

Cooking from Your Cupboards

Another way to plan meals is to use food you usually have in your kitchen. When in a pinch, keep these nutrient-rich staple foods on hand for quick, easy meals.

IN YOUR CUPBOARDS:

- Canned beans - black, pinto, green
- Canned petite diced tomatoes
- Canned pineapple chunks
- Chili powder
- Peanut butter
- Instant brown rice
- Garlic powder or fresh garlic
- Canned chopped green chilies
- Whole-wheat spaghetti
- Low-sodium cream-based soup
- Low-sodium teriyaki sauce
- Canned tuna

IN YOUR REFRIGERATOR:

- Shredded cheddar cheese
- Shredded mozzarella cheese
- Eggs
- Light sour cream or plain yogurt
- Whole-wheat or corn tortillas
- Whole-grain English muffins
- Applesauce

IN YOUR FREEZER:

- Stir-fry vegetables
- Bell pepper strips
- Vegetable medley
- Corn
- Lean meats
- Chopped spinach
- Peas

MEAL 1: Bean and Cheese Burritos

Whole-wheat or corn tortillas
Canned pinto beans
Chili powder or low-sodium chili seasoning packet
Cheddar cheese, shredded
Light sour cream or plain yogurt
Canned chopped green chilies

MEAL 6: Stir Fry

Frozen lean meat or meat leftover from earlier meal
Frozen stir-fry vegetables
Small can pineapple chunks or tidbits, in own juice, drained
Instant brown rice
Low-sodium teriyaki sauce

MEAL 2: Black Bean Veggie Fajitas

Canned black beans
Frozen bell pepper strips
Whole-wheat or corn tortillas
Cheddar cheese, shredded
Light sour cream or plain yogurt

MEAL 7: Rice and Beans

Instant brown rice
Canned black beans
Canned tomatoes
Frozen corn
Cheddar cheese, shredded

MEAL 3: Tuna Casserole

Whole-wheat spaghetti
Low-sodium cream of mushroom soup
Frozen vegetable medley
Garlic powder or fresh garlic
Tuna

MEAL 8: Minestrone Soup

Frozen chicken breast tenders, boneless and skinless
Canned kidney beans, rinsed, plus 1-2 cans water
Frozen vegetable blend
Canned tomatoes, undrained
Whole-wheat spaghetti, broken in half
Mozzarella cheese, shredded

MEAL 4: Mediterranean Chicken

Frozen chicken breast tenders, boneless and skinless
Canned tomatoes
Garlic powder or fresh garlic
Whole-wheat spaghetti or instant brown rice

MEAL 9: Super Simple Lunch

English muffin with peanut butter
Applesauce
Peas

MEAL 5: Veggie Quesadillas

Whole-wheat tortillas
Leftover veggies or frozen bell pepper strips
Mozzarella cheese, shredded

MEAL 10: Veggie Scramble

Eggs
Frozen chopped spinach, cooked and squeezed dry
Cheddar cheese, shredded
English muffins, toasted

Websites such as superfood.com and myfridgefood.com can provide recipe suggestions for whatever ingredients you have available in your pantry and refrigerator!