

# Simple Meal Ideas for Busy Times

## Sheet Pan Meals

Veggie + Starch + Protein –  
Roast at 400 degrees



- Broccoli + Sweet Potatoes + Chicken + Cajun Seasoning Blend
- Butternut Squash + Broccoli + Chickpeas + Potatoes + Curry/Cumin Seasoning Blend

## Stir Fry

Protein + Veggie + Rice - Add  
sauce of choice

- Brown Rice + Stir-Fry Veggies
- Beef Stir-Fry + Baby Bok Choy + Ginger



## Grain Bowls

Choose a grain (rice, quinoa, pasta), protein,  
whatever veggies you have, and grab a sauce.

- Southwest Bowl: Seasoned Chicken + Black Beans + Lettuce + Corn + Tomato + Avocado + Rice
- Farro Grain Bowl: Farro + Butternut Squash + Kale + Feta Cheese + Beets + Balsamic Dressing

The possibilities are endless!

# Preparing Quick & Easy Meals

Keep your kitchen **stocked with these essentials** that are easy to **throw together for a balanced plate.**



## Refrigerator

Chicken, tofu, eggs, Greek yogurt, cottage cheese, fish, vegetables, fruit, tortillas

## Freezer

Frozen fruits and vegetables, frozen meatballs, frozen chicken strips, veggie burgers

## Pantry

Canned tuna, chicken, salmon, and beans; potatoes, rice, whole grain pasta, farro

