

Anatomy of a Pantry Meal

A "Pantry Pull Meal" is all about convenience, using non-perishable items to whip up dishes that are both satisfying and healthy. This handout walks you through the essentials of a well-stocked pantry and how to combine them into delicious, balanced meals.

Canned Protein

Chicken	Chickpeas
Tuna	Kidney Beans
Salmon	Black Beans
Sardines	Lentils

Grains & Pastas

Brown Rice	Oats
Quinoa	Buckwheat
Whole-Wheat Pasta	Wild Rice

Vegetables & Fruits

Tomatoes	Pears
Green Beans	Peaches
Corn	*In juice

Healthy Fats

Nuts/Seeds	Olive Oil
• Almonds	Coconut Milk
• Walnuts	Nut Butter
• Sunflower	

Flavor Enhancers

Spices: Chili, cumin, garlic, curry
 Sauces: Soy, hot, salsa
 Stock: Vegetable, chicken, beef

