

# MAIN MEALS

*Tips: Try microwaveable whole grains to save time and add good-for-you nutrients like fiber!*



## STIR-FRY

Veggies	+	Protein	+	Grain	+	Sauce
Frozen mixed		Frozen edamame		Brown/white rice		Stir-fry sauce
Frozen broccoli		Tofu		Egg noodles		Hot sauce
Bell peppers		Chicken breast		Rice noodles		
Carrots		Ground beef		Soba noodles		
Mushrooms				Linguini		

### Recipes:

[Veggie stir-fried noodles](#)  
[Chicken stir-fry](#)  
[Vegan ramen stir-fry](#)  
[Easy stir-fry sauces](#)



## VEGGIE PASTA

Grain	+	Sauce	+	Veggies	+	Protein
Rotini		Marinara		Frozen broccoli		Chickpeas
Spaghetti		Pesto		Tomatoes		Canned white beans
Linguini		Alfredo		Frozen spinach		Pre-cooked sausage
Penne		Hummus		Mushrooms		Canned chicken
						Frozen meatballs

### Recipes:

[Pasta Primavera](#)  
[Chicken sausage & broccoli](#)  
[Creamy hummus pasta](#)  
[Easy pesto pasta](#)  
[5-ingredient pasta salad](#)



## MINI PIZZAS

Base	+	Toppings
Pita bread		Pizza sauce
English muffin		Cheese
Small tortilla		Chopped peppers
		Canadian bacon
		Sliced zucchini
		Chickpeas
		Onion
		Chicken
		Olives
		Pineapple

### Recipes:

[Basic cheese pizza](#)  
[Spinach feta pizza](#)  
[Hawaiian style pizza](#)  
[Vegan pizza 3 ways](#)



## FRIED RICE

Grain	+	Veg	+	Protein
Brown rice		Frozen mixed veg		Egg
White rice		Carrots		Frozen edamame
Quinoa		Frozen peas		Tofu
		Riced cauliflower		

### Recipes:

[Basic fried rice](#)  
[Kimchi fried rice](#)  
[Un-fried rice](#)



## VEGETARIAN QUESADILLA

Grain	+	Veg	+	Protein
Corn tortilla		Canned corn		Shredded cheese
Whole wheat tortilla		Bell peppers		Canned beans
Flour tortilla		Mushrooms		(black, pinto, kidney)
		Baby spinach		
		Onion		
		Salsa		

### Recipes:

[Sweet potato black bean](#)  
[10-min quesadilla](#)  
[Make it vegan](#)  
[Cilantro yogurt dip](#)

# MAIN MEALS

*Tip: Frozen and canned fruits & veggies are nutritious options that can make meal prep quicker & easier!*



## UPGRADED MAC & CHEESE

1 box	+	Veggies	+	Protein
mac & cheese w/ cheese packet		Frozen peas Baby spinach Mushrooms Frozen broccoli		Canned tuna Canned chicken Canned beans

### Recipes:

[Creamy cauli mac](#)  
[10 boxed mac hacks](#)  
[Boxed mac 6 ways](#)



## CURRY IN A HURRY

Protein	+	Veggies	+	Grain	+	Sauce
Canned chickpeas		Cauliflower Frozen broccoli Frozen spinach Potato Green beans		Basmati rice Brown rice Pita bread Naan		Store-bought curry sauce Coconut milk

### Recipes:

[Semi-homemade curry](#)  
[Chickpea curry](#)  
[Green tofu curry](#)



## POTATO EGG HASH

Protein	+	Veggies	+	Sauce
Egg Pre-cooked sausage Black or pinto beans Shredded cheese		Potato Sweet potato Canned diced tomatoes Fresh or frozen mixed veggies		Salsa Tomato sauce Pesto Hot sauce

### Recipes:

[Potato hash](#)  
[Southwestern vegan hash](#)



## UPGRADED RAMEN

1 package	+	Veggies	+	Protein
ramen noodles, discard flavor packet		Frozen mixed veggies Chopped fresh veggies		Soft-boiled egg Frozen edamame Tofu Chicken Beef

### Recipes:

[Clean-out-the-fridge ramen](#)  
[Upgraded instant ramen](#)  
[Dorm room ramen hacks](#)



## STUFFED POTATO

Starch	+	Veggies	+	Protein
Russet potato Sweet potato Yam		Canned corn Onion Salsa		Canned beans (black, pinto, kidney, chickpeas) Shredded chicken

### Recipes:

[Microwave stuffed sweet potato](#)  
[Vegan curried chickpea potato](#)  
[Chickpea spinach potato](#)

# SNACKS

*Tips: Snacks are great energy-boosters between meals. Pairing 2+ food groups creates a filling and nutritious snack!*



## PARFAIT

Yogurt	+	Fruit	+	Toppings
Yogurt		Frozen berries		Sliced almonds
Greek yogurt		Canned peaches		Chopped walnuts
Dairy-free yogurt		Craisins		Granola
		Diced kiwi		

### Recipes:

- [Basic fruit & yogurt](#)
- [Mix & match make-ahead](#)
- [Apple crisp](#)
- [Greek yogurt bowl](#)



## SWEET POTATO TOAST

Base	+	Toppings
Thinly sliced sweet potato, roasted or toasted		Mashed avocado
		Nut butter
		Nutella
		Pesto + mozzarella
		Hummus
		Hard boiled egg
		Tomato

### Recipes:

- [Sweet potato toast 5 ways](#)
- [Savory & sweet: 9 ways](#)



## LOADED NACHOS

Protein	+	Veggies	+	Sauce
Black or pinto beans		Onion		Salsa
Cooked shredded meat		Bell pepper		Hot sauce
Shredded cheese		Jalapeno		
		Tomatoes		
		Canned corn		

### Recipes:

- [Veggie microwave nachos](#)
- [Loaded sheet pan nachos](#)
- [Potato nachos](#)



## MICROWAVE FRUIT CRISP

Fruit	+	Crisp
Frozen berries		Oats
Sliced apples, pears or peaches		Flour
		Sliced nuts
		Cinnamon
		Butter

### Recipes:

- [Fruit crisp for one](#)
- [Vegan berry crisp](#)
- [Apple crisp](#)



## BEAN SALSA

1 can beans	+	1 can corn	+	1 cup salsa	+	Chips
(black, pinto, black-eyed)		(or 2 cups frozen, thawed)				(tortilla or pita)

### Recipes:

- [Pineapple black bean salsa](#)
- [Avocado bean salsa](#)
- [2-minute corn salsa](#)



## ROASTED SPICED CHICKPEAS

Base	+	Oil	+	Spices
Canned chickpeas		Olive oil		Cumin
		Vegetable oil		Chili powder
		Canola oil		Garlic
				Ginger

### Recipes:

- [Basic and customizable](#)
- [Taco seasoned](#)
- [Turmeric roasted](#)