Last Minute Meals Shopping List

Make nutrient-rich choices from all the food groups

Whether you are cooking for one or a family, time is of the essence for Last Minute Meal cooks. Prepare good-tasting, balanced meals without a recipe by reviewing the Make it a Meal ideas for each food group on page 2. You will be surprised how little time in the kitchen is needed to prepare healthy meals you can feel good about.

**Dairy**
- Milk, low-fat or fat-free (pour a glass of milk with dinner to add this food group to a meal)
- Cheese—pre-sliced, shredded, sticks, wedges
- Cottage cheese
- Yogurt, Greek or regular

**Vegetables Choose fresh or frozen**
- Bagged salad mixes
- Broccoli, pre-cut
- Cabbage, coleslaw mix or shredded
- Carrots—baby, bagged, shredded
- Potato, sweet or white
- Soup—carrot, corn, red pepper, tomato (boxed)
- Spinach (frozen spinach can be added to soups and in eggs)
- Tomatoes or fresh salsa

**Fruits Choose fresh, frozen or canned in own juices**
- Apples, pre-packaged sliced
- Bananas (if they turn brown, freeze and add to smoothies)
- Berries (frozen berries are great to add to smoothies and oatmeal)
- Dried fruit (boxed raisins are perfectly portioned)
- Grapes
- Pineapple
- Tangerines

**Grains**
- Bagels
- Bread, whole-wheat (freeze breads to keep fresh)
- English muffins
- Graham crackers
- Pasta, enriched or whole-grain
- Rice, frozen brown
- Tortilla, corn or whole-wheat
- Waffles, frozen whole-wheat
- Whole-wheat crackers

**Protein**
- Canned beans—black, garbanzo, pinto, refried (rinse beans to lower the sodium)
- Canned chili
- Canned chicken, salmon or tuna
- Chicken—frozen, grilled, pre-cooked, rotisserie
- Eggs
- Hamburger or vegetarian patties
- Hummus (individual servings)
- Nuts, pre-packaged and seasoned
- Meatballs, frozen
- Peanut or other nut butters

**Oils and flavorful “extras”**
- Barbecue sauce, croutons, olive oil, olives, powdered garlic

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Additional items for my shopping list

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**Make Dairy Foods a Meal**

- **Parfait**—yogurt with defrosted berries and pieces of graham crackers. Omit crackers and add a banana and milk, blend for a smoothie.

- **Cottage cheese**—add pre-washed spinach, salad dressing and strawberries. Even easier is cottage cheese with canned fruit or sliced tomatoes.

**Make Vegetables a Meal**

- **Soup supper**—add cooked meatballs or beans and frozen spinach or broccoli to boxed vegetable soup. Serve with crusty whole-grain bread.

- **Dinner salad**—prewashed spinach or lettuce with shredded carrots, drained and rinsed beans, shredded cheese and a hardboiled egg or canned tuna or salmon.

**Make Fruit a Meal**

- **Sweet and savory quesadillas**—microwave sliced apples, add to tortilla with mozzarella cheese and honey.

- **Open faced**—sliced banana on top of peanut butter and/or yogurt on a slice of bread.

**Make Grains a Meal**

- **Quesadilla**—tortilla filled with cheese, defrosted onions and peppers and pre-cooked chicken. Top with guacamole and salsa.

- **Rice bowl**—layer shredded cabbage, mandarin oranges and pre-cooked chicken over brown rice.

**Make Protein a Meal**

- **Scrambled eggs**—beat eggs and shredded cheese and cook. Add vegetables. Serve with half a bagel and fruit.

- **Hawaiian burger**—hamburger, lettuce, tomato, slice of pineapple, Swiss cheese and teriyaki sauce.

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