



AROUND-THE-GLOBE SPICE CIRCUIT



Add flavor to your meals with these recipes from around the world:

FOX FITNESS
TRAINING

- ☆ **Mucho Italiano** • Parsley, Basil, Oregano 🇮🇹🇮🇹
- ☆ **Herbs de Provencal** • Basil, Marjoram, Thyme, Rosemary, Oregano 🇫🇷🇫🇷
- ☆ **The French Kiss** • Parsley, Tarragon, Chives 🇫🇷🇫🇷
- ☆ **Middle Eastern Excellence** • Black Pepper, Coriander, Cinnamon, Cumin 🇸🇦🇸🇦🇸🇦
- ☆ **The Zaatar Zing** • Sumac, Sesame Seeds, Thyme, Marjoram 🇱🇧🇱🇧
- ☆ **East Indian Infusion** • Curry Powder, Chili Powder 🇮🇳🇮🇳🇮🇳
- ☆ **Tasty Thai** • Coriander, Cumin, Pepper, Turmeric, Ginger, Celery Seed, Fennel 🇹🇭🇹🇭🇹🇭
- ☆ **Texas Cajun** • Paprika, Celery Seed, Garlic, Cayenne Pepper 🇺🇸🇺🇸🇺🇸
- ☆ **Five Spice** • Black Pepper, Garlic, Thyme, Paprika, Oregano 🇨🇳🇨🇳
- ☆ **Jamaican Jerk** • Chili powder, Garlic, Thyme, Cinnamon, Ginger 🇯🇲🇯🇲
- ☆ **Moroccan Mania** • Pepper, Cardamom, Nutmeg, Cinnamon, Cloves, Turmeric 🇲🇦🇲🇦🇲🇦
- ☆ **Ethiopian Flare** • Cumin, Cardamom, Fenugreek, Coriander, Ginger, Cloves 🇪🇹🇪🇹
- ☆ **The Asian Persuasion** • Ginger, Poppy Seeds, Sesame Seeds 🇯🇵🇯🇵🇯🇵
- ☆ **Mexican Mania** • Paprika, Cumin, Garlic Powder, Chili Powder 🇲🇽🇲🇽🇲🇽
- ☆ **The Americana** • Sage, Thyme, Marjoram 🇺🇸🇺🇸
- ☆ **Canadian Prairie Pride** • Garlic, Onion, Black Pepper, Thyme 🇨🇦🇨🇦
- ☆ **The British Columbia Classic** • Paprika, Cumin, Garlic, Celery Seed, Oregano 🇨🇦🇨🇦



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★ Instructions:

Spices are a healthy way to add variety to the monotony of your nutrition program. In any order, you must prepare beef, chicken, or fish from the entire circuit of spice recipes. Each recipe has an animal picture(s) based on the recommended meat source(s) to use.

★ Preparation Options:

1. Mix the various spice combinations and store in an airtight container.
 2. Mix the spices with some oil, then baste your meat
 3. Pat your meat with some oil then sprinkle the spices on top.
 4. Add salt to your combination, and use as a dry rub to create a flavorful crust.
- *Some spices are stronger than others, vary the quantities to match your preferences.*

★ Be A Food Critic:

After sampling each spice combination, give it a score from 1 to 5 in the star graphic. This will allow you to determine which combinations you like best, so that you can enjoy your nutritional programs to the fullest in the future!

★ Spice Inventory Checklist:

Use the checklist to make sure you have the necessary spices in stock to complete the circuit. Bagging your own spices in a bulk food section is typically the freshest, and cheapest solution. However, you may prefer the convenience of the powdered, pre-packaged varieties.

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Poppy Seeds |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Sumac |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Turmeric |

