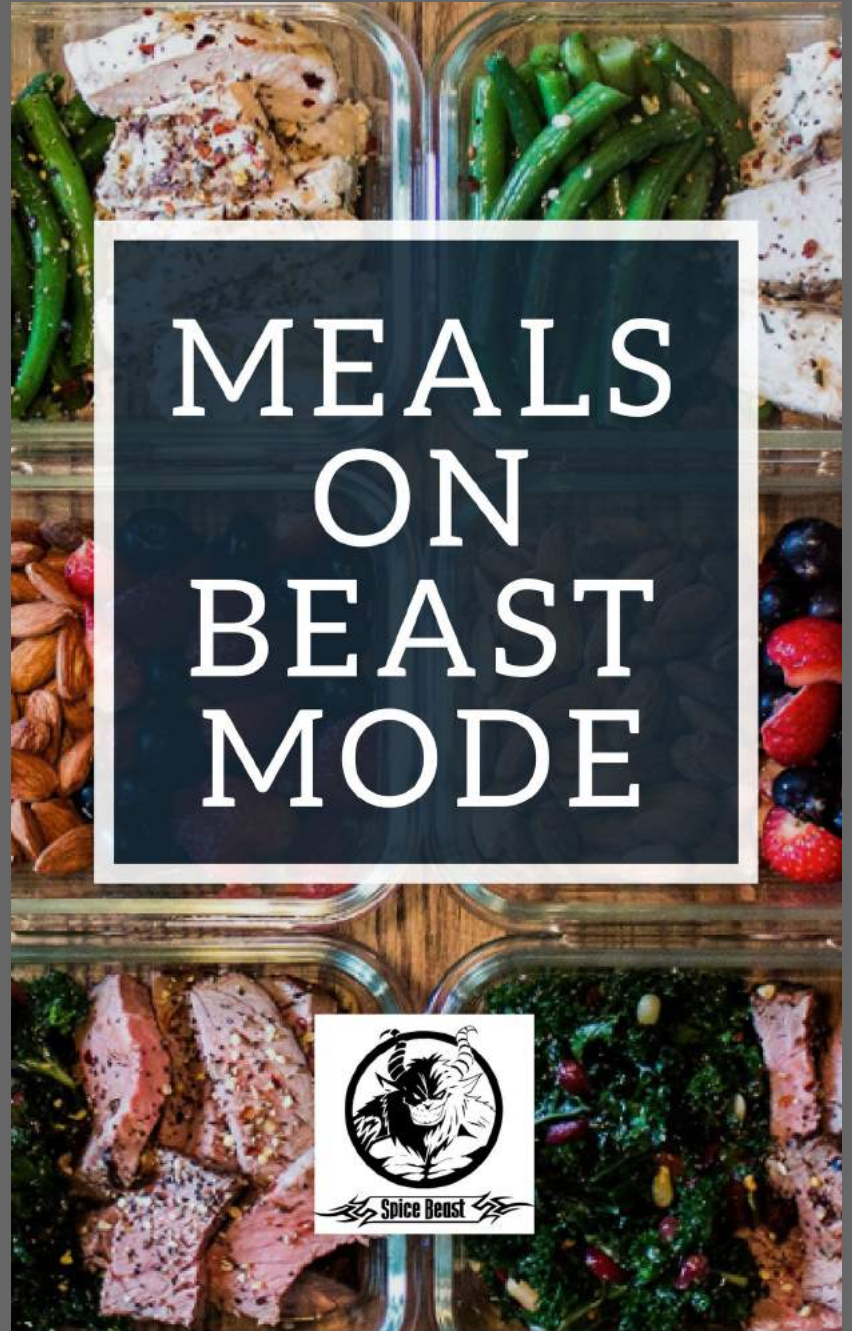


HOW TO

LOVE
YOUR
FOOD

—
THE SPICE BEAST WAY



MEALS
ON
BEAST
MODE



MEAL PREPPING THE SPICE BEAST WAY



KICK YOUR MEALS INTO BEAST MODE



OUR BELIEFS

Spice Beast products were created BY beasts for beasts. Why? Because we demanded MORE flavor, MORE choices and BETTER results. **We never settle for less** in quality, flavor or RESULTS. Neither should you. Eat Well & Enjoy It. It's that simple.



BARBELL BENDING INGREDIENTS

No sugar. No fillers. No chemicals. No crap. No anything that you don't want. in your food, or your body. **We take pride** in making our products All-Natural and loaded with flavor. We select & import awesomeness from the world over. The result? Complex, amazing food made EASY.



WHY PACKAGING MATTERS

Spice Beast Seasonings are packed in GLASS jars (not plastic). Glass keeps your spices fresher, longer & most importantly, protects YOU. **We want NOTHING TOXIC** to get between you & your food. Not on our watch! Not now, not EVER. We give a crap & gladly pay more to keep you safe.



Spice Beast

BEAST MASTER USE CHART

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FLAVORS	BEEF	POULTRY	PORK	FISH	GAME	EGGS	SOUPS	CHILI & STEWS	PASTAS	BEANS & GRAINS	POTATOES	GREENS & SALADS	VEGGIES
BEAST PREP	*	*	*	*	*	*	*	*	*	*	*	*	*
OCEANS SEVEN		*	*	*	*	*	*	*	*	*	*	*	*
POWER MEX	*	*	*	*	*	*	*	*	*	*	*	*	*
MEAT MADNESS	*	*	*	*	*	*	*	*	*	*			*
VIVA PIZZERIA		*			*		*	*	*				*
LICENSE TO DILL		*	*	*	*	*	*		*	*	*	*	*
MASTER BLEND	*	*	*	*	*	*	*	*	*	*	*		*
GARLIC & THE GLORY	*	*	*	*	*	*	*	*	*	*	*	*	*
JACKED GARLIC & ONION	*	*	*	*	*	*	*	*	*	*	*		*



EASY WAYS TO USE SPICE BEAST SEASONINGS



CAN'T BE EASIER MEAT 101

Mix 1 lb of meat with 1 Tablespoon of **any** Spice Beast Seasoning and 1 Tablespoon olive oil. Toss to coat. Grill, bake, broil or cook up in a frying pan as you wish.



EASY & FLAVORFUL PAN SAUTE 101

Slice 1 lb meat and/or 1 lb veggies into strips. Add 1-2 T olive oil to the pan & heat over medium high. Add meat &/or veg and 1 T seasoning for every pound. Cook for 8-10 minutes, stirring occasionally until done. It's that simple.



BASIC FAT-FREE DRY RUB FOR MEAT

Need to eliminate the fat? No worries, For every 1lb of meat, take 1 T of any Spice Beast Seasoning & sprinkle it over the meat, Wrap in plastic wrap for 5-10 minutes then grill, bake or broil as you wish.



EASY WAYS TO USE SPICE BEAST SEASONINGS



CARAMELIZED ROASTED VEGGIES

Mix 1 lb of veggies cut into 1/2" chunks with 1 Tablespoon of any Spice Beast Seasoning and 1-2 Tablespoon olive oil. Toss to coat. Roast at 325 degrees for 30-45 minutes until soft.



BASIC GRILLED OR BAKED VEG 101

Mix 1 lb of grillable veggies (zucchini, asparagus, peppers, etc) with 1 Tablespoon of any Spice Beast Seasoning and 1 Tablespoon olive oil. Toss to coat. Grill over medium high for 5-10 minutes depending on thickness. Rotate veg's 1-2x for best results.



VEGETABLE DIP, SAUCE OR CREAMY SALAD DRESSING

Blend together 1 T of any Spice Beast seasoning with 1/2 C mayo and 1/2 C plain Greek Yogurt. Chill for 30 minutes to let flavors fully develop. Use as-is for a veggie dip or thin with milk & 1 T apple cider vinegar for salad dressing.



EASY WAYS TO USE SPICE BEAST SEASONINGS



SUPER SIMPLE SALAD DRESSING

Mix 2 T vinegar (any kind) with 1 tsp mustard (any kind). Gently whisk in 6 T oil and add 2 tsp any Spice Beast Seasoning. Add salt and pepper to taste and you're off!



FLAVORFUL MARINADE

Mix ½ C vinegar (any kind) and ½ C oil with 1 T of any Spice Beast seasoning. Place in a zipper bag then add meat or veggies. Squeeze out all excess air before closing. Let sit for at least 1 hour, up to overnight. Grill, bake or broil.



2 MINUTE CROCK POT CHILI

Add 2 lb of ground meat to a small crock pot. Pour in 1 can chopped tomatoes over meat. Sprinkle with 2 T of Spice Beast Power Mex Pro seasoning. Stir to combine. Add 1 can black beans if desired. Cook on low for 6 hours or high on 4. A-MAZING!



BE A BEAST IN THE KITCHEN

Easy , flavorful and fun
recipes YOU can make
no matter how well
you can cook!

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LEMON GINGER CROCK POT CHICKEN & GARLIC

1 ½ C chicken broth

1 T freshly grated ginger

1 T lemon juice

2 T Spice Beast Garlic & The Glory Seasoning

2 lb. chicken breast- boneless, skinless

Sprinkle with Beast Prep Pro to taste

DIRECTIONS:

1. Remove all excess fat from chicken.
2. Place in the center of the crock pot.
3. Combine remaining ingredients in a small bowl.
4. Pour over chicken.
5. Set cooker for low, cover & cook 8 hours.
6. When done, remove chicken from the slow cooker & shred.
7. Serve as is, over rice or with your favorite veggies.

Per 4 ounce serving: Calories 130, Total Fat 1.9g Saturated Fat 0.1g,
Cholesterol 41mg, Sodium 52mg, Potassium 250mg,
Total Carbs 0.6g, Dietary Fiber 0.1g, Sugars 0.1g, Protein 14.4g



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PUT ON EVERYTHING

Food need **something??**

Don't settle for bland, put **Beast Prep Pro**
in your hand, and shake!

(On your food, not around the house...)





BROCCOLI & MUSHROOM QUICHE

4 tsp butter

1 T onion, minced

½ C broccoli florets

½ C mushrooms, sliced thin

1 T Spice Beast Ocean's Seven Pro Seasoning

8 eggs at room temperature

¼ C water

1 tsp Spice Beast Beast Prep Pro Seasoning

DIRECTIONS:

1. Melt 2 tsp tablespoon of the butter in a large skillet on low. Add the broccoli, onion, mushrooms and sprinkle with seasoning. Sauté until tender and set aside.
2. Beat the eggs with 1/4 cup water & Beast Prep Pro for 2 minutes, until foamy.
3. In a nonstick skillet, melt the rest of the butter over low heat. Pour in the egg mixture. Sprinkle the cooked vegetables on top. Reduce heat to low. Cover and cook until the eggs are set - about 20-30 minutes.

¼ of the quiche is: 163 calories, 12.6g total fat, 5.1g saturated fat, 337mg cholesterol, 226mg sodium, 152mg potassium, 1.2g total carbs, 0.2g dietary fiber, 1g sugar, 11.4g protein



POWER MEX PRO SHRIMP (A 10-MINUTE RECIPE)

4 tsp oil (your choice)

1 C scallions, whites and greens, thinly sliced

1 C petite diced tomatoes

1½ lbs shrimp, medium size, precooked & clean

1 T Spice Beast Power Mex Pro Seasoning

½ large lime, juiced (or 1 tsp lime juice)

2 T fresh cilantro if desired

Beast Prep Pro to taste

DIRECTIONS:

1. Heat oil over medium high heat in a medium size skillet.
2. Add scallions and sauté for 2 minutes.
3. Add tomatoes, shrimp, seasoning and lime juice.
4. Stir continually for two minutes until flavors blend and shrimp are thoroughly heated.
5. Garnish with cilantro leaves & lime slice.

**Makes 4 servings: Calories 183, Total Fat 3g Saturated Fat 0.7g,
Cholesterol 332mg, Sodium 22mg, Potassium 355mg,
Total Carbs 1g, Dietary Fiber 0.3g, Sugars 0.5g, Protein 35.8g**



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MEAT MADNESS PRO CLASSIC CHICKEN CUTLETS

4 tsp oil (your choice)

2 lb boneless, skinless chicken pounded 1/8" thin

2 T Spice Beast Meat Madness Pro

Spice Beast Beast Prep Pro to Taste

DIRECTIONS:

1. In a large frying pan, heat oil over high heat until sizzling.
2. While the pan is heating, sprinkle seasoning equally over the cutlets.
3. When the oil is hot, reduce heat to medium and add cutlets to the pan.
4. Cook for 3-5 minutes on each side, until chicken is thoroughly cooked.
5. Remove cutlets from the pan and let rest for 5 minutes before slicing and serving.

4 ounces of chicken is: 140 calories, 3.8g total fat, 0.3g saturated fat, 65mg cholesterol, 95mg sodium, 0mg potassium, 0g total carbs, 0g dietary fiber, 0g sugar, 26g protein



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DIJON PORK, CHICKEN OR BEEF & BROCCOLI

4 tsp oil, your choice

6 C broccoli florets, fresh

1T Spice Beast Jacked Garlic & Onion Seasoning

2 lb meat, sliced into thin strips

2 T Dijon mustard

1 C low-sodium chicken or beef broth

Beast Prep Pro to taste

DIRECTIONS:

1. Whisk together mustard and broth in a bowl, set aside.
2. In a large frying pan, heat oil over medium high heat.
3. Add broccoli and season with Jacked Garlic. Cook for approx. 1 minute, stirring broccoli to coat it in the oil and seasoning.
4. Pour broccoli into a bowl and set aside.
5. Place the pan back over the heat and add the meat, browning it on each side for 4 minutes total.
6. Reduce heat to medium. Pour broth mixture over the meat. Add the broccoli and cover the pan. Let simmer for 5-7 minutes, until meat is thoroughly cooked and broccoli is bright green & tender crisp- not overcooked.

Per 4 ounce serving (chicken) Calories 161, Total Fat 5.2g Saturated Fat 0.3g, Cholesterol 72mg, Sodium 95mg, Potassium 513mg, Total Carbs 2.2g, Dietary Fiber 0.9g, Sugars 0.5g, Protein 32.4g



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ROASTED LEMON & DILL ASPARAGUS OR GREEN BEANS

4 tsp oil (your choice)

1 lb asparagus (or beans) washed & trim

1 T Spice Beast License to Dill

Spice Beast Best Prep Pro to Taste

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Place vegetables in a larger roasting pan (veg's in a single layer if possible)
3. Sprinkle oil and seasonings over the veggies. Toss to coat (tongs work great for this)
4. Bake for 20-30 minutes, turning once or twice while roasting. Should be slightly browned when finished.
5. Serve hot or chilled as a side dish.

**Serves 4: 63 calories, 4.7g total fat, 0.6g saturated fat,
0mg cholesterol, 2mg sodium, 229mg potassium, 4.4g total carbs,
2.4g dietary fiber, 2.1g sugar, 2.5g protein**



SUCCULENT ITALIAN STYLE POT ROAST (CROCK POT)

2 lbs chuck roast

3 T Viva Pizzeria Seasoning

15 oz. can diced tomatoes

1 large onion, sliced

2 tsp Beast Prep Pro

DIRECTIONS:

1. Place roast on the bottom of the slow cooker.
2. In a bowl, toss together tomatoes and seasonings.
3. Pour mixture over the pot roast.
4. Cover and cook on low for 8 hours, until fork tender.

Per 4 ounce serving: Calories 262, Total Fat 9.4g Saturated Fat 3.4g
Cholesterol 115mg, Sodium 479mg, Potassium 349mg,
Total Carbs 4.1g, Dietary Fiber 1.2g, Sugars 2.4g, Protein 38.1g



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CHILLED TOMATO & GREEN BEAN SALAD

- 2 C fresh green beans, trimmed
- 2 C ripe summer tomatoes, sliced
- 2T apple cider vinegar
- 4 tsp olive oil

1 T Spice Beast Master Blend Seasoning

Spice Beast Best Prep Pro to Taste

DIRECTIONS:

1. Bring a small pot of water to boil.
2. Place green beans in the boiling water cook & for 3 minutes. Rinse under cold water to stop the cooking. They should be crisp tender.
3. In a small bowl, whisk together oil, vinegar & seasoning.
4. Toss beans, tomatoes & dressing together in a bowl.



Serves 4: 75 calories, 4.9g total fat, 0.7g saturated fat, 0mg cholesterol, 98mg sodium, 334mg potassium, 7.5g total carbs, 4g dietary fiber, 3g sugar, 1.8g protein



THE SECRETS TO EASILY PREPPING LIKE A BEAST.



"Meal prep doesn't have to be hard or boring, as long as you have Spice Beast on hand."

~Beast Master Bill

1 Make a Plan

It all starts with simply figuring out how many meals you need to make. From there, choose your easy Spice Beast recipes, make a grocery list and then plan the day to shop and the day(s) to cook.

2 Keep it Simple

Whole, fresh foods are the backbone and they don't need fancy cooking techniques to taste great. Check out our 9 simple ways to use Spice Beast products- all you need is a sprinkle for success!



Keep it Interesting!

The biggest complaint we hear is how BORED people are with their meal plans. It's the same stuff, different day. Spice Beast allows you to cook once & flavor MANY ways so this NEVER happens. How? Throw 5 chicken breasts on the grill, sprinkle on 5 different Beast flavors & you have 5 different meals- it's that simple!



Do What You Can

If you can (and want) to do all your prep for the week in one day, go for it! But DO NOT feel that you have to. Find a plan and a schedule that works with you and YOUR life. Don't go with what "they" say, go with what works for YOU. Much like your workout, you'll actually stick with it (and may even enjoy it!) when you do what feels right for YOU.



Multitask

Don't make one recipe at a time, figure out a game plan and get as many things done as once. For example, grill ALL the veggies and meat at the same time the crock pot is going & you've a few things steaming on the stovetop. While working in sequence is "logical" it is a HUGE time waster (think superset!)



6 Keep Notes

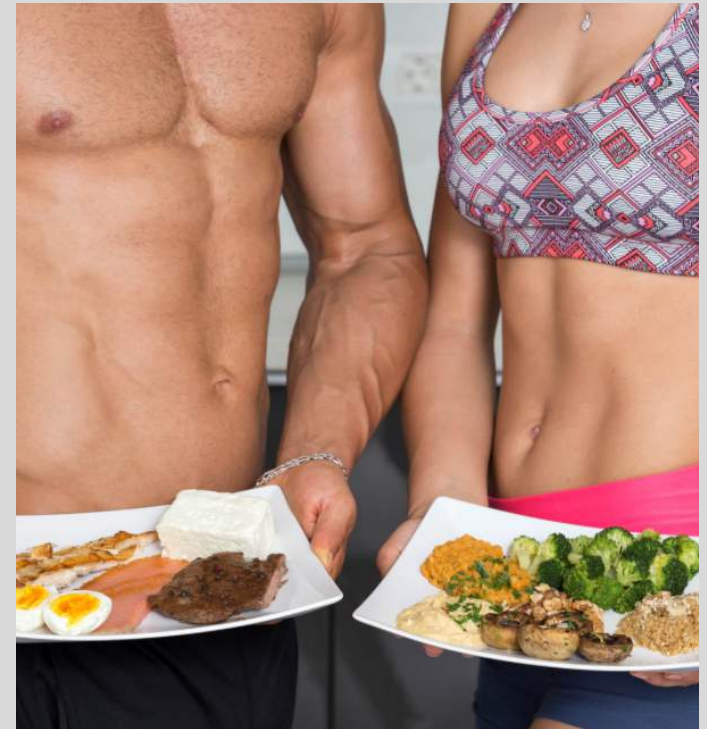


After a few weeks, you're going to have eaten some AMAZING dishes you will want to make again. Do yourself a favor and keep a notebook in the kitchen of things you loved, changes you made to the recipes and how you made them. Before long you'll have a list of go-to favorites that will mean meal time is done faster than you can say DAMN!

7 Have Fun!

Meal Prep does not NOT have to be a chore when you do it the Spice Beast way! Our easy to use products, simple, recipes and helpful advice make it easy and fun, no matter how good (or bad) you may be in the kitchen. To find out more, be sure to visit us on the web at SpiceBeast.com, and [follow us on Instagram](#).

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BEAST IN ACTION & YOUR NEXT

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at facebook.com/TheSpiceBeast
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WINNERS WILL RECEIVE A SPICE BEAST GIFT CARD EQUAL TO THEIR ORDER UP TO \$100!

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