Keep these nutrient-rich staple foods on hand for quick, easy, and healthy dinners!

**In your cupboard**
- Beans (canned): low-fat refried beans, black beans, pinto beans
- Petite diced tomatoes (canned)
- Pineapple chunks or tidbits, in its own juice (canned)
- Chili powder or no-sodium chili seasoning packet
- Instant brown rice
- Whole wheat thin spaghetti
- Garlic powder or fresh garlic

**In your refrigerator**
- Low-fat or reduced fat cheddar cheese, shredded
- Part-skim mozzarella cheese, shredded
- Eggs
- Light sour cream or plain yogurt
- Whole wheat or corn tortillas
- Low-sodium Teriyaki sauce

**In your freezer**
- Stir-fry vegetables (frozen)
- Bell pepper strips (frozen)
- Frozen vegetable medley (frozen)
- Corn (frozen)
- Lean meats, raw (for example, frozen: chicken tenders, 95% lean beef, lean pork, or fish)

**Meal #1**
**Bean and Cheese Burritos**
- Whole wheat or corn tortillas
- Can of low-fat refried beans
- Chili powder or no-sodium chili seasoning packet
- Low-fat or reduced-fat cheddar cheese, shredded
- Light sour cream or plain yogurt
- Can of chopped green chilies

**Meal #2**
**Black Bean Veggie Fajitas**
- Canned black beans
- Frozen bell pepper strips
- Whole wheat or corn tortillas
- Low-fat or reduced-fat cheddar cheese, shredded
- Light sour cream or plain yogurt

**Meal #3**
**Pasta**
- Whole wheat thin spaghetti (pre-cooked)
- Canned tomatoes
- Frozen vegetable medley
- Garlic powder or fresh garlic

**Meal #4**
**Veggie Quesadillas**
- Whole wheat tortillas
- Part-skim mozzarella cheese, shredded
- Left over veggies or cooked frozen bell pepper strips
- Non-stick cooking spray

**Meal #5**
**Taco Soup**
- Canned pinto beans, rinsed, plus 1-2 cans water
- Frozen corn
- Canned tomatoes, undrained
- Can chopped green chilies
- Chili powder or no-sodium chili seasoning packet
- Low-fat or reduced-fat cheddar cheese, shredded

**Meal #6**
**Stir Fry**
- Frozen lean meat or cooked egg
- Frozen stir-fry vegetables
- Small canned pineapple chunks or tidbits, in its own juice, drained
- Instant brown rice
- Low-sodium Teriyaki sauce

**Meal #7**
**Rice & Beans**
- Instant brown rice
- Canned black beans
- Canned tomatoes
- Frozen corn
- Part-skim mozzarella cheese, shredded

**Meal #8**
**Mediterranean Chicken**
- Frozen chicken breast tenderloins (boneless and skinless)
- Canned tomatoes
- Garlic powder or fresh garlic
- Optional: whole wheat thin spaghetti

**Meal #9**
**Veggie Scramble**
- Eggs
- Frozen bell pepper strips, cooked and diced
- Low-fat or reduced-fat cheddar cheese, shredded

**Meal #10**
**Teriyaki Chicken**
- Frozen chicken tenders
- Low-sodium Teriyaki sauce
- Frozen vegetable medley
- Small canned pineapple chunks or tidbits, in its own juice
- Instant brown rice