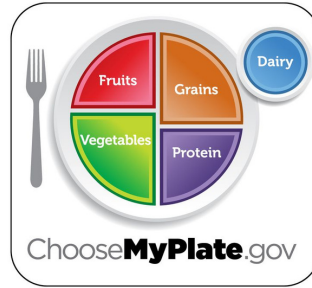


Pantry Staples, Easy Meals



Use what you've got and mix and match the rest! There's no need for perfection here, only tasty, 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 sandwiches with fruit on the side!

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

Staple Foods:

- Flour
- Pasta
- Rice
- Oats
- Bread or tortillas
- 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

Health
Boosting
Choices!

Whole grain or whole wheat flours, pasta, and other grain items.

Frozen fruits and vegetables with no sauce, added-salt or added-sugar.

Canned items that are "low-sodium" or "no-added-salt."

Canned fruit in light-syrup or water.