

To go along with the meal ideas provided in this week's posts, here are some specific options for each food group. Mix and match to create a larger assortment of recipes!

When you're busy and in a hurry it's so easy to get into a rut and serve the same thing over and over again.

Day after day, we were eating the same meals and snacks until I came up with this list of things to have on-hand.

This list includes some of Zach's favorites. These are items he could eat every day if he had to.

Take this with you when you go shopping and pick and choose a few each week. This way, you can make sure you aren't always having the same thing and it saves lots of shopping and prep time!

Proteins

- Beans: black, kidney, garbanzo
Drain and rinse canned beans to reduce the sodium content!
- Eggs: scrambled, with cheese, in omelets, or over-easy (with a little extra cook to avoid undercooking!)
- Tuna
- Chicken or Turkey
- Quinoa
- Cheese

Vegetables

- Carrots, sliced
- Broccoli florets
- Cauliflower
- Green beans
- Asparagus
- Squash: butternut, acorn, or spaghetti
- Sweet potatoes: baked, cubed, or fries
- Spinach: great in omelets
- Mushrooms: great in omelets

Fruits

- Apples, peeled and diced or sliced
- Berries, larger berries cut in quarters
- Banana, sliced
- Kiwi, peeled and sliced
- Plums, diced
- Pears, peeled and diced
- Nectarines, diced

Grains

- Quinoa
- Rice: brown or white
- Whole grain tortilla
- Whole grain bread
- Whole grain pasta: macaroni, ziti, rotini, or spaghetti
- Corn, drained and rinsed
- Crackers, whole wheat