

# HEALTHY IN A HURRY

By thinking of just 3 easy prep items for each box, you have **potentially 81 on-the-fly meals!**

Print and hang this inside your pantry as a reminder of the possibilities.

## PROTEIN

- 1.
- 2.
- 3.

## VEGGIE

- 1.
- 2.
- 3.

## GRAINS & LEGUMES

- 1.
- 2.
- 3.

## FLAVOR PROFILE

- 1.
- 2.
- 3.

## IDEAS

- Frozen Chicken, Shrimp
- Ground turkey
- Mushrooms
- Canned beans
- Hard boiled eggs

## IDEAS

- Frozen:
- Broccoli
  - Green beans
  - Peas & Carrots
  - Shelled edamame
  - Bell pepper strips

## IDEAS

- Brown rice
- Farro
- Lentils
- Quinoa
- Canned beans
- Veggie based noodles & pasta

## IDEAS

- Soy sauce, garlic & sesame oil
- Rosemary, parmesan & lemon
- Pesto
- Marinara
- Spice mix: garlic, cumin, paprika, chili powder