

25 Ingredients, 15 Meals

Whole grains

1. Pasta, whole grain penne
2. Brown rice
3. Tortillas, whole wheat

Heart-healthy protein

4. Lentils
5. Chicken, whole (as many as needed)
6. Fish
7. Walnuts

Fruits and vegetables

8. Salad mix
9. Baby carrots
10. Tomatoes, plum
11. Spinach, fresh
12. Broccoli
13. Winter squash
14. Zucchini
15. Onions
16. Canned diced tomatoes, no added salt
17. Strawberries
18. Blueberries
19. Celery
20. Apples
21. Potatoes
22. No Salt Added Tomato Sauce

Fat-free/skim dairy

23. Fat-free sour cream
24. Yogurt - light vanilla
25. Parmesan cheese

Cost: \$63

Note: you should have seasonings, oil and vinegar on hand for recipes - most of the items used are ones that people have in their pantries. You should also purchase skim milk to drink for you and your family.



List of meals - including 1 snack and 2 desserts:

Rice/lentils:

1. Lentils and rice - plain, winter squash, onions
2. Lentils and rice - burrito or wrap
3. Fish - microwave with zucchini and rice

Chicken:

4. Whole chicken - Roasted with potatoes/onions, carrots, salad
5. Chicken salad - with chicken, potatoes, salad
6. Chicken - pasta, broth, veggies
7. Chicken with rice - arroz con pollo
8. Chicken stir fry - spinach, celery, broccoli, onions, carrots
9. Chicken rice veggie soup

Pizza/Potato:

10. Tortilla Pizza
11. Potato Pizza - potatoes with plum tomatoes, spinach, onions, parmesan cheese
12. Baked stuffed potato - potato with broccoli, fat free sour cream, parmesan

Snacks/dessert:

13. Snack platter with apples, carrots, celery
14. Dessert with berries and yogurt
15. Apple sauce with toasted walnuts and yogurt