

NO-PLAN MEAL PLAN STOCK ITEMS

FREEZER ITEMS

Frozen Fish
Frozen Steam-in-the-bag Vegetables
Frozen Sliced Carrots
Frozen Corn
Frozen Diced Bell Peppers
Brown Rice Packs (optional, or dry brown rice to cook)
Frozen Fruit (or canned with no sugar added)
Cheddar Cheese, pre-grated
Cooked, Diced Chicken Breast
Whole Grain Tortillas
Uncured Bacon, no sugar added

PANTRY ITEMS

Brown Rice (or frozen brown rice packs)
100% Whole Grain Bread (could also freeze)
Canned Diced Tomatoes
Canned Fruit (no sugar added)
Unsweetened Applesauce
100% Whole Grain Elbow Noodles
100% Whole Grain Egg Noodles
1-2 Cartons Vegetable Broth
1-2 Cartons Chicken Broth
Canned Black Beans
Canned Green Chiles
Pre-Made Taco Seasoning Mix
Pre-Made Pancake and Waffle Mix

FRIDGE ITEMS

Butter
Eggs
Pure Maple Syrup
Milk