

# Build a Pantry Meal

## Canned Protein



Salmon  
Tuna  
Sardines

Chicken  
Legumes  
Beans



## Grains & Pasta



Brown Rice  
Quinoa  
Couscous  
Pasta (prefer whole  
wheat or lentil based)

Millet  
Farro  
Buckwheat  
Oats  
Bulgur



## Vegetables & Fruit



Green Beans  
Peas  
Artichoke hearts  
Roasted Peppers

Fruit  
Tomatoes  
Beets  
Corn



## Healthy Fats



Olive oil  
Avocado Oil

Nuts  
Seeds

Olives  
Nut butters



## Flavor Boosters



Herbs  
Spices  
Flavored Vinegar  
Hot Sauce  
Coconut Milk

Soy Sauce/Tamari or  
Coconut Aminos  
Sesame oil  
Stock/Broth, low  
sodium  
Salsa





## Putting it Together

- Think about ingredients we need to build a balanced plate in terms of nutrition: Protein + Fat + Fiber
- Flavor profile should include salt, acid, fat, texture, and flavor boosters.
- Add staple kitchen ingredients such as fresh garlic, onion, sweet potatoes, potatoes, and winter squash to expand the flavor profile
- TIPS: Look for lower-sodium options. Rinse canned products off with water. Store properly to maximize shelf-life

<b>Protein</b>	<b>+</b>	<b>Grain</b>	<b>+</b>	<b>Veg/Fruit</b>	<b>+</b>	<b>Fat</b>	<b>+</b>	<b>Flavor</b>	<b>=</b>	<b>Dish</b>
Black & Garbanzo Beans		Rice		Tomatoes Corn Salsa		Pepitas Olive Oil		Garlic Cumin Coriander		<b>Rice &amp; Beans</b>
Canned Tuna		Whole Grains or pasta		Artichoke hearts Roasted Peppers		Black olives Mayo		Onion Oregano		<b>Pasta Salad</b>
Lentils		Quinoa		Tomatoes Mixed Veggies		Avocado oil		Stock		<b>Soup</b>
Pinto beans		Tortillas Rice		Salsa Chilies		Black olives		Chili powder Garlic		<b>Tacos</b>
Chia seeds		Oats		Dried cranberries		Coconut Sunflower seeds		Vanilla almond/ soy milk		<b>Chia Oat Pudding</b>