

Seasonings for Different Proteins

Using the right seasonings can elevate the flavor of your meals and make healthy eating more enjoyable. This guide provides easy-to-follow tips on which seasonings pair best with different types of protein.

Chicken

Seasonings

- **Herbs:** Thyme, rosemary, basil, oregano
- **Spices:** Paprika, garlic powder, onion powder, cumin
- **Others:** Lemon zest, black pepper, cayenne pepper

Tips:

- For a classic taste, try a mix of garlic powder, onion powder, and paprika.
- For a fresh and zesty flavor, use lemon zest and thyme.



Beef

Seasonings:

- **Herbs:** Thyme, rosemary, parsley
- **Spices:** Black pepper, garlic powder, paprika, chili powder
- **Others:** Mustard powder, coriander, Worcestershire sauce

Tips:

- A simple blend of black pepper, garlic powder, and paprika can bring out the natural flavors of beef.
- Add a touch of Worcestershire sauce for an extra depth of flavor.



Pork

Seasonings:

- **Herbs:** Sage, thyme, rosemary
- **Spices:** Garlic powder, onion powder, paprika, cumin
- **Others:** Brown sugar, mustard powder, apple cider vinegar

Tips:

- For a sweet and savory combination, use brown sugar & mustard powder.
- Sage and rosemary work well with pork, especially when roasting.



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Fish

Seasonings:

- **Herbs:** Dill, parsley, thyme
- **Spices:** Paprika, garlic powder, onion powder, black pepper
- **Others:** Lemon zest, lemon juice, capers

Tips:

- A mix of dill, lemon juice, and black pepper pairs perfectly with most fish.
- For a Mediterranean twist, try parsley, garlic, and lemon zest.



Turkey

Seasonings:

- **Herbs:** Sage, thyme, rosemary
- **Spices:** Paprika, garlic powder, onion powder, black pepper
- **Others:** Lemon zest, cumin, chili powder

Tips:

- Sage and thyme are traditional herbs that complement turkey well.
- For a bit of a kick, add some chili powder and cumin.



Tofu

Seasonings:

- **Herbs:** Basil, cilantro, parsley
- **Spices:** Garlic powder, onion powder, paprika, cumin
- **Others:** Soy sauce, ginger, turmeric

Tips:

- Tofu absorbs flavors well, so marinate it in soy sauce, garlic, and ginger for a delicious result.
- For a more vibrant dish, add turmeric and cumin.

