

Meals in a Flash Shopping List

Make nutrient-rich choices from all the food groups

Eating at home is a great way to provide balanced meals. You can prepare *Meals in a Flash* starting with these staple ingredients without devoting hours to the kitchen. Find ingredients that work with your priorities of good tasting, healthy, easy-to-prepare recipes that require minimal preparation time.



Dairy

Milk, low-fat or fat-free
Cheese sticks or wedges, pre-shredded or pre-sliced
Cottage cheese
Greek or regular yogurt



Vegetables *Choose fresh or frozen*

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| Avocado | Potato—red, sweet, white |
| Broccoli | Salad in a bag |
| Cabbage, coleslaw mix or shredded | Soup—carrot, red pepper, tomato, vegetable stock |
| Carrots—baby, bagged, shredded | Spinach leaves, pre-washed |
| Onions, pre-chopped | Tomatoes, salsa (diced) |
| | Yams |



Fruits *Choose fresh, frozen or canned/jarred in own liquid*

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| Apples, sliced and pre-packaged | Oranges |
| Berries, blueberries or strawberries | Mango |
| Boxed raisins | Peaches |
| Grapes | Pineapple |
| | Tangerines |



Grains

Bread, whole-wheat
Brown rice, pre-cooked or frozen
English muffins, whole-wheat
Instant oatmeal
Lavash flat bread (great for a thin pizza or a wrap)
Multi-grain pancake mix
Pasta, enriched or whole-grain
Tortillas, corn or whole-grain
Waffles, frozen whole-wheat



Protein

Beans—black, garbanzo, pinto, refried (rinse canned beans to lower the sodium)
Chicken—canned, grilled, rotisserie
Edamame (soybeans)
Eggs
Fish fillets (individually packaged)
Hamburger or vegetarian patties
Hummus
Nuts
Peanut or other nut butters
Salmon or tuna, canned
Shrimp, cooked or raw

Oils and flavorful “extras”

Barbecue sauce, croutons, olive oil, olives, pesto, powdered garlic

Additional items for my shopping list

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