

Easy Family Meal Plan

Pantry Staples

dairy

Eggs
Milk
Feta cheese

Parmesan cheese
Sharp cheddar cheese
Greek yogurt

protein

Chicken breasts
Salmon
Cans of black beans

Bacon
Lentils
Quinoa

vegetables/fruit

Fresh spinach
Fresh arugula
Cherry tomatoes
Avocados

Limes
Lemons
Cilantro
Seasonal Fruit (Fresh/Frozen Mix)
Red onion
Apples

Frozen edamame
Frozen peas
Baby Carrots
Bananas

seasoning

Limes
Lemons

Fresh garlic
Sea salt
Olive oil

Coconut oil
Unsalted butter

carbs

Taco shells
Jasmine rice
Dried pasta

Pancake/waffle mix
Naan bread, fresh or frozen
Gluten Free Flour

extras

Chicken or Vegetable Broth
Chia seeds
Snacks for the kids

A good jar of curry sauce
Pesto
Maple Syrup