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

**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

**Fruits Choose fresh, frozen or canned/jarred in own liquid**
- Apples, sliced and pre-packaged
- Berries, blueberries or strawberries
- Boxed raisins
- Grapes
- Oranges
- Mango
- Peaches
- Pineapple
- Tangerines

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

**Additional items for my shopping list**

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