

# 14-DAY SHOPPING AND MEAL PLAN

**During this time of concern about COVID-19, some people are choosing or needing to isolate themselves and their families at home. If you and your family need to stay home for an extended period of time, planning and serving meals can be a challenge. We have created the following meal plans, recipes, and shopping list to make it a little easier.**

## SHOPPING AND PLANNING TIPS

- Buy the foods your family would typically eat. Now is not the best time to experiment with new recipes.
- Buy what you can afford and what you have room to store in your house. For example: If you have a small freezer, focus on stocking more canned goods.
- Make sure to have a can opener and strainer.
- Rinse canned vegetables and beans before using them to lower the sodium content and create a healthier meal.
- Many meals can be made ahead of time and frozen, especially soups, chilis, and casseroles. Choose your favorite recipe and keep a few in the freezer for later meals.
- Scrambled eggs can be cooked at once in bulk and stored in the fridge for up to 4 days.
- Instant oatmeal, instant rice, and instant potatoes can all be substituted for the real thing.
- Stock 1 gallon of water per day per person in your household.
- Be creative! These recipes and meal plans are just suggestions. For example: If your family doesn't like canned tuna, swap it for another protein of your choice.
- **ALLERGEN INFORMATION:** These meal ideas contain several common allergens: peanuts or tree nuts, wheat, and milk. If someone in your family has an allergy, here are some common substitutions:
  - \* Peanut butter: substitute with a different nut butter, like almond butter.
  - \* Wheat: substitute wheat noodles/bread/tortillas with non-wheat versions.
  - \* Milk: substitute cow's milk with soy milk, almond milk, or lactose-free milk.
  - \* Eggs: substitute with tofu, bananas, or applesauce.

## FREEZER TIPS

- Buy in bulk to save money. Stock your freezer with a variety of 2- to 3-pound packages or bags of meat such as ground beef, turkey, chicken, pork, and fish. Unseasoned frozen vegetables are useful to have on hand to add to recipes and soups or as an inexpensive side to add to any meal.
- Bread, tortillas, and microwavable rice can all be frozen and last weeks longer than they would in the cabinet or pantry.
- Milk and cheese both freeze well in their original packaging.

# GROCERY LIST: This grocery list is for a family or household of FOUR. Please cut in half for two, or multiply for larger families.

## STARCHES

- 1 large tub of quick oats OR 2 boxes of individual instant oats
- 1 box of spaghetti noodles
- 8 servings of instant mashed potatoes
- 1 to 2 large boxes of dry cereal (Cheerios, Toasted Oats, granola, or Raisin Bran)
- 1 large box of instant rice
- 4 loaves of bread (Any variety. Can replace with quick bread mix, rolls, or biscuits.)
- 3 packages of instant pancake mix (about 32 pancakes)
- 1 package of bagels (any variety)
- 8 cups of dry noodles (any variety)
- 1 package of English muffins
- 1 box of macaroni and cheese mix

## MEATS/PROTEINS

- 4 pounds of ground meat (beef, turkey, chicken)
- 10 chicken breasts (frozen or fresh)
- 1 12-count carton of eggs
- 6 cans of canned chicken (or tuna or salmon)
- Pepperoni (optional)
- 1 large package of bacon

## FRUITS/VEGETABLES

- 15 cans of vegetables, any variety
- 4 cans of fruit (oranges, pears, peaches)
- 2 packages of fruit cups
- 1 1-pound bag of apples (about 10 apples)
- 3 cans of corn
- 5 cans of crushed tomatoes
- 3 cans of kidney beans (can substitute other beans)
- 3 cans of black beans (can substitute other beans)
- 3 cans of mixed vegetables
- 1 onion (or 1 package of frozen chopped onion)
- 1 red onion
- 1 package of raw carrots (or 2 cans of carrots)
- 1 can of peas (or 1 package of frozen peas)
- 1 package frozen mixed vegetables

## DAIRY

- 3 gallons of milk
- 1 package of sliced cheese
- 1 package of mozzarella cheese (shredded preferred)
- 1 package of cream cheese (optional)

## COOKING STAPLES

- 3 24-ounce cans of marinara sauce/pasta sauce
- 1 bottle of vegetable oil
- 3 cans of cream of chicken soup
- Salt/pepper
- 4 packages of Ramen noodles
- 1 jar of jelly/jam
- 2 jars of peanut butter (30 ounces)
- 1 jar of light mayonnaise
- Butter
- 1 jar of pickle relish (optional)
- 1 bunch of celery (optional)
- 1 dry ranch powder packet (optional)
- 12 cans of chicken noodle soup
- 8 cans of vegetable soup
- 4 cans of tomato soup
- 1 package of dried fruit (any variety)
- Seasonings (optional): garlic, onion powder, parsley, oregano, cinnamon, nutmeg, chili powder, thyme
- Vegetable broth
- Vanilla extract
- Syrup (optional)
- Lemon/lime juice (optional)

## BEVERAGES

- Water bottles, water jugs, or a water filter
- Shelf-stable juice
- Coffee
- Tea

## SNACKS

- 12 individual packets of peanut butter crackers
- 16 to 20 granola bars (typically come in boxes of 8)
- 1 box of saltine- or Ritz-type crackers
- 1 bag of tortilla chips
- 2 bags of snack foods (Chex Mix, Goldfish, pretzels)
- 1 bag or jar of popcorn kernels

BREAKFAST		
Oatmeal and dried fruit	<p>Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg!</p>	<p>Makes 4 servings 1 serving = ½ cup oatmeal and ¼ cup dried fruit</p> <p><b>Calories: 410</b> <b>Fat: 10g</b> <b>Carbohydrates: 68g</b> <b>Protein: 13g</b></p>
LUNCH		
Spaghetti and meat sauce	<p>Brown 1 pound of ground beef or turkey in a pan. Add 2 cups of spaghetti or marinara sauce to the pan, and turn heat on low.</p> <p>In a separate pot, cook 8 ounces (½ box) of spaghetti noodles in boiling water until tender. Then strain the noodles, and combine the sauce, meat, and noodles in a single dish to serve.</p> <p><i>Optional:</i> Pair with rolls or garlic bread.</p>	<p>Makes 4 servings 1 serving = approximately 1 cup spaghetti and meat sauce</p> <p><b>Calories: 644 calories</b> <b>Fat: 13g</b> <b>Carbohydrates: 97g</b> <b>Protein 30g</b></p>
DINNER		
2-Step chicken and vegetables	<p>Heat 1 tablespoon of vegetable oil in skillet on medium setting. Add 2 thawed chicken breasts, and cook for approximately 5 to 10 minutes on each side until internal temperature reaches 165 degrees. Remove chicken from pan and set aside.</p> <p>Stir 1 can of cream of chicken soup with ½ cup of water in a pot or skillet until boiling. Then return the chicken to the skillet, and reduce heat to simmer for 10 minutes.</p> <p>Serve with 2 cups of instant mashed potatoes and 1 can of warmed vegetables of your choice.</p>	<p>Makes 4 servings 1 serving = ½ chicken breast, ½ cup mashed potatoes, ½ cup canned vegetables</p> <p><b>Calories: 320</b> <b>Fat: 17g</b> <b>Carbohydrates: 29g</b> <b>Protein: 16g</b></p>
SNACKS		
Granola bar	1 serving = 1 granola bar	<p><b>Calories: 180-250</b> <b>Carbohydrates: 18-44g</b> <b>Fat: 4-7g</b> <b>Protein: 7-15g</b></p>

BREAKFAST		
Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: Cheerios, Toasted Oats, Raisin Bran, Kix) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Peanut butter crackers and vegetable soup	Heat vegetable soup according to instructions on the can. Serve with peanut butter crackers.	Makes 1 serving Serving size: 1 cup vegetable soup + 1 pack of peanut butter crackers <b>Calories: 410</b> <b>Fat: 26g</b> <b>Carbohydrates: 45g</b> <b>Protein: 33g</b>
DINNER		
Baked seasoned chicken breast with rice and vegetables	Rub chicken breast with vegetable oil and sprinkle both sides with salt and pepper (and any other seasonings you have on hand). Place chicken on a sheet pan. Bake in the oven at 400 degrees for 10 minutes. Flip over and bake for 15 more minutes. Cook 2 cups of instant rice according to instructions on the box, and heat up 1 can of canned vegetables or 1 bag frozen vegetables to serve as sides.	Makes 4 servings 1 serving = ½ chicken breast, ½ cup mashed potatoes, ½ cup canned vegetables <b>Calories: 410</b> <b>Fat: 26g</b> <b>Carbohydrates: 45g</b> <b>Protein: 33g</b>
SNACKS		
Apple slices and peanut butter	Slice 1 medium apple, and serve with 2 tablespoons of peanut butter.	Makes 1 serving <b>Calories: 188</b> <b>Fat: 11g</b> <b>Carbohydrates: 10g</b> <b>Protein: 5g</b>

BREAKFAST		
Pancakes and bacon	<p>Follow instructions on the back of the pancake mix box to make 8 pancakes.</p> <p>Fry the bacon in a pan. Serve 2 pancakes with 2 slices of bacon, and top pancakes with jelly, peanut butter, or sugar-free syrup.</p>	<p>Makes 4 servings</p> <p>Serving size: 2 pancakes + 2 slices of bacon + 2 Tbsp topping</p> <p><b>Calories: 366</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 54g</b>  <b>Protein: 12g</b></p>
LUNCH		
Ramen noodles and crackers topped with fried egg and vegetables	<p>Cook ramen noodle package according to directions on the packet. Add a sliced boiled or fried egg on top of the finished product. Crumble 10 to 15 Ritz- or saltine-type crackers on top, and serve with ½ cup warmed canned vegetables.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 packet Ramen + 1 cooked egg + ½ cup canned vegetables + 10 to 15 crackers</p> <p><b>Calories: 422</b>  <b>Fat: 13g</b>  <b>Carbohydrates: 47g</b>  <b>Protein: 12g</b></p>
DINNER		
Four-can chili with tortilla chips/crackers	<p>Combine 1 can of drained corn, 1 can of crushed tomatoes, 1 can of black beans, and 1 can of kidney beans, and cook on medium-high. Add chili powder to taste. Optional additional spices: garlic, oregano, vegetable broth, and lemon/lime juice. Serve with tortilla chips or crackers.</p>	<p>Makes 4 servings</p> <p>Serving size: 1 cup finished chili and 10 to 15 tortilla chips/crackers</p> <p><b>Calories: 295</b>  <b>Fat: 2g</b>  <b>Carbohydrates: 51g</b>  <b>Protein: 6g</b></p>
SNACKS		
Peanut butter sandwich	<p>Spread 2 to 3 tablespoons of peanut butter over 2 slices of bread and enjoy!</p>	<p>Makes 1 serving</p> <p>Serving size: 1 sandwich</p> <p><b>Calories: 327</b>  <b>Carbohydrates: 30g</b>  <b>Fat: 18g</b>  <b>Protein: 15g</b></p>

BREAKFAST		
Oatmeal and dried fruit	Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg.	Makes 4 servings 1 serving = ½ cup oatmeal and ¼ cup dried fruit <b>Calories: 410</b> <b>Fat: 10g</b> <b>Carbohydrates: 68g</b> <b>Protein: 13g</b>
LUNCH		
Chicken salad sandwich + veggies	Combine 2 cups of cooked or canned diced chicken with 2 stalks of chopped celery, 3 tablespoons of chopped red onion, 1 teaspoon of pickle relish, and ¼ cup of light mayonnaise in a bowl and stir thoroughly. Serve on bread or toast for a sandwich or with crackers. Refrigerate leftovers for 1 to 2 days.	Makes 4 servings Serving size: ½ cup chicken salad and 2 slices of bread <b>Calories: 422</b> <b>Fat: 13g</b> <b>Carbohydrates: 47g</b> <b>Protein: 12g</b>
DINNER		
Grilled cheese with vegetables	Melt 1 tablespoon of butter in a skillet on medium heat. Add the cheese sandwich to the pan, and cook until golden brown. Add more butter, and flip the sandwich to cook the other side. Serve with heated canned or frozen vegetables.	Makes 1 serving Serving size: 1 grilled cheese sandwich + ½ cup vegetables <b>Calories: 416</b> <b>Fat: 23g</b> <b>Carbohydrates: 38g</b> <b>Protein: 12g</b>
SNACKS		
Chicken noodle soup and crackers	Combine 1 can of soup and 1 can of water, and heat it up in a pot on the stove or in the microwave. Serve with crackers.	Makes 1 serving Serving size: 1 can chicken noodle soup + 10 crackers <b>Calories: 230 calories</b> <b>Fat: 6g</b> <b>Carbohydrates: 29g</b> <b>Protein: 5g</b>

BREAKFAST		
Pancakes and bacon	<p>Follow instructions on the back of pancake mix box to make 8 pancakes.</p> <p>Fry the bacon in a pan. Serve 2 pancakes with 2 slices of bacon, and top pancakes with jelly, peanut butter, or sugar-free syrup.</p>	<p>Makes 4 servings</p> <p>Serving size: 2 pancakes + 2 slices of bacon + 2 Tbsp topping</p> <p><b>Calories: 366</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 54g</b>  <b>Protein: 12g</b></p>
LUNCH		
Mini pizza	<p>Toast 1 English muffin or 1 bagel or 2 slices of bread until slightly brown on edges. Top with pizza sauce, cheese, and (optional) pepperoni. Place mini pizza in oven at 350° until cheese is melted.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 English muffin or 1 bagel or 2 slices of bread (2 mini pizzas)</p> <p><b>Calories: 360</b>  <b>Fat: 14g</b>  <b>Carbohydrates: 36g</b>  <b>Protein: 22g</b></p>
DINNER		
Italian noodles with ground beef and canned vegetables	<p>Cook 1 pound of ground beef on medium-high heat until brown all the way through. Drain off any fat.</p> <p>Cook 2 cups of dry noodles, and add ½ cup marinara sauce until thoroughly coated. Add the cooked ground beef and stir. Sprinkle with parsley or oregano for added flavor.</p> <p>Serve with heated canned vegetables.</p>	<p>Makes 4 servings</p> <p>Serving size = 1 cup noodles and meat sauce, and ½ cup cooked canned vegetables</p> <p><b>Calories: 285</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 31g</b>  <b>Protein: 16g</b></p>
SNACKS		
Popcorn with dried fruit	<p>Make 4 cups of popcorn according to directions on the bag. Add 2 cups of dried fruit.</p>	<p>Makes 4 servings</p> <p>1 serving = 1 cup popcorn and ½ cup dried fruit</p> <p><b>Calories: 207</b>  <b>Fat: 2g</b>  <b>Carbohydrates: 46g</b>  <b>Protein: 5g</b></p>

BREAKFAST		
Oatmeal and dried fruit	Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg.	Makes 4 servings 1 serving = ½ cup oatmeal and ¼ cup dried fruit <b>Calories: 410</b> <b>Fat: 10g</b> <b>Carbohydrates: 68g</b> <b>Protein: 13g</b>
LUNCH		
Peanut butter and jelly sandwich, fruit, and snack mix	Spread 2 tablespoons of peanut butter and 1 tablespoon of jelly over 2 slices of bread and stick together.  Serve with 1 fresh mandarin orange or canned fruit and ½ cup of snack crackers, like whole-grain Goldfish or Chex Mix.	Makes 1 serving 1 serving = 1 peanut butter and jelly sandwich, 1 small mandarin orange, and ½ cup snack crackers <b>Calories: 487</b> <b>Fat: 21g</b> <b>Carbohydrates: 51g</b> <b>Protein: 13g</b>
DINNER		
Grilled cheese with vegetables	Melt 1 tablespoon of butter in a skillet on medium heat. Add the cheese sandwich to the pan, and cook until golden brown. Add more butter, and flip the sandwich to cook the other side.  Serve with heated canned or frozen vegetables.	Makes 1 serving Serving size: 1 grilled cheese sandwich + ½ cup vegetables <b>Calories: 416</b> <b>Fat: 23g</b> <b>Carbohydrates: 38g</b> <b>Protein: 12g</b>
SNACKS		
Granola bar	1 serving = 1 granola bar	<b>Calories: 180-250</b> <b>Carbohydrates: 18-44g</b> <b>Fat: 4-7g</b> <b>Protein: 7-15g</b>



BREAKFAST		
Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: Cheerios, Toasted Oats, Raisin Bran) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Chicken salad sandwich and snack mix	Combine 2 cups of cooked or canned diced chicken with 2 stalks of chopped celery, 3 tablespoons of chopped red onion, 1 teaspoon of pickle relish, and ¼ cup of light mayonnaise in a bowl and stir to mix. Serve on bread or toast for a sandwich or with crackers. Refrigerate leftovers for 1 to 2 days.	Makes 4 servings Serving size: ½ cup chicken salad and 2 slices of bread <b>Calories: 400</b> <b>Fat: 7g</b> <b>Carbohydrates: 32g</b> <b>Protein: 19g</b>
DINNER		
Vegetable fried rice	In a frying pan over medium heat, melt 2 tablespoons of butter. Add 3 cups of cooked rice, ½ onion minced, and 2 cans or 2 cups of chopped raw carrots. Cover the pan.  In a separate bowl, beat 4 eggs. Stir in 1 cup of milk and ½ cup of canned or warmed frozen peas, and pour mixture over the hot rice mixture. Continue to stir until eggs are firm and mixture is warm.	Makes 4 servings Serving size: 1½ cups <b>Calories: 350</b> <b>Fat: 9g</b> <b>Carbohydrates: 53g</b> <b>Protein: 12g</b>
SNACKS		
Ranch snack mix	Add 1 packet of dry ranch salad dressing mix to a bowl of snack foods like pretzels, Goldfish, or Chex Mix, and mix thoroughly.	Makes 4 servings Serving size: 1 cup <b>Calories: 150</b> <b>Carbohydrates: 20g</b> <b>Fat: 6g</b> <b>Protein: 4g</b>

BREAKFAST		
Pancakes and bacon	<p>Follow instructions on the back of the pancake mix box to make 8 pancakes.</p> <p>Fry the bacon in a pan. Serve 2 pancakes with 2 slices of bacon, and top pancakes with jelly, peanut butter, or sugar-free syrup.</p>	<p>Makes 4 servings</p> <p>Serving size: 2 pancakes + 2 slices of bacon + 2 Tbsp topping</p> <p><b>Calories: 366</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 54g</b>  <b>Protein: 12g</b></p>
LUNCH		
Spaghetti and meat sauce	<p>Brown 1 pound of ground beef or turkey in a pan. Add 2 cups of spaghetti or marinara sauce to the pan, and turn heat on low.</p> <p>In a separate pot, cook 8 ounces (½ box) of spaghetti noodles in boiling water until tender. Then strain the noodles and combine the sauce, meat, and noodles in a single dish to serve.</p> <p><i>Optional:</i> Pair with rolls or garlic bread.</p>	<p>Makes 4 servings</p> <p>1 serving = approximately 1 cup spaghetti and meat sauce</p> <p><b>Calories: 644</b>  <b>Fat: 13g</b>  <b>Carbohydrates: 97g</b>  <b>Protein: 30g</b></p>
DINNER		
Four-can chili with tortilla chips	<p>Combine 1 can of drained corn, 1 can of crushed tomatoes, 1 can of black beans, and 1 can of kidney beans, and cook on medium-high heat. Add chili powder to taste. Optional additional spices: garlic, oregano, vegetable broth, and lemon/lime juice.</p>	<p>Makes 4 servings</p> <p>Serving size: 1 cup finished chili and 10 to 15 tortilla chips/crackers</p> <p><b>Calories: 295</b>  <b>Fat: 2g</b>  <b>Carbohydrates: 51g</b>  <b>Protein: 6g</b></p>
SNACKS		
Popcorn with dried fruit	<p>Make 4 cups of popcorn according to directions on the bag. Add 2 cups of dried fruit.</p>	<p>Makes 4 servings</p> <p>1 serving = 1 cup popcorn and ½ cup dried fruit</p> <p><b>Calories: 207</b>  <b>Fat: 2g</b>  <b>Carbohydrates: 46g</b>  <b>Protein: 5g</b></p>

BREAKFAST		
Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: Cheerios, Toasted Oats, Raisin Bran) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Grilled cheese with vegetables	Melt 1 tablespoon of butter in a skillet on medium heat. Add the cheese sandwich to the pan, and cook until golden brown. Add more butter, and flip the sandwich to cook the other side.  Serve with warmed canned or frozen vegetables.	Makes 1 serving Serving size: 1 grilled cheese sandwich + ½ cup vegetables <b>Calories: 416</b> <b>Fat: 23g</b> <b>Carbohydrates: 38g</b> <b>Protein: 12g</b>
DINNER		
2-Step chicken and vegetables	Heat 1 tablespoon of vegetable oil in a skillet on medium setting. Add 2 thawed chicken breasts and cook for about 5 to 10 minutes on each side until internal temperature reaches 165 degrees. Remove chicken from the pan and set aside.  Stir 1 can of cream of chicken soup with ½ cup of water in a pot or skillet until boiling. Then return the chicken to the skillet and reduce heat to simmer for 10 minutes.  Serve with 2 cups of instant mashed potatoes and warmed canned vegetables of your choice.	Makes 4 servings 1 serving = ½ chicken breast, ½ cup mashed potatoes, ½ cup canned vegetables <b>Calories: 320</b> <b>Fat: 17g</b> <b>Carbohydrates: 29g</b> <b>Protein: 16g</b>
SNACKS		
Granola bar	1 serving = 1 granola bar	<b>Calories: 180-250</b> <b>Carbohydrates: 18-44g</b> <b>Fat: 4-7g</b> <b>Protein: 7-15g</b>

BREAKFAST		
Oatmeal and dried fruit	Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg.	Makes 4 servings 1 serving = ½ cup oatmeal and ¼ cup dried fruit <b>Calories: 410</b> <b>Fat: 10g</b> <b>Carbohydrates: 68g</b> <b>Protein: 13g</b>
LUNCH		
Tomato soup and crackers	Prepare soup according to the directions on the can. Top with crumbled crackers.	Serving size: 1 cup of tomato soup + 15 crackers <b>Calories: 453</b> <b>Fat: 10g</b> <b>Carbohydrates: 33g</b> <b>Protein: 8g</b>
DINNER		
Veggie pasta	Cook 3 cups of noodles in a pan, or use instant noodle packages.  Heat 2 tablespoons of vegetable oil in a skillet over medium heat, and add 3 cans of cooked mixed vegetables, drained, and sauté until warm. Add 2 cans of tomatoes and stir thoroughly. Add a sprinkle of garlic salt, oregano, salt, pepper, or other seasonings you have on hand.  Add the cooked noodles and simmer, covered, on low heat.	Makes 4 servings 1 serving = 1½ cups <b>Calories: 336</b> <b>Fat: 11g</b> <b>Carbohydrates: 48g</b> <b>Protein: 11g</b>
Snacks		
Chicken noodle soup and crackers	Combine 1 can of soup and 1 can of water, and heat in a pot on the stove or in the microwave. Serve with crackers.	Makes 1 serving Serving size: 1 can chicken noodle soup + 10 crackers <b>Calories: 230</b> <b>Fat: 6g</b> <b>Carbohydrates: 29g</b> <b>Protein: 5g</b>

BREAKFAST		
Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: Cheerios, Toasted Oats, Raisin Bran) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Peanut butter and jelly sandwich, fruit, and snack mix	Spread 2 tablespoons of peanut butter and 1 tablespoon of jelly over 2 slices of bread and stick together.  Serve with 1 fresh mandarin orange and ½ cup of snack crackers like whole-grain Goldfish or Chex Mix.	Makes 1 serving 1 serving = 1 peanut butter and jelly sandwich, 1 small mandarin orange, and ½ cup snack crackers <b>Calories: 487</b> <b>Fat: 21g</b> <b>Carbohydrates: 51g</b> <b>Protein: 13g</b>
DINNER		
Four-can chili	Combine 1 can of drained corn, 1 can of crushed tomatoes, 1 can of black beans, and 1 can of kidney beans, and cook on medium high. Add chili powder to taste. Optional additional spices: garlic, oregano, vegetable broth, and lemon/lime juice. Serve with tortilla chips or crackers.	Makes 4 servings Serving size: 1 cup finished chili and 10 to 15 tortilla chips/crackers <b>Calories: 295</b> <b>Fat: 2g</b> <b>Carbohydrates: 51g</b> <b>Protein: 6g</b>
Snacks		
Toasted bagel or bread	Toast 1 bagel or 2 slices of bread, and top with cream cheese or peanut butter.	Serving size: 1 bagel or 2 slices of bread + 2 tbs cream cheese or peanut butter <b>Calories: 580</b> <b>Fat: 30g</b> <b>Carbohydrates: 68g</b> <b>Protein: 28g</b>

BREAKFAST		
Pancakes and bacon	<p>Follow instructions on the back of the pancake mix box to make 8 pancakes.</p> <p>Fry the bacon in a pan. Serve 2 pancakes with 2 slices of bacon, and top pancakes with jelly, peanut butter, or sugar-free syrup.</p>	<p>Makes 4 servings</p> <p>Serving size: 2 pancakes + 2 slices of bacon + 2 Tbsp topping</p> <p><b>Calories: 366</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 54g</b>  <b>Protein: 12g</b></p>
LUNCH		
Mini pizza	<p>Toast 1 English muffin or 1 bagel or 2 slices of bread until slightly brown on edges. Top muffin with pizza sauce, cheese, and pepperoni (optional). Place mini pizza in oven at 350 degrees until cheese is melted.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 English muffin or 1 bagel or 2 slices of bread (2 mini pizzas)</p> <p><b>Calories: 360</b>  <b>Fat: 14g</b>  <b>Carbohydrates: 36g</b>  <b>Protein: 22g</b></p>
DINNER		
Baked seasoned chicken and vegetables	<p>Rub chicken breasts with vegetable oil, and sprinkle both sides with salt and pepper (and any other seasonings you have on hand). Place chicken on a sheet pan.</p> <p>Bake in the oven at 400 degrees for 10 minutes. Flip over and bake for 15 more minutes.</p> <p>Cook 2 cups of instant rice according to instructions on the box, and heat up 1 can of vegetables or 1 bag of frozen vegetables to serve as sides.</p>	<p>Makes 4 servings</p> <p>1 serving = ½ chicken breast, ½ cup rice, ½ cup canned vegetables</p> <p><b>Calories: 320</b>  <b>Fat: 17g</b>  <b>Carbohydrates: 29g</b>  <b>Protein: 16g</b></p>
Snacks		
Apple slices and peanut butter	<p>Slice 1 medium apple, and serve with 2 tablespoons of peanut butter.</p>	<p>Makes 1 serving</p> <p><b>Calories: 188</b>  <b>Fat: 11g</b>  <b>Carbohydrates: 10g</b>  <b>Protein: 5g</b></p>

BREAKFAST		
Oatmeal and dried fruit	Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg.	Makes 4 servings 1 serving = ½ cup oatmeal and ¼ cup dried fruit <b>Calories: 410</b> <b>Fat: 10g</b> <b>Carbohydrates: 68g</b> <b>Protein: 13g</b>
LUNCH		
Peanut butter crackers and vegetable soup	Heat vegetable soup according to instructions on the can. Serve with peanut butter crackers.	Makes 1 serving Serving size: 1 cup vegetable soup + 1 pack of peanut butter crackers <b>Calories: 410</b> <b>Fat: 26g</b> <b>Carbohydrates: 45g</b> <b>Protein: 33g</b>
DINNER		
Meat and veggie mac	<p>Cook the noodles from 1 package (7¼ ounces) of macaroni and cheese mix in a large saucepan, as directed on the package. Add 1 package of mixed frozen vegetables after about 5 minutes. Cook until the macaroni and vegetables are done. Drain.</p> <p>Return the macaroni and vegetables to the pan. Add 1½ cups of cooked ground beef.</p> <p>Add the cheese sauce mix, along with milk and butter as directed on the package, to the macaroni mixture and stir.</p> <p>Cook over low heat for 1 to 2 minutes or until heated through.</p>	Makes 4 servings Serving size = 1½ cups <b>Calories: 370</b> <b>Fat: 4.5g</b> <b>Carbohydrates: 53g</b> <b>Protein: 26g</b>
Snacks		
Chicken noodle soup and crackers	Combine 1 can of soup and 1 can of water, and heat in a pot on the stove or in the microwave. Serve with crackers.	Makes 1 serving Serving size: 1 can chicken noodle soup + 10 crackers <b>Calories: 230</b> <b>Fat: 6g</b> <b>Carbohydrates: 29g</b> <b>Protein: 5g</b>

BREAKFAST		
Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: Cheerios, Toasted Oats, Raisin Bran) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Grilled cheese with vegetables	Melt 1 tablespoon of butter in a skillet on medium heat. Add the cheese sandwich to the pan, and cook until golden brown. Add more butter, and flip the sandwich to cook the other side.  Serve with warmed canned or frozen vegetables.	Makes 1 serving Serving size: 1 grilled cheese sandwich + ½ cup vegetables <b>Calories: 416</b> <b>Fat: 23g</b> <b>Carbohydrates: 38g</b> <b>Protein: 12g</b>
DINNER		
Vegetable fried rice	In a frying pan over medium heat, melt 2 tablespoons of butter. Add 3 cups of cooked rice, ½ onion minced, and 2 cans or 2 cups of chopped raw carrots. Cover the pan.  In a separate bowl, beat 4 eggs. Stir in 1 cup of milk and ½ cup of canned or warmed frozen peas, and pour mixture over the hot rice mixture. Continue to stir until eggs are firm and mixture is warm.	Makes 4 servings Serving size: 1½ cups <b>Calories: 350</b> <b>Fat: 9g</b> <b>Carbohydrates: 53g</b> <b>Protein: 12g</b>
Snacks		
Granola bar	1 serving = 1 granola bar	<b>Calories: 180-250</b> <b>Carbohydrates: 18-44g</b> <b>Fat: 4-7g</b> <b>Protein: 7-15g</b>



## MORE RECIPE IDEAS

If some of these foods are not right for your family, here are a few more recipe ideas you might like to try.

### BREAKFAST

#### Cheese omelet

Makes 1 serving

**Calories: 407**

**Fat: 31g**

**Carbohydrates: 2g**

**Protein: 27g**

Ingredients:

3 eggs  
2 Tbsp shredded or grated cheese  
¼ cup milk  
1 slice toast

Combine the eggs, cheese, and milk in a bowl and mix thoroughly. Pour into a skillet heated on medium. Cook until the eggs are set on one side. Then gently fold into an omelet shape. Serve with toast.

#### Oatmeal muffins

Makes 4 servings

Serving size: 2 oatmeal muffins + 2 Tbsp topping

**Calories: 468**

**Fat: 27g**

**Carbohydrates: 42g**

**Protein: 14g**

Ingredients:

1 cup milk  
1 cup quick oats  
1 egg  
¼ cup vegetable oil  
1 cup flour  
¼ cup sugar  
½ tsp salt  
Toppings (optional): peanut butter, nut butter, regular butter, or jelly

In a small bowl, combine the milk and oats. Let soak for 15 minutes.

In a separate bowl, beat together the egg and oil. Add the oatmeal mixture and stir.

In a third bowl, mix together flour, sugar, baking powder, and salt. Stir the flour mixture into wet ingredients.

Spoon batter into prepared muffin cups until cups are  $\frac{2}{3}$  full. Bake in oven at 425 degrees for 20 to 25 minutes.

## LUNCH

### South of the Border Salad

Makes 4 servings

Servings size: 1 cup

**Calories: 506**

**Fat: 12g**

**Carbohydrates: 88g**

**Protein: 22g**

Ingredients:

2 cans corn, drained and rinsed  
2 cans black beans, drained and rinsed  
1/3 cup lemon juice  
1 tsp pepper  
1 tsp ground cumin (optional)  
1 can diced tomatoes with green chilies (Rotel is an example)  
1 medium onion, chopped  
3 Tbsp oil (olive or vegetable)  
Tortilla chips

Mix the corn, beans, tomatoes, and onion in a large bowl. In a separate bowl, mix the dressing ingredients. Pour the dressing over the corn mixture and mix well. Cover and refrigerate for 2 hours before serving.

Serve with tortilla chips.

Dressing Ingredients:

3 Tbsp olive oil (or canola oil)  
1/3 cup lemon juice  
1/2 tsp pepper  
1 tsp ground cumin (optional)

### Baked Fish and Vegetables

Makes 4 servings

Serving size: 4 ounces fish and 1/2 cup of vegetables + 1/2 cup rice

**Calories: 575**

**Fat: 22g**

**Carbohydrates: 50g**

**Protein: 60g**

Ingredients:

4 4-ounce filets of white fish (thawed, if frozen)  
2 cups of canned or frozen mixed vegetables  
1 onion, diced  
1 tsp lemon juice  
1 Tbsp parsley flakes  
2 cups instant rice or cooked rice

Preheat the oven to 450 degrees. Place each fish fillet in the center of a large square of aluminum foil.

Combine the frozen vegetables and diced onion in bowl and mix. Spoon 1/4 of the vegetables around each fillet.

Sprinkle lemon juice and parsley over the top of each fillet.

Fold the foil up over the fish and vegetables and fold the ends securely to make a leak-proof seal. Bake for 10 minutes or until fish flakes easily with a fork. Serve immediately over cooked rice.

### Greek Pork Chops with Vegetables and Mashed Potatoes

Makes 4 servings

Serving size: 1 pork chop + ½ cup canned vegetables + ½ cup instant potatoes or instant rice

**Calories: 384**

**Fat: 8g**

**Carbohydrates: 37g**

**Protein: 18g**

Ingredients:

1 Tbsp vegetable oil  
2 garlic cloves, chopped  
1 Tbsp balsamic vinegar  
1 Tbsp oregano  
Salt and pepper  
4 pork cutlets or boneless pork chops  
Ziploc bag

In a small bowl, combine the vegetable oil, garlic, balsamic vinegar, oregano, salt, and pepper. Stir to mix. Place the pork cutlets in a Ziploc bag or bowl and pour the spice mixture over the top. Make sure the pork chops are coated in the spice mixture. Marinate for 20 minutes.

Place a large skillet over high heat until very hot. Add the pork to the dry skillet.

Cook 7 minutes on each side, until the pork chops are crispy and the internal temperature is 145 degrees.

Serve with ½ cup of instant potatoes or rice and ½ cup of warmed canned vegetables.

### Golden Salmon Patty with Rice and Veggies

Makes 4 servings

**Calories: 345**

**Fat: 17g**

**Carbohydrates: 24g**

**Protein: 16g**

Ingredients:

1 14- to 15-ounce can salmon (not fresh)  
1 Tbsp lemon juice  
cold water  
2 large eggs  
½ cup bread crumbs or cracker crumbs  
½ chopped onion  
1 Tbsp vegetable oil

Drain the liquid from the salmon can/packet into a liquid measuring cup. Add the lemon juice and enough cold water to the measuring cup to make ½ cup of liquid.

Place the salmon into a separate mixing bowl with the chopped onion. Beat the eggs, and add them to the bowl with the salmon and onion.

Add the liquid ingredients to the bowl, along with the bread crumbs. Mix thoroughly.

Use clean hands to form about ⅓ cup of the mixture into a patty. Repeat with the rest of the mixture to make 4 to 6 patties.

Heat the vegetable oil in a skillet, and cook the patties until golden brown on each side.

Serve with cooked rice and warmed canned vegetables.

Refrigerate leftovers within 2 hours, and eat within 3 to 5 days.

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