# Meal Ideas

## Using Kitchen Staples

### Burrito Bowl
- Instant rice
- Canned beans
- Canned/frozen corn
- Frozen peppers
- Salsa
- Cheese

**Optional**
- Ground beef/chicken
- Avocado
- Sour Cream
- Lettuce

### Pasta
- Pasta
- Marinara sauce
- Frozen broccoli
- Ground beef
- Parmesan cheese

**Optional**
- Canned diced tomatoes
- Crushed red pepper
- Italian seasoning

### Stir Fry
- Instant rice
- Frozen peas & carrots
- Frozen edamame
- Soy sauce
- Scrambled egg

**Optional**
- Frozen shrimp
- Chicken
- Peanuts
- Any other frozen veggies!
# SNACK IDEAS

## Using Kitchen Staples

### TRAIL MIX
- Dried fruit
- Nuts
- Pretzels
- Chocolate chips

### TUNA SALAD
- Canned tuna
- Mayonnaise
- Dijon mustard
- Lemon juice
- Salt & pepper
- Crackers

### YOGURT PARFAIT
- Canned/frozen fruit
- Yogurt
- Oats or granola

### LUNCHABLES
- Cheese (sliced or stick)
- Deli meat
- Crackers

### Optional
- Shredded coconut
- Sunflower seeds
- Pumpkin seeds
- Diced celery
- Diced pickles
- Sliced green onion
- Walnuts
- Almonds
- Cereal
- Olive tapenade
- Hummus
- Pepper jelly