

TIP: KEEP YOUR PANTRY WELL STOCKED WITH BASIC, NON-PERISHABLE ITEMS THAT ARE WHOLE GRAIN, LOW IN SODIUM, OR LOW IN ADDED SUGAR, THAT CAN BE USED IN A VARIETY OF DISHES!

TIPS TO MAKE HEALTHY MEALS:

- Eat from multiple food groups, including lots of fruits and vegetables, whether they are fresh, frozen, or canned
- Combine shelf stable items like pasta, rice, and beans, with fresh or frozen items to make balanced recipes
- Include protein foods in each meal - canned beans, lentils, fish
- Experiment with herbs and flavours to keep dishes interesting

RECIPE: TUNA PASTA SALAD:

INGREDIENTS:

1/2 lb whole grain pasta, 1 Tbsp olive oil, 2 cans White Albacore Tuna in olive oil, 2 Tbsp parsley, 2 Tbsp basil, 1/4 tsp salt, 1/4 tsp pepper, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1 cup vegetables of your choice, 1 Tbsp vinegar or lemon juice

INSTRUCTIONS:

- Bring a pot of water to a boil, and cook pasta according to package directions.
- While pasta is cooking, prepare vegetables (chop, thaw, etc.) and place in a bowl with the tuna, olive oil, lemon juice, & spices.
- Once pasta is cooked, immediately drain and rinse with cold water to cool off.
- Toss cooked pasta with tuna and vegetable mixture

Total Time: 15 minutes | Servings: 2

Recipe Adapted From: thecleaneatingcouple.com

Other Meal Ideas:

Breakfast: Oatmeal, oatmeal style quinoa, or eggs with salsa

Lunch: Pasta salad, bean salads, or rice bowls

Dinner: Casseroles, curries, soup, chili, or stir-fry

PANTRY STAPLES:

**DRIED OR CANNED VEGETABLES AND
FRUIT**

GRAIN PRODUCTS

WHOLE GRAIN PASTA, BROWN RICE, QUINOA,
OATS

DRIED OR CANNED BEANS

CHICKPEAS, BEANS, LENTILS

CANNED FISH

LOW SODIUM CANNED TUNA OR SALMON

COOKING OILS

EXTRA-VIRGIN OLIVE OIL, SESAME OIL

BAKING PRODUCTS

FLOUR, SUGAR, CORN STARCH, WHEAT BRAN

UNOPENED CONDIMENTS

VINEGARS

WHITE OR RED WINE VINEGAR, BALSAMIC
VINEGAR

References:

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Written By: Reede Hawton, CSCM Dietetic Intern / Reviewed By: Jorie Janzen & Janelle Vincent, CSCM Sports Dietitians / Design updated June 2023