

Quick Meal Ideas

Pantry and Fridge/Freezer Supplies:

PASTA	PASTA SAUCE	TUNA
RICE	CANNED SOUP	EGGS
BREAD	REFRIED BEANS	CHEESE
POTATOES	TORTILLAS OR TACO SHELLS	B/S CHICKEN
ROLLED OATS	TORTILLA CHIPS	FRUIT
CARROTS	SMOKED SAUSAGE	LETTUCE

15 Minutes:

- GRILLED CHEESE SANDWICHES, TOMATO SOUP, RAW VEGETABLES
- BEAN & CHEESE NACHOS OR TACOS/BURRITOS
- TACO SALAD: LETTUCE, REFRIED BEANS, CHEESE, TORTILLA CHIPS
- OPEN-FACE TUNA MELTS, RAW VEGETABLES
- FRIED EGG SANDWICHES, FRUIT OR RAW VEGETABLES

45 Easy Minutes:

- SIMMERED B/S CHICKEN, ROASTED POTATOES/CARROTS
- TUNA MACARONI SALAD, RAW VEGETABLES
- PASTA SALAD
- BREAKFAST FOR DINNER: OATMEAL OR TOAST, EGGS, FRUIT, BACON (COOK IN OVEN)
- MEATLESS SPAGHETTI, GARLIC TOAST, RAW VEGETABLES
- ONE-PAN ROASTED SMOKED SAUSAGE & POTATOES/CARROTS
- SIMMERED B/S CHICKEN, RICE, RAW VEGETABLES
(OPTIONAL: MAKE GRAVY FROM THE BROTH)

