



Spice It Up Cooking Challenge

The 30-day challenge is an opportunity to change your life in just one month. By identifying something you can work on in small doses all month long, you will be one step closer to the person you want to be. In collaboration with cookbook author Anupy Singla of Indian as Apple Pie, we've created a 30-day challenge for the kitchen: **introduce a new spice into your cooking routine each week.**

I want to make this 30-day challenge happen because...

My plan of action is...

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WEEK 1: Cumin Seeds

Tips & Tricks: Warm and earthy, these tiny seeds pack a big flavor punch, have anti-inflammatory properties, and are a good source of iron.

MEAL, SNACK, OR RECIPE IDEAS

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TOP PICKS

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WEEK 2: Coriander Powder

Tips & Tricks: At once light and lemony, coriander powder adds a citrus taste profile to your dishes and can help to lower blood sugar.

MEAL, SNACK, OR RECIPE IDEAS

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TOP PICKS

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WEEK 3: Mustard Seeds

Tips & Tricks: Black mustard seeds are used extensively in Indian cuisine and are a good source of omega-3 fatty acids. Heat them in a little oil for maximum benefits.

MEAL, SNACK, OR RECIPE IDEAS

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TOP PICKS

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WEEK 4: Garam Masala

Tips & Tricks: The quintessential North Indian spice blend is made from combining cumin seeds, cinnamon, and other key spices. Roast them first and then grind them down into this delicious blend.

MEAL, SNACK, OR RECIPE IDEAS

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TOP PICKS

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