

Mix and Match Pantry Meals

Cooking a healthy meal does not always require an extra trip to the store. Many healthy choices can be found in a stocked pantry. Select one item from each list to create your own tasty and nutritious meal.

Protein	Carbohydrate	Vegetable	Beverage	Fruit/Dessert
<p>Meat/fish: pouch or canned tuna, salmon, chicken, beef, sardines, canned stew or chili</p> <p>Nuts/seeds: peanuts, almonds, cashews, nut butter, sunflower, pumpkin</p> <p>Beans/legumes: lentils, soybeans, dried or canned pinto, black, kidney, navy, fava beans, black eyed peas, chickpeas</p>	<p>Grains: brown rice, farro, wild rice, quinoa, barley, yellow rice, freekeh, bulgur, couscous, wheat berries, grits</p> <p>Pasta: whole wheat gluten free options (chickpea, corn, brown rice pasta)</p> <p>Cereal: oatmeal, cream of wheat, bran cereal, buckwheat, corn flakes</p> <p>Bread/crackers: multigrain, tortillas, wraps</p> <p>Potato: canned white or sweet</p>	<p>Canned vegetables: rinse and drain carrots, green beans, lima beans, onion, spinach, asparagus, beets, okra</p> <p>red peppers</p> <p>Diced/whole tomatoes</p> <p>Tomato sauce</p> <p>Chiles/peppers</p> <p>Low sodium vegetable soups</p> <p>Dried mushrooms</p> <p>Sun-dried tomatoes</p> <p>Salsa</p>	<p>Canned/boxed milk: cow, goat, soy, almond, oat, pea, rice Powdered milk</p> <p>Bottled water</p> <p>Sparkling water</p> <p>No/low calorie drink mix</p> <p>Unsweetened coconut water</p> <p>Unsweetened tea</p> <p>Tea bags</p> <p>Coffee/instant coffee</p>	<p>Dried fruit: apricots, raisins, cranberries, prunes, cherries, blueberries, mango, banana Canned fruit in natural juices</p> <p>Sugar free pudding</p> <p>Sugar free gelatin</p> <p>Graham cracker</p> <p>Popcorn</p> <p>Rice cake</p> <p>Drizzle of honey</p>

Sample Mix and Match Pantry Meal

	Protein	Carbohydrate	Vegetable	Beverage	Fruit/Dessert
	Nut Butter	Oatmeal		Coffee	Dried Banana Chips
Lunch	Canned Tuna	Multigrain Crackers	Cup of Vegetable Soup	Sparkling Water	Canned Peaches
	Black Beans	Yellow Rice	Canned Chilis, Peppers, Onion	Unsweetened Tea	Canned Mango

Create Your Own Pantry Meals

	Protein	Carbohydrate	Vegetable	Beverage	Fruit/Dessert
Breakfast					
Lunch					