

SHELF STABLE MEALS

*Choose one from each category.
Combine for a delicious bowl-style meal.*



PROTEIN

Canned tuna, chicken, and other tinned meats
Canned or dried beans
Lentils, chickpeas, and other legumes



CARBS/ STARCH

Rice, quinoa, barley, kasha, millet, oats
Potatoes, sweet potatoes, corn
Pasta, noodles



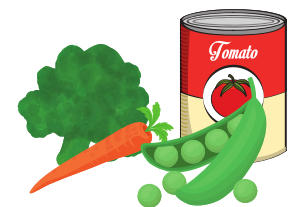
FAT

Olive oil, avocado oil, coconut oil, butter, ghee
Olives, nuts like walnuts, peanuts, almonds, pecans
seeds like sesame seeds, chia seeds, hemp seeds
Tahini, nut or seed butters, hummus



VEGGIES

Frozen veggies, canned veggies
Canned or jarred tomatoes
Root vegetables like carrots, beets and their greens
Squash, canned pumpkin



EXTRA FLAVOR

Onions, garlic, shallots
Herbs grown in a sunny window like
parsley, basil, and cilantro
Spices like cumin, cinnamon, black pepper
Dried fruit like raisins, dates, apricots



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EXAMPLES

All measurements are suggestions.

1 can kidney beans
1 cup quinoa
Sprinkle of hemp seeds
1/2 Frozen Peas
Dressing made from
chopped parsley, balsamic
vinegar, and olive oil

1 can black beans
Baked potato
Cheese
Can of chopped tomatoes
Onion, garlic, cumin, and chili pepper

Rice noodles
Bone broth or other broth
Sesame oil
Stir fry veggies
Hard boiled egg



1 can tuna
1 cup cooked pasta
Olive oil
Frozen broccoli
Sautéed garlic and onion
Italian seasoning

1 can chili with meat
1 can diced tomatoes
1 can black beans
1 c. canned pumpkin puree
Chopped cilantro

Oatmeal
Milk of Choice
Walnuts
Raisins
Cinnamon, nutmeg, or
pumpkin pie spice

