

QUARANTINE PANTRY STAPLES MEAL PLAN IDEAS

PANTRY STAPLE:

WAYS TO USE IT:

<p>PASTA</p>	<p>Chicken pasta - Combine with shredded chicken, diced tomatoes, olive oil, fresh crushed garlic, crushed red pepper, & grated parmesan cheese. Veggie pasta salad - Combine with diced bell peppers, diced cucumbers, diced tomatoes, chopped onion, black beans, & any other veggies on hand. Drizzle w/ salad dressing of choice, & toss in some feta cheese before serving. Pesto pasta - combine with pesto, chicken, diced tomatoes, & top with parmesan.</p>
<p>FROZEN VEGGIES</p>	<p>Stir fry - Sautee sliced chicken breast in sesame or olive oil. Add frozen veggies, a splash of soy sauce, and garlic powder. Serve with quinoa or brown rice. Egg scramble - Sautee frozen veggies in olive oil with garlic powder, salt, & pepper. Add a few scrambled eggs, combine, top with cheese & serve warm. Quinoa Salad - Sautee frozen veggies in olive oil with garlic, salt, and pepper. Combine with cooked quinoa, add a salad dressing of choice, & top with chicken.</p>
<p>BEANS or LENTILS</p>	<p>Bean Salsa - Combine drained & rinsed beans w/ drained canned corn, diced peppers, diced tomatoes, lime juice, chili powder, & pinch of salt. Serve w/ veg or chips. Southwest Breakfast Burrito - Scramble eggs, mix in black beans, salsa, & cheese. Spread mashed avocado on a wrap/tortilla, fill w/ bean/egg mixture, roll up & enjoy. Mediterranean Lentil Salad: Combine drained canned lentils w/ diced tomatoes, fresh or dried herbs, olive oil, balsamic, & garlic. Mix well, toss over lettuce & top with feta.</p>
<p>RICE</p>	<p>Healthy Side Dish - Simply serve brown rice as a nutritious side dish to a veggie & protein. Burrito Bowl - Toss beans, shredded chicken, or cooked ground meat over a bowl of brown rice with salsa, diced peppers, cheese, avocado, & hot sauce. Stir Fry - Sautee chicken and veggies with sesame or olive oil, soy sauce, & garlic, then combine with brown rice and serve.</p>
<p>QUINOA</p>	<p>Bean & Veggie Salad - Cook quinoa, combine with drained & rinsed canned beans, drained canned corn, diced peppers, diced tomatoes, crumbled feta, & salad dressing. Breakfast Quinoa Bowl - Combine cooked quinoa with fresh/frozen berries, cinnamon, chopped nuts, & a sprinkle of nut butter. Taco Bowl - Season quinoa with chili powder, garlic powder, & olive oil. Mix in black beans or cooked meat, chopped tomatoes or salsa, shredded cheese, & hot sauce.</p>
<p>PRE- COOKED CHICKEN SAUSAGE</p>	<p>Chicken Sausage Veggie Bowl - Sautee sliced sausages w/ sliced veggies, olive oil, and garlic. Serve over brown rice or quinoa. Breakfast Sautee - Sautee sliced sausages w/ sliced veggies, olive oil, and garlic. Serve over scrambled eggs with toast. Chicken Sausage Pasta - Sautee sliced sausage and diced veggies with olive oil and garlic. Add canned tomatoes, simmer, then serve over pasta.</p>

