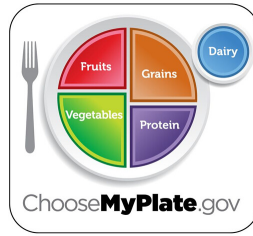


Pantry Staples, Easy Meals

Use what you've got and mix and match the rest! There's no need for perfection here, only delicious, well-balanced meals.



Meal #1

Black beans, frozen peppers and onions, & rice on a tortilla!

Optional: top with avocado, cilantro, parsley, cheese, tomatoes and/or salsa.

Meal #2

Oatmeal, frozen berries, & chopped walnuts or almonds!

Optional: top with a drizzle of honey or maple syrup, and/or a scoop of nut butter.

Meal #3

Pasta, frozen veggies (broccoli, peppers, onions, corn), chickpeas, & canned diced tomatoes!

Optional: sprinkle with cheese, cilantro, and/or basil.

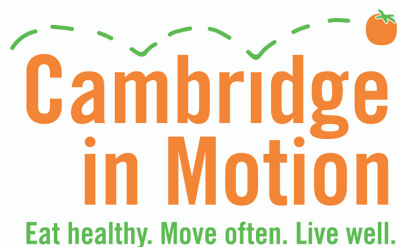
Meal #4

Tuna salad with crackers and fruit on the side!

Optional: Add other items to stack on crackers like cheese, crunchy veggies, tomatoes, etc.

The Staples

- Flour
- Pasta
- Rice
- Oats
- Crackers
- Baking Soda
- Baking Powder
- Canned Beans
- Lentils
- Vegetable Oil (Olive or Canola)
- Nut Butter
- Frozen Vegetables (aim for a mix!)
- Nuts & Seeds
- Frozen Fruit (berries, mixed)
- Pasta Sauce
- Canned Tomatoes (diced, stewed)
- Canned Tuna
- Vinegar (balsamic, red wine or apple cider)
- Mayonnaise
- Mustard



Better Choices:

1. Whole grain or whole wheat flours, pasta, and other grain items.
2. Canned items that are "low-sodium" or "no-added-salt."
3. Frozen items without sauces or added-salt.
4. Canned fruit in light-syrup or water & frozen fruit with no added-sugars.