

NUTRITIOUS staples

SUPER-QUICK meal ideas

PANTRY

- Pasta
- Rice
- Canned fish
- Canned pulses + beans - lentils, chickpeas, black beans, cannellini beans, red kidney beans
- Canned tomatoes + tomato puree (this combo makes an easy pasta sauce)

FREEZER

- Vegetables - peas, corn, mixed veg, edamame beans, potato wedges
- Berries
- Protein - fish fillets, falafels, meatballs
- Grainy bread + pita pockets
- Vegetable and lentil soup

FRIDGE

- Eggs
- Hummus or yoghurt dip

FRESH

- Veggies and fruit - spinach, cabbage, carrots, capsicums, cucumber, broccoli, avocados, bananas + apples *are especially versatile and easily available most of the time*

SANCK IDEAS

- Walnuts + dried apricots
- Cashews, almonds + cranberries
- Peanuts + raisins
- Sunflower seeds, pumpkin seeds, almonds + sultanas



Eggs on wholegrain toast with avocado



Omelettes with veggies + cheese - spinach, mushroom, capsicum, tomatoes, zucchini



Fresh filled **pasta** with canned tomatoes + added **veggies** from the freezer



Cooked from frozen: **fish**, veggies + oven-baked wedges (with no added salt)



Poke-style bowl: quick-microwave rice, any chopped veggies, frozen or canned beans, leftover protein or canned fish



Platter-style meals: chopped veg with meatballs or falafels cooked from frozen, hummus or yoghurt dip + pita pockets



Vegetable + lentil soup (home-made or store-bought) with wholegrain toast



PREP AHEAD IDEAS

Bite-size veg - for snacks, lunches, dinners - carrot, celery, capsicum, broccoli + cauliflower work well

Basic coleslaw-style salad - sliced cabbage + grated carrot - makes an ideal base for lunch or dinner

Roast veggies - potato, kumara, beetroot, carrot, cauliflower - add greens + protein for lunch or dinner

Meals to freeze - soup/casserole, or mince to go with rice/pasta/potato