

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



OPTIONAL

- Shredded coconut
- Sunflower seeds
- Pumpkin seeds

TUNA SALAD

- Canned tuna



- Mayonnaise



- Dijon mustard



- Lemon juice



- Salt & pepper



- Crackers



OPTIONAL

- Diced celery
- Diced pickles
- Sliced green onion

YOGURT PARFAIT

- Canned/frozen fruit



- Yogurt



- Oats or granola



OPTIONAL

- Walnuts
- Almonds
- Cereal

LUNCHABLES

- Cheese (sliced or stick)



- Deli meat



- Crackers



OPTIONAL

- Olive tapenade
- Hummus
- Pepper jelly