

MINIMAL PREP MEALS

Tips for Selecting Food & Planning Easy to Prepare Meals

We receive a lot of information on how to eat well, what foods to include, and other foods to avoid. Use this resource to identify simple, healthy grocery items that can be used multiple ways over the course of a week. It can also serve as a sample one-week meal plan!

STEP 1: TO THE MARKET

Fresh Produce	Shelf Items	Refrigerated	Frozen	Other
Apples	Oats	Eggs	Berries/Other Fruit	Beans
Grapes	Bread/English Muffins/Tortillas	Milk	Broccoli	Pasta
Potatoes- Any Variety	Cereal/Granola	Yogurt	Spinach	Lentils
Carrots	Peanut/Nut Butter	Cheese-Shredded/Sliced	Peas	Olive Oil
Cucumber	Rice (Any Variety)	Hummus	Corn	Vinegar
Celery	Broth	Poultry	Poultry	Spices/Seasonings
Bell Peppers	Canned Tomatoes/Sauce	Fish	Fish	Nuts
Leafy Greens	Whole Grain Crackers	Tofu	Bagels	Tuna
Onion	Salsa	Butter	Waffles	Jelly or Jam
Tomatoes	Grains: Couscous, Quinoa, Barley	Mayonnaise	Amy's® Frozen Meals	Peanut /Almond Butter
Sliced Fruit	Granola Bars	Rotisserie Chicken	Frozen Steamable Veggies/Grains	Jar Items: Pickles, Olives, Saur Kraut, Maple Syrup

***Note:** Shop according to your preference and needs (i.e. Non-Dairy, Gluten Free, Vegetarian, Vegan, etc.). Amounts purchased should be based on selected meals and number of people being served.

Ideas to Keep It Simple:

- Fresh Stir-Fry Kit
- Pre-Made Salad
- Frozen Stir Fry Bag
- Mixed Frozen Vegetables
- Rotisserie Chicken
- Pre-Made Vegetable Sides

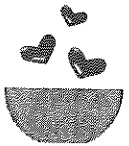
Add for Extra Calories:

- Cheese
- Sour Cream
- Cheese Sticks
- Cream Cheese
- Full fat milk
- Guacamole
- Pesto
- Crushed Nuts or Nut butter
- Crushed Corn Chips
- Graham Crackers
- Dark Chocolate

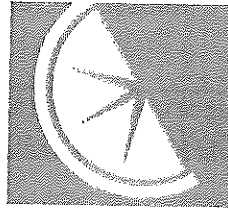
STEP 2: TO THE KITCHEN

Breakfast	Snack (AM)	Lunch	Snack (PM)	Dinner
Oatmeal + Berries	Hard Boiled Eggs	Veggie + Hummus Wrap	Whole Grain Crackers + Peanut Butter	Chicken (Fresh, Frozen, Rotisserie) + Veggies and Rice
Eggs + Toast	Apple + Peanut Butter	Chicken or Veggie Quesadilla	Veggies + Hummus	Pasta + Sauce with Veggie Side
Yogurt Parfait (Yogurt, Berries, Granola)	Trail Mix	English Muffin Pizza	Cheese Stick + Apple or Grapes	Vegetarian or Meat Chili + Corn Bread
Veggie + Cheese Omelet	Yogurt + Berries	Garden Salad + Grilled Chicken	Celery + PB	Fajitas + Bean and Veggie Sides
Smoothie	Granola Bar	Lentil Soup + Warm Pita & Hummus	Steamed Edamame Pods	Pasta Fagioli Soup + Side Salad
Cereal + Milk with Fruit	Banana + Peanut Butter	Chicken + Broccoli + Rice	Baby Carrots + Guacamole	Amy's® Frozen Dinner
Frozen Waffles	Fresh Fruit + Mixed Nuts	Taco Salad (Meat or Vegetarian)	Pretzels, Grapes + 2-3 Cheese Cubes	Pre-Cut Zucchini Noodles + Meatballs & Sauce

Recommended Apps for Meal Planning



Real Plans: Customizable meal-planning app that utilizes in-season foods and recipes.



Mealime: Personalized meal-planning app that filters recipes by diet or restriction and generates grocery lists.



Plan to Eat: Allows you to collect and save all of your favorite recipes in one place.



Innit: Create personalized meals, receive shopping lists, and get cooking instructions.

For more App Recommendations visit: www.foodandnutrition.org

Search: "Meal Planning Apps"