBOMBS™.

Bring to a boil, then reduce to a simmer, cover, and cook until the quinoa is fluffy (about 15 minutes).

Stir in the chopped parsley and mix well.

ROAST THE SALMON & VEGETABLES

In a baking dish, toss the salmon, sweet peppers, and green beans with 2 tbsp of olive oil, a pinch of salt, and 2 scoops of Tasty Tandoori FLAVRBOMBS™.

Spread evenly in the dish and roast in the oven for 12-15 minutes, or until the salmon is cooked through and the vegetables are tender.

PLATE & ENJOY

Serve the roasted sweet peppers and green beans, followed by the quinoa and salmon on the top.

Optional: Garnish with extra chopped parsley for a fresh touch.

Enjoy!

TASTY TANDOORI CHICKEN WRAP WITH YOGURT RAITA



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

Bring the magic of Indian cuisine to your table with this easy tandoori chicken wrap. The rich, aromatic flavors of Tasty Tandoori FLAVRBOMBS™ turn tender chicken into a mouthwatering filling, while the cool yogurt raita adds balance and freshness.

INGREDIENTS

1 lb chicken breast, cubed

4 whole wheat tortillas

1 cup plain Greek yogurt

1 cucumber, diced

1 small tomato, diced

Olive oil

4 scoops Tasty Tandoori FLAVRBOMBS™

EQUIPMENT

Skillet, mixing bowls

NUTRITION

ENERGY	**530 CAL**
PROTEIN	**39 G**
CARBS	**50 G**
FAT	**18 G**

COOK THE CHICKEN

Toss chicken with 3 scoops Tasty Tandoori FLAVRBOMBS™ and olive oil.

Sauté in a skillet until fully cooked, about 8-10 minutes.

MAKE THE RAITA

Mix yogurt, cucumber, tomato, a pinch of salt in a bowl, and 1 scoop of Tasty Tandoori FLAVRBOMBS™.

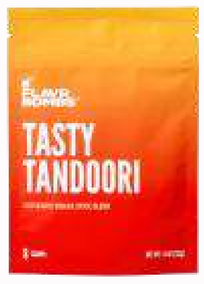
MAKE THE WRAPS AND ENJOY

Layer chicken and raita in tortillas.

Roll tightly and serve warm or chilled.



TASTY TANDOORI CHICKEN SKEWERS WITH ROASTED CHICKPEAS AND HOMEMADE RAITA



PREP TIME - 15 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 2**

These Tandoori Chicken Skewers bring together juicy, marinated chicken with a side of crispy roasted chickpeas for a protein-packed, flavor-loaded meal. The Tasty Tandoori FLAVRBOMBS™ delivers deep, smoky Indian flavors, while Zesty Herbs FLAVRBOMBS™ adds a fragrant herbal note to the chickpeas. A cool and creamy homemade raita perfectly balances the bold, spiced flavors.

INGREDIENTS

For the Chicken

240g boneless, skinless chicken breast, cut into cubes

½ cup plain yogurt

Salt and pepper to taste

1 scoop Tasty Tandoori FLAVRBOMBS™

For the Roasted Chickpeas

1 cup chickpeas, drained and rinsed

1 tbsp olive oil

Salt and pepper to taste

1 scoop Tasty Tandoori FLAVRBOMBS™

For the Raita

½ cup plain yogurt

¼ cucumber, finely grated

1 tbsp fresh cilantro, chopped

1 scoop Zesty Herbs FLAVRBOMBS™ (optional)

Juice of ½ lemon

Salt to taste

EQUIPMENT

Mixing bowls, skewers, baking tray, skillet, grater

NUTRITION

ENERGY	**380 CAL**
PROTEIN	**40 G**
CARBS	**30 G**
FAT	**16 G**

MARINATE THE CHICKEN

In a bowl, mix yogurt, Tasty Tandoori FLAVRBOMBS™, salt, and pepper.

Toss chicken cubes in the marinade and let sit for at least 2 hours for maximum flavor.

Thread marinated chicken onto skewers.

ROAST THE CHICKPEAS & MAKE THE RAITA

Preheat oven to 350°F (180°C).

Toss chickpeas with olive oil, Zesty Herbs FLAVRBOMBS™, salt, and pepper.

Spread evenly on a baking tray and bake for 20–30 minutes, stirring halfway through, until crispy.

In a small bowl, mix plain yogurt, grated cucumber, fresh cilantro, Zesty Herbs FLAVRBOMBS™, lemon juice, and salt.

Stir well and refrigerate until ready to serve.

COOK THE SKEWERS

Heat a skillet over medium heat with olive oil.

Sear chicken skewers on all sides until golden brown and fully cooked, about 8-10 minutes.

For extra flavor, finish on a grill for a smoky char.

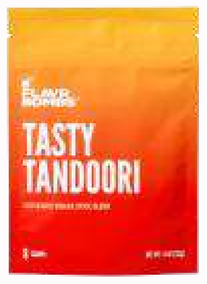
PLATE & ENJOY

Plate the Tandoori Chicken Skewers with crispy roasted chickpeas.

Serve with a side of cool raita.

Garnish with fresh cilantro and an extra sprinkle of Zesty Herbs FLAVRBOMBS™.

TASTY TANDOORI CHICKEN THIGHS WITH TAHINI CAULIFLOWER AND HONEY MUSTARD CABBAGE



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 2**

Experience a symphony of flavors with this Middle Eastern-inspired dish. Juicy chicken thighs seasoned with Tasty Tandoori FLAVRBOMBS™ are paired with nutty tahini-infused cauliflower and a tangy honey-mustard cabbage salad. With wholesome ingredients and bold spices, this meal is both nourishing and vibrant, perfect for any weeknight dinner or meal prep.

INGREDIENTS

4 boneless chicken thighs

½ head of cauliflower, cut into florets

½ head of Chinese cabbage, thinly sliced

1 tbsp tahini

1 tbsp mustard

1 tbsp honey

5 tbsp apple cider vinegar

Olive oil

Salt

4 scoops Tasty Tandoori FLAVRBOMBS™

EQUIPMENT

Oven, mixing bowls, knife, cutting board, baking sheet, measuring cups, and spoons

NUTRITION

ENERGY	**680 CAL**
PROTEIN	**42 G**
CARBS	**48 G**
FAT	**35 G**

PREPARE THE INGREDIENTS

Preheat the oven to 400°F (200°C).

Pat the chicken thighs dry with a paper towel.

Cut the cauliflower into florets.

Thinly slice the Chinese cabbage.

COOK THE CHICKEN AND CAULIFLOWER

In a mixing bowl, toss the cauliflower florets with a pinch of salt, 2 tbsp olive oil, and 1 scoop of Tasty Tandoori FLAVRBOMBS™.

Season the chicken thighs with a pinch of salt and 2 scoops of Tasty Tandoori FLAVRBOMBS™.

Arrange the seasoned chicken and cauliflower on a baking sheet, ensuring they are evenly spaced.

Roast in the oven for 20 minutes or until the chicken is fully cooked (internal temperature of 165°F) and the cauliflower is tender with crispy edges.

Toss the cooked cauliflower with 1 tbsp tahini and 2 tbsp apple cider vinegar.

PREPARE THE HONEY-MUSTARD CABBAGE SALAD

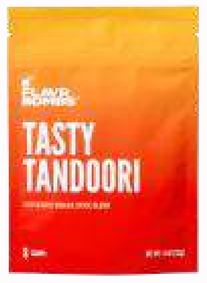
In a mixing bowl, whisk together 1 tbsp honey, 1 tbsp mustard, 3 tbsp apple cider vinegar, 2 tbsp olive oil, a pinch of salt, and 1 scoop of Tasty Tandoori FLAVRBOMBS™.

Add the sliced Chinese cabbage and toss until well coated.

PLATE & ENJOY

Start with the cabbage salad, followed by the tahini cauliflower, and top with the roasted chicken thighs.

TASTY TANDOORI BASMATI RICE WITH HERBS



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

This herbaceous rice dish is an ode to the vibrant flavors of India. Tasty Tandoori FLAVRBOMBS™ brings bold spices to the mix, while fresh herbs like cilantro and mint add brightness and freshness. It's a versatile and wholesome side dish for any meal.

INGREDIENTS

1 cup basmati rice

2 cups water

1 tbsp chopped fresh cilantro

1 tbsp chopped fresh mint

Olive oil

3 scoops Tasty Tandoori FLAVRBOMBS™

EQUIPMENT

Large saucepan

NUTRITION

ENERGY	**390 CAL**
PROTEIN	**6 G**
CARBS	**70 G**
FAT	**8 G**

PREPARE THE INGREDIENTS

Rinse the rice until the water runs clear. Chop the fresh herbs.

COOK THE RICE

In a saucepan, combine rice, water, and 2 scoops of Tasty Tandoori FLAVRBOMBS™. Bring to a boil, then cover and simmer for 15 minutes.

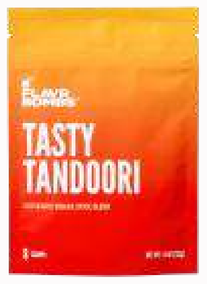
ADD FRESH HERBS & SPICES

Remove the rice from heat, fluff with a fork, and gently stir in the fresh herbs and 1 scoop of Tasty Tandoori FLAVRBOMBS™.

PLATE & ENJOY

Serve warm as a side dish to curries or grilled proteins.

TASTY TANDOORI CAULIFLOWER STEAKS



PREP TIME - 15 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

These cauliflower steaks bring the robust, aromatic flavors of India to your plate with Tasty Tandoori FLAVRBOMBS™. Simple to prepare and roasted to perfection, they are a low-calorie, high-fiber dish that's perfect as a main or side.

INGREDIENTS

1 large head of cauliflower, cut into thick slices

1/2 cup plain unsweetened plant-based yogurt

4 scoops Tasty Tandoori FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowl

NUTRITION

ENERGY	**230 CAL**
PROTEIN	**7 G**
CARBS	**28 G**
FAT	**11 G**

PREPARE THE INGREDIENTS

Preheat your oven to 400°F (200°C).

Mix yogurt with 3 scoops of Tasty Tandoori FLAVRBOMBS™ in a bowl.

SEASONS THE CAULIFLOWER

Brush the yogurt mixture onto both sides of the cauliflower steaks.

ROAST TO PERFECTION

Place steaks on a baking sheet lined with parchment paper.

Roast for 20-25 minutes, flipping halfway, until golden and tender.

PLATE & ENJOY

Arrange steaks on a platter and garnish with the remaining scoop of Tasty Tandoori FLAVRBOMBS™.



TASTY TANDOORI GRILLED CHICKEN WITH CUCUMBER SALAD AND WARM NAAN



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

Take a culinary trip to India with this vibrant and healthy dish featuring Tasty Tandoori FLAVRBOMBS™. Juicy grilled chicken is marinated in a blend of spices and paired with a refreshing cucumber salad and warm naan bread. Perfect for a balanced meal, this recipe is high in protein and brimming with flavor.

INGREDIENTS

4 chicken breasts

1 cucumber (sliced)

1/2 red onion (thinly sliced)

1/4 cup plain Greek yogurt

4 naan breads

Juice of 1 lemon

Olive oil, salt, and pepper

5 scoops Tasty Tandoori FLAVRBOMBS™

EQUIPMENT

Mixing bowl, grill or grill pan, knife, cutting board

NUTRITION

ENERGY	**490 CAL**
PROTEIN	**40 G**
CARBS	**55 G**
FAT	**12 G**

PREPARE THE INGREDIENTS

Mix yogurt, lemon juice, and 3 scoops of Tasty Tandoori FLAVRBOMBS™ in a bowl. Marinate chicken in this mixture for at least 15 minutes.

GRILL THE CHICKEN

Heat grill or grill pan over medium-high heat. Remove chicken from marinade and grill for 6–8 minutes per side until cooked through.

MAKE THE SALAD & WARM THE NAAN

Toss cucumber and red onion with olive oil, salt, and 2 scoops of Tasty Tandoori FLAVRBOMBS™.

Lightly heat naan bread on the grill or in a dry pan until warm.

PLATE & ENJOY

Serve grilled chicken with cucumber salad and warm naan on the side.

TASTY TANDOORI AIR FRYER CAULIFLOWER BITES



PREP TIME - 5 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

Crispy, golden, and packed with flavor, these Tasty Tandoori FLAVRBOMBS™ cauliflower bites are a lighter take on classic Indian snacks. The air fryer ensures a crunchy texture without excess oil, while the vibrant blend of spices adds depth and warmth to every bite. These bites are not only a satisfying snack or appetizer but also rich in antioxidants and fiber, making them a guilt-free indulgence for any occasion.

INGREDIENTS

1 medium head cauliflower, cut into florets

2 tbsp olive oil

Optional yogurt

3 scoops Tasty Tandoori FLAVRBOMBS™

EQUIPMENT

Air fryer, mixing bowl, knife, cutting board

NUTRITION

ENERGY	**150 CAL**
PROTEIN	**4 G**
CARBS	**19 G**
FAT	**7 G**

PREPARE THE INGREDIENTS

Toss cauliflower florets with olive oil and 3 scoops Tasty Tandoori FLAVRBOMBS™ in a mixing bowl.

AIR FRY

Arrange the florets in a single layer in the air fryer basket. Cook at 375°F for 12–15 minutes, shaking halfway through.

PLATE & ENJOY

Serve warm with optional yogurt for extra creaminess.

TASTY TANDOORI CHICKPEA AND SPINACH CURRY



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

Dive into the rich flavors of India with this vibrant and hearty chickpea and spinach curry. Tasty Tandoori FLAVRBOMBS™ provide the perfect blend of spices, bringing warmth and depth to this plant-based dish. Packed with protein and iron, it's a wholesome, flavorful meal that's easy to prepare and perfect for any occasion.

INGREDIENTS

1 can (15 oz) chickpeas, drained and rinsed

4 cups fresh spinach

1/2 cup diced onion

2 garlic cloves, minced

1 cup canned coconut milk

Olive oil

4 scoops Tasty Tandoori FLAVRBOMBS™

EQUIPMENT

Large skillet, mixing spoon, cutting board, knife

NUTRITION

ENERGY	**370 CAL**
PROTEIN	**15 G**
CARBS	**58 G**
FAT	**8 G**

COOK THE AROMATICS

Heat 1 tbsp olive oil in a large skillet over medium heat.

Sauté onion and garlic for 2–3 minutes until softened.

ADD THE CHICKPEAS AND SPINACH

Stir in chickpeas, 2 scoops Tasty Tandoori FLAVRBOMBS™, and coconut milk.

Cook for 5 minutes, then add spinach. Cook until wilted.

SIMMER AND SEASON

Add 2 more scoops Tasty Tandoori FLAVRBOMBS™ and stir well.

Simmer for another 5 minutes.

PLATE & ENJOY

Ladle the curry into bowls and serve hot.

ONE SHEET PAN TASTY TANDOORI SALMON WITH CAULIFLOWER AND SWEET POTATOES



PREP TIME - 10 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

Packed with omega-3s and fiber, this dish combines the richness of salmon with the earthy sweetness of roasted vegetables. Tasty Tandoori FLAVRBOMBS™ provide a bold Indian-inspired flavor while keeping the meal low in fat and free from added sugars. It's a nutritious, well-rounded dish that supports heart health and keeps you full and energized, making it an ideal choice for any night of the week.

INGREDIENTS

4 salmon fillets (6 oz each)

1 small cauliflower, cut into florets

2 medium sweet potatoes, cubed

Olive oil

Lemon wedges for serving

4 scoops Tasty Tandoori FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowls, tongs

NUTRITION

ENERGY	540 CAL
PROTEIN	32 G
CARBS	45 G
FAT	20 G

PREPARE THE INGREDIENTS

Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.

Toss sweet potatoes and cauliflower with 2 tbsp olive oil, 2 scoops Tasty Tandoori FLAVRBOMBS™, and a pinch of salt. Spread on the sheet pan.

ROAST THE VEGETABLES

Roast vegetables for 20 minutes, stirring halfway through.

ADD THE SALMON

Rub salmon fillets with 2 scoops Tasty Tandoori FLAVRBOMBS™ and a drizzle of olive oil. Place them on the sheet pan with the veggies.

Roast for another 10-12 minutes until salmon is flaky.

PLATE & ENJOY

Serve salmon fillets with roasted veggies and lemon wedges.

FLAVR BOMBS™

ZESTY HERBS

FRENCH HERB & SPICE BLEND WITH ZESTY LEMON

8 SCOOPS

ZESTY HERBS

This blend was inspired by my love for simple, rustic French cooking. Zesty Herbs is my take on the classic Herbes de Provence—but completed. We've elevated it with garlic, vibrant lemon zest, and sea salt, transforming it into a full-bodied seasoning that stands on its own. It's a mix of fragrant herbs like basil, thyme, and rosemary, balanced with just enough citrus to make everything feel fresh. Whether it's roasted chicken, grilled fish, or a simple vinaigrette, this blend brings the perfect harmony of flavors, making any meal effortlessly delicious.

FLAVOR PROFILE

French, Herbal, Fresh, Garlicky, Zesty Lemon

CALORIES

0 calories per serving

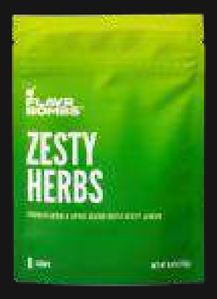
TASTES GREAT ON

- Chicken
- Fish
- Vegetables
- Eggs
- Salads & Dressings
- Rice
- Potatoes

INGREDIENTS

- Thyme
- Marjoram
- Rosemary
- Savory
- Oregano
- Tarragon
- Mint
- Parsley
- Onion
- Lemon
- Sea Salt

CHEF CARLOS' SIGNATURE RECIPE



ZESTY HERBS CHICKEN BREASTS WITH APPLE COUSCOUS AND GRILLED ZUCCHINI

PREP TIME - 10 MIN | COOK TIME - 20 MIN | PORTIONS - SERVES 2

This Zesty Herbs chicken breast recipe brings together fresh and vibrant flavours for a satisfying meal. The chicken breasts are perfectly pan-seared and seasoned with Zesty Herbs FLAVRBOMBS™, delivering a deliciously herby taste. Paired with a refreshing apple couscous and charred grilled zucchini, this dish is both wholesome and flavourful. The couscous, mixed with fresh mint and diced apple, adds a light and fruity touch, while the zucchini provides a smoky, tender complement. This easy-to-prepare recipe is ideal for a healthy weeknight dinner or a relaxed weekend meal.

INGREDIENTS

2 Chicken breasts

2 Zucchinis

½ Cup couscous

1 Apple

1 Red onion

Fresh mint (optional)

Olive oil

Salt

Zesty Herbs FLAVRBOMBS™

EQUIPMENT

Frying pan, grill pan (optionall), small saucepan, measuring cup, mixing bowl

NUTRITION

ENERGY	815 CAL
PROTEIN	52 G
CARBS	52 G
FAT	39 G

PREPARE THE INGREDIENTS

Pat the chicken breasts dry.

Slice the zucchini lengthwise into halves and season with salt.

Chop the optional fresh mint and dice the apple.

MAKE THE COUSCOUS & SEAR THE ZUCCHINI

Bring 1/2 cup of water to a boil in a saucepan with a pinch of salt and 2 scoops of Zesty Herbs FLAVRBOMBS™.

In a mixing bowl, combine 1/2 cup of couscous, 1 tablespoon olive oil, and mix well.

Pour the boiled water over the couscous mixture, cover, and let sit for 5 minutes.

Fluff the couscous with a fork and stir in the diced apple and fresh mint.

Brush the zucchini with 2 tbsp of olive oil and add 2 scoops of Zesty Herbs FLAVRBOMBS™.

Grill over medium-high heat until tender and charred.

PAN-SEAR THE CHICKEN BREAST & PLATE

Season the chicken breasts with salt.

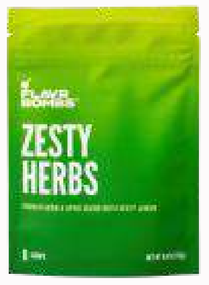
Heat 2 tbsp of olive oil in a frying pan.

Pan-sear the chicken for about 5-6 minutes per side until golden brown and cooked through.

Remove from heat and immediately season with 2 scoops of Zesty Herbs FLAVRBOMBS™.

Plate the couscous then layer the zucchini on top and add the cooked chicken breast to finish the dish.

ZESTY HERBS LEMON CHICKEN WITH QUINOA AND SAUTÉED SPINACH



PREP TIME - 10 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

Elevate your weeknight dinner with this vibrant dish featuring Zesty Herbs FLAVRBOMBS™. Juicy lemon-infused chicken, paired with fluffy quinoa and garlicky spinach, creates a balanced meal rich in protein and packed with essential nutrients. This recipe showcases how easy it is to prepare a restaurant-quality meal at home that is both nourishing and satisfying.

INGREDIENTS

4 chicken thighs

1 cup quinoa

2 cups water or chicken broth

4 cups fresh spinach

3 garlic cloves (minced)

Juice of 1 lemon

Olive oil, salt, and pepper

4 scoops Zesty Herbs FLAVRBOMBS™

EQUIPMENT

Frying pan, medium pot, mixing bowl, knife, cutting board

NUTRITION

ENERGY	**420 CAL**
PROTEIN	**38 G**
CARBS	**40 G**
FAT	**9 G**

PREPARE THE INGREDIENTS

Rinse quinoa under cold water.

Mince garlic and juice the lemon.

COOK THE CHICKEN

Season chicken thighs with salt, pepper, and 2 scoops of Zesty Herbs FLAVRBOMBS™.

Heat olive oil in a frying pan over medium heat. Sear chicken for 5–7 minutes per side until golden and cooked through.

COOK THE QUINOA & SPINACH

In a medium pot, combine quinoa, water or broth, and a pinch of salt. Bring to a boil, reduce heat, and simmer for 15 minutes. Fluff with a fork and mix in 2 scoops of Zesty Herbs FLAVRBOMBS™.

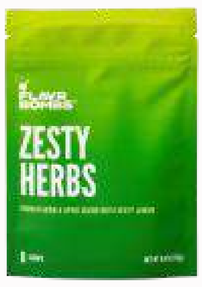
In the same frying pan, add a touch more olive oil and the minced garlic. Sauté for 30 seconds, then add spinach. Cook until wilted, about 2–3 minutes.

PLATE & ENJOY

Serve chicken on a bed of quinoa, with sautéed spinach on the side. Drizzle with lemon juice for added brightness.



ZESTY HERBS ROASTED SALMON WITH ASPARAGUS



PREP TIME - 20 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 2**

This Zesty Herbs Roasted Salmon is a simple yet elegant meal, combining perfectly flaky salmon with tender roasted asparagus. The Zesty Herbs FLAVRBOMBS™ blend infuses the dish with fragrant French-inspired flavors, enhancing the natural richness of the salmon while complementing the earthy freshness of asparagus. With minimal prep and just 15 minutes in the oven, this dish is quick, healthy, and packed with flavor—perfect for a weeknight meal or a light gourmet dinner.

INGREDIENTS

240g salmon fillets (2 fillets)

2 tbsp olive oil

1 scoop Zesty Herbs FLAVRBOMBS™

1 bunch fresh asparagus

Salt and pepper to taste

Lemon wedges for serving (optional)

EQUIPMENT

Baking sheet, parchment paper, small mixing bowl, brush or spoon for oil mixture

NUTRITION

ENERGY	**380 CAL**
PROTEIN	**38 G**
CARBS	**6 G**
FAT	**24 G**

PREPARE & PREHEAT

Preheat the oven to 350°F (180°C).

Line a baking sheet with parchment paper for easy cleanup.

SEASON AND ARRANGE

In a small bowl, mix olive oil, Zesty Herbs FLAVRBOMBS™, salt, and pepper.

Place the salmon fillets and asparagus on the prepared baking sheet.

Brush or drizzle the seasoned olive oil over both the salmon and asparagus, ensuring an even coating.

ROAST TO PERFECTION

Bake for 15 minutes, or until the salmon is flaky and the asparagus is tender.

For a lightly crisp finish, broil for an additional 2 minutes at the end.

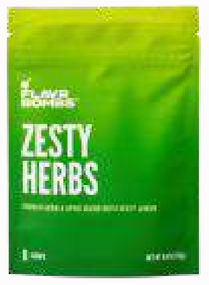
PLATE & ENJOY

Plate the roasted salmon and asparagus.

Garnish with fresh lemon wedges for a bright, citrusy touch.

Pair with your favourite side and enjoy a healthy, flavorful meal with minimal effort!

ZESTY HERBS LEMON BUTTER RICE



PREP TIME - 5 MIN **COOK TIME - 20 MIN** **PORTIONS - SERVES 4**

This French-inspired rice dish is a celebration of light, fresh flavors. Zesty Herbs FLAVRBOMBS™ blends beautifully with lemon and butter, creating a simple yet elegant side dish perfect for poultry, fish, or roasted vegetables.

INGREDIENTS

1 cup jasmine rice

2 cups water

2 tbsp butter (or olive oil for a lighter option)

Zest and juice of 1 lemon

3 scoops Zesty Herbs FLAVRBOMBS™

EQUIPMENT

Large saucepan

NUTRITION

ENERGY	**380 CAL**
PROTEIN	**6 G**
CARBS	**65 G**
FAT	**9 G**

PREPARE THE INGREDIENTS

Rinse the rice and zest the lemon.

SEASON AND ARRANGE

In a saucepan, combine rice, water, butter, lemon zest, and 2 scoops of Zesty Herbs FLAVRBOMBS™. Bring to a boil, then cover and simmer for 15 minutes.

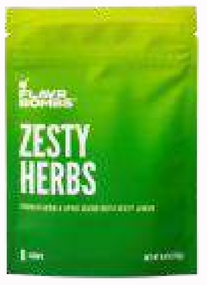
FINISH THE DISH

Remove from heat and stir in the lemon juice and the final scoop of Zesty Herbs FLAVRBOMBS™.

PLATE & ENJOY

Serve warm as a bright, zesty accompaniment to your main course.

ZESTY HERBS FRENCH OMELETTE



PREP TIME - 10 MIN **COOK TIME - 1 MIN** **PORTIONS - SERVES 2**

Start your day with this delightful French-Inspired Zesty Herb Omelette, elevated with the vibrant and aromatic FLAVRBOMBS™ Zesty Herbs French Blend. Crafted to deliver a gourmet experience with minimal effort, this omelette combines fluffy eggs, creamy goat cheese, fresh spinach, and cherry tomatoes, all perfectly seasoned using our signature Zesty Herbs blend. Rich in protein and packed with flavor, this healthy breakfast option aligns perfectly with a balanced lifestyle. Whether you're following a keto diet, seeking a high-protein breakfast, or just looking for flavorful new ideas, this French-inspired omelette will quickly become a favorite. Easy, nutritious, and delicious—FLAVRBOMBS™ makes everyday cooking exciting.

INGREDIENTS

4 large eggs

1 cup fresh baby spinach

½ cup cherry tomatoes, halved

¼ cup crumbled goat cheese

1 tablespoon olive oil

¼ teaspoon salt

1 scoop Zesty Herbs FLAVRBOMBS™

EQUIPMENT

Non-stick skillet, mixing bowl, whisk, spatula

NUTRITION

ENERGY	**230 CAL**
PROTEIN	**18 G**
CARBS	**3 G**
FAT	**16 G**

WHISK THE EGGS

In a bowl, whisk together eggs, salt, and half a scoop of Zesty Herbs FLAVRBOMBS™ until fluffy and well-combined.

COOK THE OMELETTE

Heat olive oil in a non-stick skillet over medium heat.

Pour in the egg mixture, tilting the pan to spread evenly.

Allow the omelette to cook gently until the edges begin to set (approximately 2–3 minutes).

ADD FILLINGS

Sprinkle spinach, cherry tomatoes, and goat cheese over one half of the omelette.

Gently fold the other half over the fillings using a spatula, creating a half-moon shape.

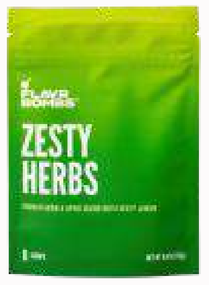
Sprinkle remaining half scoop of Zesty Herbs FLAVRBOMBS™ on top.

FINISH & SERVE

Cook for an additional 2 minutes until the cheese melts slightly and spinach wilts.

Carefully transfer the omelette to plates and serve immediately.

ZESTY HERBS LEMON ROASTED POTATOES



PREP TIME - 5 MIN **COOK TIME - 30 MIN** **PORTIONS - SERVES 4**

Crispy and herbaceous, these roasted potatoes are elevated with the bright citrusy notes of Zesty Herbs FLAVRBOMBS™. This simple, wholesome dish pairs perfectly with almost any main course or stands alone as a delicious side.

INGREDIENTS

1 lb baby potatoes, halved

1 tbsp olive oil

3 scoops Zesty Herbs FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowl

NUTRITION

ENERGY	**180 CAL**
PROTEIN	**4 G**
CARBS	**28 G**
FAT	**6 G**

PREPARE THE INGREDIENTS

Toss potatoes with olive oil and 3 scoops of Zesty Herbs FLAVRBOMBS™.

ROAST THE POTATOES

Spread potatoes on a baking sheet in a single layer.

Roast for 25-30 minutes, turning once, until golden and crispy.

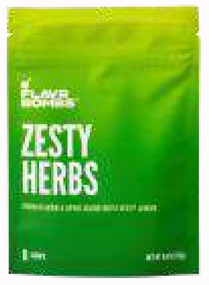
PLATE & ENJOY

Transfer potatoes to a serving dish and sprinkle with the remaining scoop of Zesty Herbs FLAVRBOMBS™.

Optionally add fresh herbs for presentation.



ZESTY HERB-CRUSTED AIR FRYER SALMON WITH ROASTED VEGETABLES



PREP TIME - 10 MIN **COOK TIME - 12 MIN** **PORTIONS - SERVES 2**

Bring the elegance of French cuisine to your kitchen with this herbaceous salmon and roasted vegetable dish. Infused with the bright citrus notes of Zesty Herbs FLAVRBOMBS™, the salmon is flaky and flavorful while the vegetables add a caramelized, nutrient-rich balance. This recipe is as healthy as it is delicious, providing a lean protein source paired with fiber-packed sides, making it a perfect dinner option.

INGREDIENTS

2 salmon fillets (6 oz each)

1 cup green beans, trimmed

1 cup cherry tomatoes

Olive oil

3 scoops Zesty Herbs FLAVRBOMBS™

EQUIPMENT

Air fryer, baking sheet, knife

NUTRITION

ENERGY	**450 CAL**
PROTEIN	**35 G**
CARBS	**15 G**
FAT	**25 G**

PREPARE THE INGREDIENTS

Toss green beans and cherry tomatoes with 1 tbsp olive oil and 2 scoops Zesty Herbs FLAVRBOMBS™.

COOK THE VEGETABLES

Spread vegetables on a baking sheet. Roast at 375°F in the air fryer for 6 minutes.

COOK THE SALMON

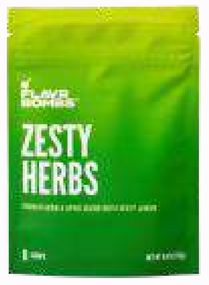
Season salmon with 1 scoop Zesty Herbs FLAVRBOMBS™.

Place in the air fryer at 375°F for 10–12 minutes until flaky.

PLATE & ENJOY

Serve salmon alongside the roasted vegetables.

ZESTY HERBS LEMON-HERB ROASTED VEGETABLES AND QUINOA



PREP TIME - 10 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 4**

This light and flavorful dish highlights the bright, herbaceous notes of Zesty Herbs FLAVRBOMBS™. Roasted vegetables and fluffy quinoa combine to create a nutrient-packed meal rich in fiber, plant-based protein, and vitamins. It's perfect for those seeking a wholesome, vibrant, and easy-to-make option.

INGREDIENTS

1 cup quinoa, rinsed

1 zucchini, sliced

1 red bell pepper, diced

1 cup cherry tomatoes

Olive oil

Juice of 1 lemon

4 scoops Zesty Herbs FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowl, pot, cutting board, knife

NUTRITION

ENERGY	**410 CAL**
PROTEIN	**12 G**
CARBS	**58 G**
FAT	**14 G**

PREPARE THE VEGETABLES

Preheat oven to 400°F (200°C).

Toss zucchini, bell pepper, and cherry tomatoes with 1 tbsp olive oil and 2 scoops Zesty Herbs FLAVRBOMBS™. Spread on a baking sheet.

ROAST TO PERFECTION

Roast for 15 minutes, stirring halfway through, until tender and lightly caramelized.

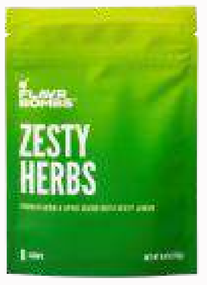
COOK THE QUINOA

In a pot, combine quinoa with 2 cups water and a pinch of salt. Bring to a boil, then reduce heat and simmer for 15 minutes, until water is absorbed.

PLATE & ENJOY

Serve roasted vegetables over quinoa and drizzle with lemon juice. Sprinkle with 2 additional scoops Zesty Herbs FLAVRBOMBS™ before serving.

ZESTYS HERBS MEDITERRANEAN CHICKEN SALAD



PREP TIME - 15 MIN **COOK TIME - 15 MIN** **PORTIONS - SERVES 2**

This Zesty Herb Mediterranean Chicken Salad is fresh, vibrant, and packed with flavor. Juicy grilled chicken, crisp greens, crunchy cucumbers, sweet cherry tomatoes, and tangy feta cheese are tossed together with a light lemon vinaigrette infused with FLAVRBOMBS™ Zesty Herbs French Blend. It's a protein-rich, low-carb meal perfect for a quick lunch or a refreshing dinner.

INGREDIENTS

2 boneless, skinless chicken breasts

6 cups mixed greens (romaine, arugula, or spinach)

½ cucumber, sliced

1 cup cherry tomatoes, halved

¼ cup red onion, thinly sliced

¼ cup Kalamata olives, pitted

¼ cup crumbled feta cheese

Juice of 1 lemon

2 tbsp extra virgin olive oil

Salt to taste

3 scoops Zesty Herbs FLAVRBOMBS™

EQUIPMENT

Grill pan or skillet, large mixing bowl, whisk, tongs

NUTRITION

ENERGY	**420 CAL**
PROTEIN	**42 G**
CARBS	**12 G**
FAT	**22 G**

MAKE THE CHICKEN

Rub the chicken breasts with olive oil, 2 scoops of Zesty Herbs FLAVRBOMBS™, and a pinch of salt.

Heat a grill pan or skillet over medium-high heat and cook the chicken for 5-6 minutes per side, or until fully cooked.

Let the chicken rest for a few minutes before slicing.

ASSEMBLE THE SALAD

In a large mixing bowl, combine the mixed greens, cucumber, cherry tomatoes, red onion, and Kalamata olives.

MAKE THE DRESSING

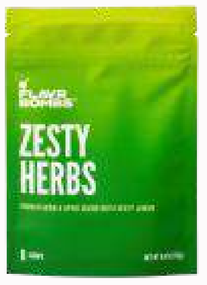
Whisk together lemon juice, extra virgin olive oil, and a scoop of Zesty Herbs FLAVRBOMBS™ for added flavor.

TOSS & SERVE

Drizzle the dressing over the salad and toss gently to combine.

Top with sliced grilled chicken and crumbled feta cheese.

ONE SHEET PAN ZESTY HERB ROASTED COD WITH LEMON POTATOES AND GREEN BEANS



PREP TIME - 10 MIN **COOK TIME - 25 MIN** **PORTIONS - SERVES 4**

This one-pan roasted cod dish is an easy, nutritious, and flavor-packed meal perfect for busy weeknights. FLAVRBOMBS™ Zesty Herbs French Blend brings bright citrusy and herbaceous notes to flaky white cod, paired with golden roasted potatoes and crisp green beans for a balanced, protein-rich meal.

INGREDIENTS

4 cod fillets (5-6 oz each)

1 lb baby potatoes, halved

12 oz green beans, trimmed

Juice of 1 lemon

2 tbsp olive oil

Salt and pepper

3 scoops Zesty Herbs FLAVRBOMBS™

EQUIPMENT

Baking sheet, mixing bowls, tongs

NUTRITION

ENERGY	**450 CAL**
PROTEIN	**40 G**
CARBS	**40 G**
FAT	**18 G**

PREPARE THE INGREDIENTS

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

Toss the baby potatoes with 1 tbsp olive oil, 1 scoop Zesty Herbs FLAVRBOMBS™, and a pinch of salt. Spread evenly on the sheet pan.

ROAST THE POTATOES

Place the potatoes in the oven and roast for 15 minutes, allowing them to start browning.

ADD THE COD AND GREEN BEANS

While the potatoes are roasting, rub the cod fillets with 1 tbsp olive oil, 2 scoops Zesty Herbs FLAVRBOMBS™, a pinch of salt, and black pepper.

Remove the sheet pan from the oven and push the potatoes to one side.

Place the cod fillets in the center of the pan.

Toss the green beans with a drizzle of olive oil and a pinch of salt.

Arrange them around the cod on the sheet pan.

FINISH & SERVE

Return the sheet pan to the oven and roast for another 10 minutes, or until the cod is opaque and flakes easily with a fork (internal temperature 145°F).

Squeeze fresh lemon juice over the cod before serving.

ACKNOWLEDGEMENTS

Creating this cookbook and bringing FLAVRBOMBS to life has been an incredible journey—one that wouldn't have been possible without the unwavering support, belief, and hard work of so many people.

To our incredible supporters, family, friends, suppliers, vendors, and team—your encouragement, feedback, and belief in FLAVRBOMBS™ have been the driving force behind everything we do. From taste-testing and advice to refining and sourcing the highest-quality ingredients, your contributions have made this journey possible, and I am deeply grateful for your support.

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And finally, to my co-founder, Carlos Soares—this book, and this journey, would not have been the same without you. You believed in FLAVRBOMBS from the very start, not just as a product, but as a way to bring great flavor, easy cooking, and health to people around the world. Your vision, passion, and friendship were instrumental in everything we built together. Though you left us too soon, your legacy lives on in every blend, every meal, and every person who experiences the joy of cooking with FLAVRBOMBS. We miss you, brother. This book is as much yours as it is mine.

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