



What To Keep in Your Pantry!

Pantry:

Don't leave the grocery store without them!

1. Jarred tomato pasta sauce
2. White or brown rice
3. Low sodium chicken/vegetable broth
4. Peanut butter
5. Canned beans (such as chickpeas, cannellinis, kidneys)
6. Dry Breadcrumbs and olive oil
7. Dried fruit and popcorn
8. Whole grain breakfast cereals (such as oatmeal)
9. Pasta (such as egg noodles or angle hair)



Refrigerator

1. Eggs
2. Butter
3. Low-fat plain yogurt
4. Milk
5. Cheeses (such as cheddar, Parmesan)
6. Jams (such as strawberry and apricot)
7. Vegetables (such as onion, carrots, celery)
8. Salad greens
9. Condiments (such as ketchup and soy sauce)



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Freezer:

1. Boneless chicken breast
2. Ground beef
3. Frozen vegetables (such as spinach, broccoli florets, peas and mixed vegetables)
4. Frozen fruits (such as strawberries, blueberries, pineapple, and mango)
5. Ice cream
6. Pizza dough

Recipe 101 Cheat Sheet!

Cheat Sheet for easy recipes from ingredients in your own kitchen!!!!

Ground beef + onion + breadcrumbs + eggs + ketchup + herbs= **Meatloaf**

Frozen fruit + yogurt + milk= **Fruit Breakfast Smoothie**

Chicken breast + eggs + breadcrumbs + parmesan + tomato sauce + mozzarella= **Chicken Parmesan**

Low sodium chicken/vegetable broth + onion + celery + carrots + noodles= **Soup**

Eggs + peppers + onion + cheddar = **omelet**

Ice cream + frozen fruit + jam= **Healthy dessert**

Salad greens + cooked chicken breast + carrots= **Side Salad**

Cooking for One

- * Get creative with leftovers, by using them for additional meals!
- * Use the ingredients you already have in your cupboard!



Sample Weekly Menu

When you plan a weekly menu, it may look something like this:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast	Oatmeal w/ fruit	Toast & jam	Veggie Omelet	Cold cereal	Egg & Toast	French Toast	Yogurt & fruit
Lunch	Tuna sandwich	Salad greens & veggies	Grilled Chicken Sandwich	Rice with beans	Barley soup	Fruit, yogurt & honey	Chicken noodle soup
Dinner	Chicken, quinoa, veggies	Pineapple Chicken, rice & veggies	Healthy Fried Rice with veggies	Barley soup with mixed greens	Veggie stir fry with soy sauce	Chicken parmesan	Meatloaf with broccoli



Healthy Snacks



Fruits & Nuts- This wonderful combination provides fiber and protein for a satisfying snack

Yogurt parfait- Plain, low-fat yogurt with fresh fruit mixed in. For a heartier snack add a handful of cereal or granola

Popcorn- Pop your own light popcorn for a great, tasty snack

Hummus and veggies- The chickpeas in hummus offer lots of good fiber and protein

Healthy Recipes for One: Making fast, healthy, & delicious meals!

Breakfast:

Apple Cinnamon Oatmeal

- Apples are naturally sweet, helping to curb your cravings for sweets in a natural way
- Apples have fiber and vitamin C
- Cinnamon has many beneficial properties, including a mild anti-inflammatory effect and better blood sugar control

- Ingredients:

- * 1/3 cup rolled oats
- * 2/3 cup liquid
- * 1/2 apple cut into small pieces
- * 1/2 teaspoon cinnamon

Directions:

1. Add all ingredients to a small pot
2. Bring to a boil, then turn down to a simmer and cook until soft, about 5 to 7 minutes



Lunch:

Veggie Deluxe Sandwich

- Avocados are high in the 'good fats', which have been shown to lower cholesterol

- Ingredients:

- * 2 slices whole wheat bread
- * 2 tablespoons hummus
- * 1/4 avocado, slices
- * 1 slice of low-fat cheese
- * Lettuce, sliced tomato and other veggies of your choice

Directions:

1. Spread the hummus on one side of each slice of bread
2. Add all other ingredients in layers

Dinner:

Ground meat and veggies stir fry

- Ingredients:

- * Fresh or frozen vegetables of your choice
- * 1/2 lb. of ground meat
- * 1 tablespoon of soy sauce and 1/2 tablespoon of olive oil

Directions:

1. Add olive oil to pan and sauté meat
2. Add veggies of your choice and cook until tender
3. Add soy sauce and mix all together in pan