

# 14-DAY SHOPPING AND MEAL PLAN

During this time of concern about COVID-19, some people are choosing or needing to isolate themselves and their families at home. If you and your family need to stay home for an extended period of time, planning and serving meals can be a challenge. We have created the following meal plans, recipes, and shopping list to make it a little easier.

## SHOPPING AND PLANNING TIPS

- Buy the foods your family would typically eat. Now is not the best time to experiment with new recipes.
- Buy what you can afford and what you have room to store in your house. For example: If you have a small freezer, focus on stocking more canned goods.
- Make sure to have a can opener. Having a strainer on hand may be useful but is not needed
- Rinse canned vegetables and beans before using them to lower the sodium content and create a healthier meal.
- Many meals can be made ahead of time and frozen, especially soups, chilis, and casseroles. Choose your favorite recipe and keep a few in the freezer for later meals.
- Scrambled eggs can be cooked at once in bulk and stored in the fridge for up to 4 days.
- Instant oatmeal, instant rice, and instant potatoes can all be substituted for the real thing.
- Canned chicken can be used as a substitute for fresh chicken
- Cooked eggs can be used as a substitute for meat in most dishes. For example, if a recipe calls for chicken, you can use boiled eggs instead. Or you could use half chicken, half cooked eggs.
- Cottage cheese is another excellent protein source that can be used in many dishes. Try it in casseroles.
- Vegetables with the most protein include lima beans, soybean sprouts, green peas, spinach, sweet corn, asparagus, artichokes, Brussels sprouts, mushrooms, and broccoli.
- Some grains with the most protein include quinoa, whole-wheat pasta, oatmeal, and cornmeal.
- Meatless meals are a great option, even if you are not vegetarian. Eggplants and mushrooms are great meatless options.
- Save money by shopping with grocery-store coupons. You can get coupons in the mail or at the grocery store. You also can use grocery store apps to save even more.
- Stock 1 gallon of water per day per person in your household.
- Be creative! These recipes and meal plans are just suggestions. For example: If your family doesn't like canned tuna, swap it for another protein of your choice.
- ALLERGEN INFORMATION: These meal ideas contain several common allergens: peanuts or tree nuts, wheat, eggs, and milk. If someone in your family has an allergy, here are some common substitutions:
  - \* Nut butters (peanut butter, almond butter, etc.): substitute sunflower butter, soy nut butter, etc.
  - \* Peanut butter: if there is no nut allergy, substitute with a different nut butter, like almond butter.
  - \* Wheat: substitute wheat noodles/bread/tortillas with non-wheat versions.
  - \* Milk: substitute cow's milk with soy milk, almond milk, or lactose-free milk.
  - \* Eggs: substitute with tofu, bananas, or applesauce.

## FREEZER TIPS

- Buy in bulk to save money. Stock your freezer with a variety of 2- to 3-pound packages or bags of meat such as ground beef, turkey, chicken, pork, and fish. Unseasoned frozen vegetables are useful to have on hand to add to recipes and soups or as an inexpensive side to add to any meal.
- Bread, tortillas, and microwaveable rice can all be frozen and last weeks longer than they would in the cabinet or pantry.
- Milk and cheese both freeze well in their original packaging.

# GROCERY LIST: This grocery list is for a family or household of FOUR. Please cut in half for two, or multiply for larger families.

## STARCHES

- 1 large tub of quick oats OR 2 boxes of individual instant oats
- 1 box of spaghetti noodles
- 8 servings of instant mashed potatoes
- 1 to 2 large boxes of dry cereal (Cheerios, Toasted Oats, granola, or Raisin Bran)
- 1 large box of instant rice
- 4 loaves of bread (Any variety. Can replace with quick bread mix, rolls, or biscuits.)
- 3 packages of instant pancake mix (about 32 pancakes)
- 1 package of bagels (any variety)
- 8 cups of dry noodles (any variety)
- 1 package of English muffins
- 1 box of macaroni and cheese mix

## MEATS/PROTEINS

- 4 pounds of ground meat (beef, turkey, chicken)
- 10 chicken breasts (frozen or fresh) or chicken thighs
- 1 12-count carton of eggs
- 6 cans of canned chicken (or tuna or salmon)
- Pepperoni (optional)
- 1 large package of bacon

## FRUITS/VEGETABLES

- 15 cans of vegetables, any variety
- 4 cans of fruit (oranges, pears, peaches)
- 2 packages of fruit cups
- 1 1-pound bag of apples (about 10 apples)
- 3 cans of corn
- 5 cans of crushed tomatoes
- 3 cans of kidney beans (can substitute other beans)
- 3 cans of black beans (can substitute other beans)
- 3 cans of mixed vegetables
- 1 onion (or 1 package of frozen chopped onion)
- 1 red onion
- 1 package of raw carrots (or 2 cans of carrots)
- 1 can of peas (or 1 package of frozen peas)
- 1 package frozen mixed vegetables

## DAIRY

- 3 gallons of milk
- 1 package of sliced cheese
- 1 package of mozzarella cheese (shredded preferred)
- 1 package of cream cheese (optional)

## COOKING STAPLES

- 3 24-ounce cans of marinara sauce/pasta sauce
- 1 bottle of vegetable oil
- 3 cans of cream of chicken soup
- Salt/pepper
- 4 packages of Ramen noodles
- 1 jar of jelly/jam
- 2 jars of peanut butter (30 ounces)
- 1 jar of light mayonnaise
- Butter
- 1 jar of pickle relish (optional)
- 1 bunch of celery (optional)
- 1 dry ranch powder packet (optional)
- 12 cans of chicken noodle soup
- 8 cans of vegetable soup
- 4 cans of tomato soup
- 1 package of dried fruit (any variety)
- Seasonings (optional): garlic, onion powder, parsley, oregano, cinnamon, nutmeg, chili powder, thyme
- Vegetable broth
- Vanilla extract
- Syrup (optional)
- Lemon/lime juice (optional)

## BEVERAGES

- Water bottles, water jugs, or a water filter
- Shelf-stable juice
- Coffee
- Tea

## SNACKS

- 12 individual packets of peanut butter crackers
- 16 to 20 granola bars (typically come in boxes of 8)
- 1 box of saltine- or Ritz-type crackers (low sodium or unsalted tops)
- 1 bag of tortilla chips
- 2 bags of snack foods (Chex Mix, Goldfish, pretzels)
- 1 bag or jar of popcorn kernels

BREAKFAST		
<p>Oatmeal and dried fruit</p> <p><i>*If your family does not like oatmeal, grits are a great alternative.</i></p>	<p>Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg!</p>	<p>Makes 4 servings</p> <p>1 serving = ½ cup oatmeal and ¼ cup dried fruit</p> <p><b>Calories: 410</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 68g</b>  <b>Protein: 13g</b></p>
LUNCH		
<p>Spaghetti and meat sauce</p> <p><i>*If you are running low on ground beef, add cooked eggs for more protein, or substitute beef with canned chicken.</i></p> <p><i>*Use your favorite canned beans to make meatless spaghetti.</i></p>	<p>Brown 1 pound of ground beef or turkey in a pan. Add 2 cups of spaghetti or marinara sauce to the pan, and turn heat on low.</p> <p>In a separate pot, cook 8 ounces (½ box) of spaghetti noodles in boiling water until tender. Then strain the noodles, and combine the sauce, meat, and noodles in a single dish to serve.</p> <p><i>Optional:</i> Pair with rolls or garlic bread.</p>	<p>Makes 4 servings</p> <p>1 serving = approximately 1 cup spaghetti and meat sauce</p> <p><b>Calories: 644 calories</b>  <b>Fat: 13g</b>  <b>Carbohydrates: 97g</b>  <b>Protein 30g</b></p>
DINNER		
<p>2-Step chicken and vegetables</p> <p><i>*Use chicken thighs or canned chicken as cheaper alternatives to chicken breasts.</i></p> <p><i>*If your family likes fish, you can use canned tuna in this dish.</i></p>	<p>Heat 1 tablespoon of vegetable oil in skillet on medium setting. Add 2 thawed chicken breasts, and cook for approximately 5 to 10 minutes on each side until internal temperature reaches 165 degrees. Remove chicken from pan and set aside.</p> <p>Stir 1 can of cream of chicken soup with ½ cup of water in a pot or skillet until boiling. Then return the chicken to the skillet, and reduce heat to simmer for 10 minutes.</p> <p>Serve with 2 cups of instant mashed potatoes and 1 can of warmed vegetables of your choice.</p>	<p>Makes 4 servings</p> <p>1 serving = ½ chicken breast, ½ cup mashed potatoes, ½ cup canned vegetables</p> <p><b>Calories: 320</b>  <b>Fat: 17g</b>  <b>Carbohydrates: 29g</b>  <b>Protein: 16g</b></p>
SNACKS		
<p>Granola bar</p>	<p>1 serving = 1 granola bar</p>	<p><b>Calories: 180-250</b>  <b>Carbohydrates: 18-44g</b>  <b>Fat: 4-7g</b>  <b>Protein: 7-15g</b></p>

BREAKFAST		
Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: King Vitamin, Rice Krispies, Cheerios, Toasted Oats, Raisin Bran, Kix) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Peanut butter crackers and vegetable soup <i>*Look for soup with low sodium or no added salt.</i>	Heat vegetable soup according to instructions on the can. Serve with peanut butter crackers.	Makes 1 serving Serving size: 1 cup vegetable soup + 1 pack of peanut butter crackers <b>Calories: 410</b> <b>Fat: 26g</b> <b>Carbohydrates: 45g</b> <b>Protein: 33g</b>
DINNER		
Baked seasoned chicken breast with rice and vegetables <i>*Use chicken thighs or canned chicken as cheaper alternatives to chicken breasts.</i>	Rub chicken breast with vegetable oil and sprinkle both sides with salt and pepper (and any other seasonings you have on hand). Place chicken on a sheet pan. Bake in the oven at 400 degrees for 10 minutes. Flip over and bake for 15 more minutes. Cook 2 cups of instant rice according to instructions on the box, and heat up 1 can of canned vegetables or 1 bag frozen vegetables to serve as sides.	Makes 4 servings 1 serving = ½ chicken breast, ½ cup mashed potatoes, ½ cup canned vegetables <b>Calories: 410</b> <b>Fat: 26g</b> <b>Carbohydrates: 45g</b> <b>Protein: 33g</b>
SNACKS		
Apple slices and peanut butter	Slice 1 medium apple, and serve with 2 tablespoons of peanut butter.	Makes 1 serving <b>Calories: 188</b> <b>Fat: 11g</b> <b>Carbohydrates: 10g</b> <b>Protein: 5g</b>

BREAKFAST		
<p>Pancakes and bacon</p>	<p>Follow instructions on the back of the pancake mix box to make 8 pancakes.</p> <p>Fry the bacon in a pan. Serve 2 pancakes with 2 slices of bacon, and top pancakes with jelly, peanut butter, or sugar-free syrup.</p>	<p>Makes 4 servings</p> <p>Serving size: 2 pancakes + 2 slices of bacon + 2 Tbsp topping</p> <p><b>Calories: 366</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 54g</b>  <b>Protein: 12g</b></p>
LUNCH		
<p>Ramen noodles and crackers topped with fried egg and vegetables</p> <p><i>*Look for soup and crackers with low sodium or no added salt.</i></p>	<p>Cook ramen noodle package according to directions on the packet. Add a sliced boiled or fried egg on top of the finished product. Crumble 10 to 15 Ritz- or saltine-type crackers on top, and serve with ½ cup warmed canned vegetables.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 packet Ramen + 1 cooked egg + ½ cup canned vegetables + 10 to 15 crackers</p> <p><b>Calories: 422</b>  <b>Fat: 13g</b>  <b>Carbohydrates: 47g</b>  <b>Protein: 12g</b></p>
DINNER		
<p>Four-can chili with tortilla chips/crackers</p> <p><i>*Make your own chips! Preheat the oven to 350 degrees. Brush tortillas with oil (or put a little oil on a paper towel and spread it). Stack the tortillas, and cut the pile in eighths. Bake them in a single layer until golden brown and crisp, about 12 to 15</i></p>	<p>Combine 1 can of drained corn, 1 can of crushed tomatoes, 1 can of black beans, and 1 can of kidney beans, and cook on medium-high. Add chili powder to taste. Optional additional spices: garlic, oregano, vegetable broth, and lemon/lime juice. Serve with tortilla chips or crackers.</p>	<p>Makes 4 servings</p> <p>Serving size: 1 cup finished chili and 10 to 15 tortilla chips/crackers</p> <p><b>Calories: 295</b>  <b>Fat: 2g</b>  <b>Carbohydrates: 51g</b>  <b>Protein: 6g</b></p>
SNACKS		
<p>Peanut butter sandwich</p>	<p>Spread 2 to 3 tablespoons of peanut butter over 2 slices of bread and enjoy!</p>	<p>Makes 1 serving</p> <p>Serving size: 1 sandwich</p> <p><b>Calories: 327</b>  <b>Carbohydrates: 30g</b>  <b>Fat: 18g</b>  <b>Protein: 15g</b></p>

BREAKFAST		
<p>Oatmeal and dried fruit</p> <p><i>*If your family does not like oatmeal, grits are a great alternative.</i></p>	<p>Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg.</p>	<p>Makes 4 servings</p> <p>1 serving = ½ cup oatmeal and ¼ cup dried fruit</p> <p><b>Calories: 410</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 68g</b>  <b>Protein: 13g</b></p>
LUNCH		
<p>Chicken salad sandwich + veggies</p> <p><i>*Use tuna if you prefer.</i></p>	<p>Combine 2 cups of cooked or canned diced chicken with 2 stalks of chopped celery, 3 tablespoons of chopped red onion, 1 teaspoon of pickle relish, and ¼ cup of light mayonnaise in a bowl and stir thoroughly. Serve on bread or toast for a sandwich or with crackers.</p> <p>Refrigerate leftovers for 1 to 2 days.</p>	<p>Makes 4 servings</p> <p>Serving size: ½ cup chicken salad and 2 slices of bread</p> <p><b>Calories: 422</b>  <b>Fat: 13g</b>  <b>Carbohydrates: 47g</b>  <b>Protein: 12g</b></p>
DINNER		
<p>Grilled cheese with vegetables</p> <p><i>*Look for soup with low sodium or no added salt.</i></p>	<p>Melt 1 tablespoon of butter in a skillet on medium heat. Add the cheese sandwich to the pan, and cook until golden brown. Add more butter, and flip the sandwich to cook the other side.</p> <p>Serve with heated canned or frozen vegetables.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 grilled cheese sandwich + ½ cup vegetables</p> <p><b>Calories: 416</b>  <b>Fat: 23g</b>  <b>Carbohydrates: 38g</b>  <b>Protein: 12g</b></p>
SNACKS		
<p>Chicken noodle soup and crackers</p> <p><i>*Look for soup and crackers with low sodium or no added salt.</i></p>	<p>Combine 1 can of soup and 1 can of water, and heat it up in a pot on the stove or in the microwave. Serve with crackers.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 can chicken noodle soup + 10 crackers</p> <p><b>Calories: 230 calories</b>  <b>Fat: 6g</b>  <b>Carbohydrates: 29g</b>  <b>Protein: 5g</b></p>

BREAKFAST		
<p>Pancakes and bacon</p>	<p>Follow instructions on the back of pancake mix box to make 8 pancakes.</p> <p>Fry the bacon in a pan. Serve 2 pancakes with 2 slices of bacon, and top pancakes with jelly, peanut butter, or sugar-free syrup.</p>	<p>Makes 4 servings</p> <p>Serving size: 2 pancakes + 2 slices of bacon + 2 Tbsp topping</p> <p><b>Calories: 366</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 54g</b>  <b>Protein: 12g</b></p>
LUNCH		
<p>Mini pizza</p> <p><i>*Mini pizzas can be made with almost any kind of bread. Try it on a slice of white or whole-wheat bread, or use a tortilla.</i></p>	<p>Toast 1 English muffin or 1 bagel or 2 slices of bread until slightly brown on edges. Top with pizza sauce, cheese, and (optional) pepperoni. Place mini pizza in oven at 350° until cheese is melted.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 English muffin or 1 bagel or 2 slices of bread (2 mini pizzas)</p> <p><b>Calories: 360</b>  <b>Fat: 14g</b>  <b>Carbohydrates: 36g</b>  <b>Protein: 22g</b></p>
DINNER		
<p>Italian noodles with ground beef and canned vegetables</p> <p><i>*Look for vegetables with low sodium or no added salt.</i></p>	<p>Cook 1 pound of ground beef on medium-high heat until brown all the way through. Drain off any fat.</p> <p>Cook 2 cups of dry noodles, and add ½ cup marinara sauce until thoroughly coated. Add the cooked ground beef and stir. Sprinkle with parsley or oregano for added flavor.</p> <p>Serve with heated canned vegetables.</p>	<p>Makes 4 servings</p> <p>Serving size = 1 cup noodles and meat sauce, and ½ cup cooked canned vegetables</p> <p><b>Calories: 285</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 31g</b>  <b>Protein: 16g</b></p>
SNACKS		
<p>Popcorn with dried fruit</p>	<p>Make 4 cups of popcorn according to directions on the bag. Add 2 cups of dried fruit.</p>	<p>Makes 4 servings</p> <p>1 serving = 1 cup popcorn and ½ cup dried fruit</p> <p><b>Calories: 207</b>  <b>Fat: 2g</b>  <b>Carbohydrates: 46g</b>  <b>Protein: 5g</b></p>

BREAKFAST		
<p>Oatmeal and dried fruit</p> <p><i>*If your family does not like oatmeal, grits are a great alternative.</i></p>	<p>Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg.</p>	<p>Makes 4 servings</p> <p>1 serving = ½ cup oatmeal and ¼ cup dried fruit</p> <p><b>Calories: 410</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 68g</b>  <b>Protein: 13g</b></p>
LUNCH		
<p>Peanut butter and jelly sandwich, fruit, and snack mix</p>	<p>Spread 2 tablespoons of peanut butter and 1 tablespoon of jelly over 2 slices of bread and stick together.</p> <p>Serve with 1 fresh mandarin orange or canned fruit and ½ cup of snack crackers, like whole-grain Goldfish or Chex Mix.</p>	<p>Makes 1 serving</p> <p>1 serving = 1 peanut butter and jelly sandwich, 1 small mandarin orange, and ½ cup snack crackers</p> <p><b>Calories: 487</b>  <b>Fat: 21g</b>  <b>Carbohydrates: 51g</b>  <b>Protein: 13g</b></p>
DINNER		
<p>Grilled cheese with vegetables</p> <p><i>*Look for vegetables with low sodium or no added salt.</i></p>	<p>Melt 1 tablespoon of butter in a skillet on medium heat. Add the cheese sandwich to the pan, and cook until golden brown. Add more butter, and flip the sandwich to cook the other side.</p> <p>Serve with heated canned or frozen vegetables.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 grilled cheese sandwich + ½ cup vegetables</p> <p><b>Calories: 416</b>  <b>Fat: 23g</b>  <b>Carbohydrates: 38g</b>  <b>Protein: 12g</b></p>
SNACKS		
<p>Granola bar</p>	<p>1 serving = 1 granola bar</p>	<p><b>Calories: 180-250</b>  <b>Carbohydrates: 18-44g</b>  <b>Fat: 4-7g</b>  <b>Protein: 7-15g</b></p>



BREAKFAST		
Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: King Vitamin, Rice Krispies, Cheerios, Toasted Oats, Raisin Bran) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Chicken salad sandwich and snack mix <i>*Use tuna if you prefer. For a meatless salad, use eggs.</i>	Combine 2 cups of cooked or canned diced chicken with 2 stalks of chopped celery, 3 tablespoons of chopped red onion, 1 teaspoon of pickle relish, and ¼ cup of light mayonnaise in a bowl and stir to mix. Serve on bread or toast for a sandwich or with crackers.  Refrigerate leftovers for 1 to 2 days.	Makes 4 servings Serving size: ½ cup chicken salad and 2 slices of bread <b>Calories: 400</b> <b>Fat: 7g</b> <b>Carbohydrates: 32g</b> <b>Protein: 19g</b>
DINNER		
Vegetable fried rice <i>*You can use frozen vegetables.</i>	In a frying pan over medium heat, melt 2 tablespoons of butter. Add 3 cups of cooked rice, ½ onion minced, and 2 cans or 2 cups of chopped raw carrots. Cover the pan.  In a separate bowl, beat 4 eggs. Stir in 1 cup of milk and ½ cup of canned or warmed frozen peas, and pour mixture over the hot rice mixture. Continue to stir until eggs are firm and mixture is warm.	Makes 4 servings Serving size: 1½ cups <b>Calories: 350</b> <b>Fat: 9g</b> <b>Carbohydrates: 53g</b> <b>Protein: 12g</b>
SNACKS		
Ranch snack mix	Add 1 packet of dry ranch salad dressing mix to a bowl of snack foods like pretzels, Goldfish, or Chex Mix, and mix thoroughly.	Makes 4 servings Serving size: 1 cup <b>Calories: 150</b> <b>Carbohydrates: 20g</b> <b>Fat: 6g</b> <b>Protein: 4g</b>

BREAKFAST		
<p>Pancakes and bacon</p>	<p>Follow instructions on the back of the pancake mix box to make 8 pancakes.</p> <p>Fry the bacon in a pan. Serve 2 pancakes with 2 slices of bacon, and top pancakes with jelly, peanut butter, or sugar-free syrup.</p>	<p>Makes 4 servings</p> <p>Serving size: 2 pancakes + 2 slices of bacon + 2 Tbsp topping</p> <p><b>Calories: 366</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 54g</b>  <b>Protein: 12g</b></p>
LUNCH		
<p>Spaghetti and meat sauce</p> <p><i>*If you are running low on ground beef, add cooked eggs for more protein.</i></p> <p><i>*Make a meatless spaghetti using your favorite beans to add protein.</i></p>	<p>Brown 1 pound of ground beef or turkey in a pan. Add 2 cups of spaghetti or marinara sauce to the pan, and turn heat on low.</p> <p>In a separate pot, cook 8 ounces (½ box) of spaghetti noodles in boiling water until tender. Then strain the noodles and combine the sauce, meat, and noodles in a single dish to serve.</p> <p><i>Optional:</i> Pair with rolls or garlic bread.</p>	<p>Makes 4 servings</p> <p>1 serving = approximately 1 cup spaghetti and meat sauce</p> <p><b>Calories: 644</b>  <b>Fat: 13g</b>  <b>Carbohydrates: 97g</b>  <b>Protein: 30g</b></p>
DINNER		
<p>Four-can chili with tortilla chips</p> <p><i>*Look for vegetables and broth with low sodium or no added salt.</i></p>	<p>Combine 1 can of drained corn, 1 can of crushed tomatoes, 1 can of black beans, and 1 can of kidney beans, and cook on medium-high heat. Add chili powder to taste. Optional additional spices: garlic, oregano, vegetable broth, and lemon/lime juice.</p>	<p>Makes 4 servings</p> <p>Serving size: 1 cup finished chili and 10 to 15 tortilla chips/crackers</p> <p><b>Calories: 295</b>  <b>Fat: 2g</b>  <b>Carbohydrates: 51g</b>  <b>Protein: 6g</b></p>
SNACKS		
<p>Popcorn with dried fruit</p>	<p>Make 4 cups of popcorn according to directions on the bag. Add 2 cups of dried fruit.</p>	<p>Makes 4 servings</p> <p>1 serving = 1 cup popcorn and ½ cup dried fruit</p> <p><b>Calories: 207</b>  <b>Fat: 2g</b>  <b>Carbohydrates: 46g</b>  <b>Protein: 5g</b></p>

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Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: King Vitamin, Rice Krispies, Cheerios, Toasted Oats, Raisin Bran) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Grilled cheese with vegetables <i>*Look for canned vegetables with low sodium or no added salt.</i>	Melt 1 tablespoon of butter in a skillet on medium heat. Add the cheese sandwich to the pan, and cook until golden brown. Add more butter, and flip the sandwich to cook the other side.  Serve with warmed canned or frozen vegetables.	Makes 1 serving Serving size: 1 grilled cheese sandwich + ½ cup vegetables <b>Calories: 416</b> <b>Fat: 23g</b> <b>Carbohydrates: 38g</b> <b>Protein: 12g</b>
DINNER		
2-Step chicken and vegetables <i>*Use chicken thighs or canned chicken as cheaper alternatives to chicken breasts.</i>	Heat 1 tablespoon of vegetable oil in a skillet on medium setting. Add 2 thawed chicken breasts and cook for about 5 to 10 minutes on each side until internal temperature reaches 165 degrees. Remove chicken from the pan and set aside.  Stir 1 can of cream of chicken soup with ½ cup of water in a pot or skillet until boiling. Then return the chicken to the skillet and reduce heat to simmer for 10 minutes.  Serve with 2 cups of instant mashed potatoes and warmed canned vegetables of your choice.	Makes 4 servings 1 serving = ½ chicken breast, ½ cup mashed potatoes, ½ cup canned vegetables <b>Calories: 320</b> <b>Fat: 17g</b> <b>Carbohydrates: 29g</b> <b>Protein: 16g</b>
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BREAKFAST		
<p>Oatmeal and dried fruit</p> <p><i>*If your family does not like oatmeal, grits are a great alternative.</i></p>	<p>Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg.</p>	<p>Makes 4 servings</p> <p>1 serving = ½ cup oatmeal and ¼ cup dried fruit</p> <p><b>Calories: 410</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 68g</b>  <b>Protein: 13g</b></p>
LUNCH		
<p>Tomato soup and crackers</p> <p><i>*Look for soup and crackers with low sodium or no added salt.</i></p>	<p>Prepare soup according to the directions on the can. Top with crumbled crackers.</p>	<p>Serving size: 1 cup of tomato soup + 15 crackers</p> <p><b>Calories: 453</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 33g</b>  <b>Protein: 8g</b></p>
DINNER		
<p>Veggie pasta</p> <p><i>*Add your favorite canned beans, canned chicken, or canned tuna to increase protein in this dish.</i></p>	<p>Cook 3 cups of noodles in a pan, or use instant noodle packages.</p> <p>Heat 2 tablespoons of vegetable oil in a skillet over medium heat, and add 3 cans of cooked mixed vegetables, drained, and sauté until warm. Add 2 cans of tomatoes and stir thoroughly. Add a sprinkle of garlic salt, oregano, salt, pepper, or other seasonings you have on hand.</p> <p>Add the cooked noodles and simmer, covered, on low heat.</p>	<p>Makes 4 servings</p> <p>1 serving = 1½ cups</p> <p><b>Calories: 336</b>  <b>Fat: 11g</b>  <b>Carbohydrates: 48g</b>  <b>Protein: 11g</b></p>
Snacks		
<p>Chicken noodle soup and crackers</p> <p><i>*Look for soup and crackers with low sodium or no added salt.</i></p>	<p>Combine 1 can of soup and 1 can of water, and heat in a pot on the stove or in the microwave. Serve with crackers.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 can chicken noodle soup + 10 crackers</p> <p><b>Calories: 230</b>  <b>Fat: 6g</b>  <b>Carbohydrates: 29g</b>  <b>Protein: 5g</b></p>

BREAKFAST		
Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: King Vitamin, Rice Krispies, Cheerios, Toasted Oats, Raisin Bran) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Peanut butter and jelly sandwich, fruit, and snack mix	Spread 2 tablespoons of peanut butter and 1 tablespoon of jelly over 2 slices of bread and stick together.  Serve with 1 fresh mandarin orange and ½ cup of snack crackers like whole-grain Goldfish or Chex Mix.	Makes 1 serving 1 serving = 1 peanut butter and jelly sandwich, 1 small mandarin orange, and ½ cup snack crackers <b>Calories: 487</b> <b>Fat: 21g</b> <b>Carbohydrates: 51g</b> <b>Protein: 13g</b>
DINNER		
Four-can chili <i>*Look for vegetables and broth with low sodium or no added salt.</i>	Combine 1 can of drained corn, 1 can of crushed tomatoes, 1 can of black beans, and 1 can of kidney beans, and cook on medium high. Add chili powder to taste. Optional additional spices: garlic, oregano, vegetable broth, and lemon/lime juice. Serve with tortilla chips or crackers.	Makes 4 servings Serving size: 1 cup finished chili and 10 to 15 tortilla chips/crackers <b>Calories: 295</b> <b>Fat: 2g</b> <b>Carbohydrates: 51g</b> <b>Protein: 6g</b>
Snacks		
Toasted bagel or bread	Toast 1 bagel or 2 slices of bread, and top with cream cheese or peanut butter.	Serving size: 1 bagel or 2 slices of bread + 2 tbs cream cheese or peanut butter <b>Calories: 580</b> <b>Fat: 30g</b> <b>Carbohydrates: 68g</b> <b>Protein: 28g</b>

BREAKFAST		
Pancakes and bacon	<p>Follow instructions on the back of the pancake mix box to make 8 pancakes.</p> <p>Fry the bacon in a pan. Serve 2 pancakes with 2 slices of bacon, and top pancakes with jelly, peanut butter, or sugar-free syrup.</p>	<p>Makes 4 servings</p> <p>Serving size: 2 pancakes + 2 slices of bacon + 2 Tbsp topping</p> <p><b>Calories: 366</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 54g</b>  <b>Protein: 12g</b></p>
LUNCH		
<p>Mini pizza</p> <p><i>*Mini pizzas can be made with almost any kind of bread. Try it on a slice of white or whole-wheat bread, or use a tortilla.</i></p>	<p>Toast 1 English muffin or 1 bagel or 2 slices of bread until slightly brown on edges. Top muffin with pizza sauce, cheese, and pepperoni (optional). Place mini pizza in oven at 350 degrees until cheese is melted.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 English muffin or 1 bagel or 2 slices of bread (2 mini pizzas)</p> <p><b>Calories: 360</b>  <b>Fat: 14g</b>  <b>Carbohydrates: 36g</b>  <b>Protein: 22g</b></p>
DINNER		
<p>Baked seasoned chicken and vegetables</p> <p><i>*Use chicken thighs or canned chicken as cheaper alternatives to chicken breasts.</i></p>	<p>Rub chicken breasts with vegetable oil, and sprinkle both sides with salt and pepper (and any other seasonings you have on hand). Place chicken on a sheet pan.</p> <p>Bake in the oven at 400 degrees for 10 minutes. Flip over and bake for 15 more minutes.</p> <p>Cook 2 cups of instant rice according to instructions on the box, and heat up 1 can of vegetables or 1 bag of frozen vegetables to serve as sides.</p>	<p>Makes 4 servings</p> <p>1 serving = ½ chicken breast, ½ cup rice, ½ cup canned vegetables</p> <p><b>Calories: 320</b>  <b>Fat: 17g</b>  <b>Carbohydrates: 29g</b>  <b>Protein: 16g</b></p>
Snacks		
Apple slices and peanut butter	<p>Slice 1 medium apple, and serve with 2 tablespoons of peanut butter.</p>	<p>Makes 1 serving</p> <p><b>Calories: 188</b>  <b>Fat: 11g</b>  <b>Carbohydrates: 10g</b>  <b>Protein: 5g</b></p>

BREAKFAST		
<p>Oatmeal and dried fruit</p> <p><i>If your family does not like oatmeal, grits are a great alternative.</i></p>	<p>Combine 2 cups of dry instant oats with 4 cups of milk or water, and microwave on high for 2 minutes. Top with peanut butter, dried fruit, or seasonings like cinnamon or nutmeg.</p>	<p>Makes 4 servings</p> <p>1 serving = ½ cup oatmeal and ¼ cup dried fruit</p> <p><b>Calories: 410</b>  <b>Fat: 10g</b>  <b>Carbohydrates: 68g</b>  <b>Protein: 13g</b></p>
LUNCH		
<p>Peanut butter crackers and vegetable soup</p> <p><i>*Look for soup and crackers with low sodium or no added salt.</i></p>	<p>Heat vegetable soup according to instructions on the can. Serve with peanut butter crackers.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 cup vegetable soup + 1 pack of peanut butter crackers</p> <p><b>Calories: 410</b>  <b>Fat: 26g</b>  <b>Carbohydrates: 45g</b>  <b>Protein: 33g</b></p>
DINNER		
<p>Meat and veggie mac</p> <p><i>*If you are looking for an alternative to meat, make this dish a Tuna Mac by adding drained canned tuna. Or add canned beans for a Veggie Mac.</i></p>	<p>Cook the noodles from 1 package (7¼ ounces) of macaroni and cheese mix in a large saucepan, as directed on the package. Add 1 package of mixed frozen vegetables after about 5 minutes. Cook until the macaroni and vegetables are done. Drain.</p> <p>Return the macaroni and vegetables to the pan. Add 1½ cups of cooked ground beef.</p> <p>Add the cheese sauce mix, along with milk and butter as directed on the package, to the macaroni mixture and stir.</p> <p>Cook over low heat for 1 to 2 minutes or until heated through.</p>	<p>Makes 4 servings</p> <p>Serving size = 1½ cups</p> <p><b>Calories: 370</b>  <b>Fat: 4.5g</b>  <b>Carbohydrates: 53g</b>  <b>Protein: 26g</b></p>
Snacks		
<p>Chicken noodle soup and crackers</p> <p><i>*Look for soup and crackers with low sodium or no added salt.</i></p>	<p>Combine 1 can of soup and 1 can of water, and heat in a pot on the stove or in the microwave. Serve with crackers.</p>	<p>Makes 1 serving</p> <p>Serving size: 1 can chicken noodle soup + 10 crackers</p> <p><b>Calories: 230</b>  <b>Fat: 6g</b>  <b>Carbohydrates: 29g</b>  <b>Protein: 5g</b></p>

BREAKFAST		
Cereal with milk, fruit	Combine 1 cup of dried cereal or granola (Examples: King Vitamin, Rice Krispies, Cheerios, Toasted Oats, Raisin Bran) with ½ cup of milk. Serve with a shelf-stable fruit cup like mandarin oranges or a piece of fresh fruit like an apple, orange, or banana.	Makes 1 serving 1 serving = 1 cup dried cereal, ½ cup milk, 1 medium piece of fruit <b>Calories: 350</b> <b>Fat: 13g</b> <b>Carbohydrates: 45g</b> <b>Protein: 17g</b>
LUNCH		
Grilled cheese with vegetables	Melt 1 tablespoon of butter in a skillet on medium heat. Add the cheese sandwich to the pan, and cook until golden brown. Add more butter, and flip the sandwich to cook the other side.  Serve with warmed canned or frozen vegetables.	Makes 1 serving Serving size: 1 grilled cheese sandwich + ½ cup vegetables <b>Calories: 416</b> <b>Fat: 23g</b> <b>Carbohydrates: 38g</b> <b>Protein: 12g</b>
DINNER		
Vegetable fried rice <i>*You can use frozen vegetables.</i>	In a frying pan over medium heat, melt 2 tablespoons of butter. Add 3 cups of cooked rice, ½ onion minced, and 2 cans or 2 cups of chopped raw carrots. Cover the pan.  In a separate bowl, beat 4 eggs. Stir in 1 cup of milk and ½ cup of canned or warmed frozen peas, and pour mixture over the hot rice mixture. Continue to stir until eggs are firm and mixture is warm.	Makes 4 servings Serving size: 1½ cups <b>Calories: 350</b> <b>Fat: 9g</b> <b>Carbohydrates: 53g</b> <b>Protein: 12g</b>
Snacks		
Granola bar	1 serving = 1 granola bar	<b>Calories: 180-250</b> <b>Carbohydrates: 18-44g</b> <b>Fat: 4-7g</b> <b>Protein: 7-15g</b>



## MORE RECIPE IDEAS

If some of these foods are not right for your family, here are a few more recipe ideas you might like to try.

### BREAKFAST

#### Breakfast Burritos

Makes 2 servings

**Calories: 240**

**Fat: 10g**

**Protein: 12g**

**Carbohydrates: 24g**

Ingredients:

2 eggs (whole, liquid, or powdered)  
2 Tbsp milk (1 percent or nonfat/skim)  
2 large whole-wheat tortillas (warmed)  
½ ounce cheddar cheese (shredded)  
¼ cup salsa

Shred the cheddar cheese. Beat together the eggs and milk in a small bowl. Lightly coat a skillet with nonstick cooking spray. Pour the egg mixture into pan and cook, stirring constantly, over medium to low heat until eggs become firm. Remove from heat (eggs will continue to cook). Spoon half of egg mixture down the center of each tortilla. Top each with half of the cheese. Fold or roll tortilla and serve with salsa.

This hot breakfast is easy to wrap in foil or parchment and take with you if time is short. If you want to cut back on fat and cholesterol, substitute 2 egg whites for a whole egg. Use fresh salsa to reduce sodium.

#### Yogurt Parfait

Makes 4 servings (1¼ cup)

**Calories: 170**

**Fat: 1.5g**

**Carbohydrates: 5g**

**Protein: 39g**

Ingredients:

2 very ripe medium bananas (optional)  
1 6-ounce container (or ¾ cup) plain, low-fat yogurt  
¼ tsp ground cinnamon or vanilla extract  
2 cups cut fresh fruit or canned fruit of your choice  
2 cups cereal of your choice

Peel bananas and place in medium bowl. Use a fork to mash bananas. Stir yogurt and cinnamon or vanilla into banana. In four 12-ounce jelly jars, glasses, or cups, alternate layers of yogurt mixture, fruit, and cereal. Serve immediately.

## BREAKFAST

### Cheese omelet

Makes 1 serving

**Calories: 407**

**Fat: 31g**

**Carbohydrates: 2g**

**Protein: 27g**

Ingredients:

3 eggs

2 Tbsp shredded or grated cheese

¼ cup milk

1 slice toast

*\*Throw in some leftover veggies for more fiber!*

Combine the eggs, cheese, and milk in a bowl and mix thoroughly. Pour into a skillet heated on medium. Cook until the eggs are set on one side. Then gently fold into an omelet shape. Serve with toast.

### Oatmeal muffins

Makes 4 servings

Serving size: 2 oatmeal muffins + 2 Tbsp topping

**Calories: 468**

**Fat: 27g**

**Carbohydrates: 42g**

**Protein: 14g**

Ingredients:

1 cup milk

1 cup quick oats

1 egg

¼ cup vegetable oil

1 cup flour

¼ cup sugar

½ tsp salt

Toppings (optional): peanut butter, nut butter, regular butter, or jelly

In a small bowl, combine the milk and oats. Let soak for 15 minutes.

In a separate bowl, beat together the egg and oil. Add the oatmeal mixture and stir.

In a third bowl, mix together flour, sugar, baking powder, and salt. Stir the flour mixture into wet ingredients.

Spoon batter into prepared muffin cups until cups are ¾ full. Bake in oven at 425 degrees for 20 to 25 minutes.

### Baked Spicy Fish (catfish or any white fish)

Makes 4 servings (4-ounce fillets)

**Calories: 120**

**Fat: 6.5g**

**Carbohydrates: 15g**

**Protein: 0g**

Ingredients:

1 pound catfish fillets

Multiherb seasoning (or your favorite seasonings)

Dash of salt

Olive oil or other

Lemon juice (optional)

Thaw fish according to package directions. Preheat oven to 375 degrees. Separate fish into four fillets or pieces. Place fish on ungreased baking pan. Drizzle oil over fish. Sprinkle with seasonings. Bake until fish flakes easily with a fork, about 15 to 20 minutes.

### Pan-Fried Spicy Fish (catfish or any white fish)

Makes 4 servings (4-ounce fillets)

**Calories: 135**

**Fat: 6.5g**

**Carbohydrates: 15g**

**Protein: 4g**

Ingredients:

1 pound catfish fillets

Multiherb seasoning (or your favorite seasonings)

Dash of salt

½ cup of cornmeal

1 egg

½ tsp hot pepper sauce

1–2 Tbsp canola, vegetable, or peanut oil

Lemon juice (optional)

Thaw fish according to package directions. Heat oil in a nonstick skillet over medium heat. Beat egg and hot pepper sauce in a shallow dish. In another dish, mix cornmeal and spices. Separate fish into four fillets or pieces. Dip each piece of fish in egg mixture and then coat with cornmeal. Add fish to skillet and cook 4 to 8 minutes, turning once. Fish is done when it flakes easily with a fork and reaches an internal temperature of 145 degrees.

## LUNCH

### South of the Border Salad

Makes 4 servings

Servings size: 1 cup

**Calories: 506**

**Fat: 12g**

**Carbohydrates: 88g**

**Protein: 22g**

Ingredients:

2 cans corn, drained and rinsed  
2 cans black beans, drained and rinsed  
1/3 cup lemon juice  
1 tsp pepper  
1 tsp ground cumin (optional)  
1 can diced tomatoes with green chilies (Rotel is an example)  
1 medium onion, chopped  
3 Tbsp oil (olive or vegetable)  
Tortilla chips

Mix the corn, beans, tomatoes, and onion in a large bowl. In a separate bowl, mix the dressing ingredients. Pour the dressing over the corn mixture and mix well. Cover and refrigerate for 2 hours before serving.

Serve with tortilla chips.

Dressing Ingredients:

3 Tbsp olive oil (or canola oil)  
1/3 cup lemon juice  
1/2 tsp pepper  
1 tsp ground cumin (optional)

### Baked Fish and Vegetables

Makes 4 servings

Serving size: 4 ounces fish and 1/2 cup of vegetables + 1/2 cup rice

**Calories: 575**

**Fat: 22g**

**Carbohydrates: 50g**

**Protein: 60g**

Ingredients:

4 4-ounce filets of white fish (thawed, if frozen)  
2 cups of canned or frozen mixed vegetables  
1 onion, diced  
1 tsp lemon juice  
1 Tbsp parsley flakes  
2 cups instant rice or cooked rice

Preheat the oven to 450 degrees. Place each fish fillet in the center of a large square of aluminum foil.

Combine the frozen vegetables and diced onion in bowl and mix. Spoon 1/4 of the vegetables around each fillet.

Sprinkle lemon juice and parsley over the top of each fillet.

Fold the foil up over the fish and vegetables and fold the ends securely to make a leak-proof seal. Bake for 10 minutes or until fish flakes easily with a fork. Serve immediately over cooked rice.

## Greek Pork Chops with Vegetables and Mashed Potatoes

Makes 4 servings

Serving size: 1 pork chop + ½ cup canned vegetables + ½ cup instant potatoes or instant rice

**Calories: 384**

**Fat: 8g**

**Carbohydrates: 37g**

**Protein: 18g**

Ingredients:

1 Tbsp vegetable oil  
2 garlic cloves, chopped  
1 Tbsp balsamic vinegar  
1 Tbsp oregano  
Salt and pepper  
4 pork cutlets or boneless pork chops  
Ziploc bag

In a small bowl, combine the vegetable oil, garlic, balsamic vinegar, oregano, salt, and pepper. Stir to mix. Place the pork cutlets in a Ziploc bag or bowl and pour the spice mixture over the top. Make sure the pork chops are coated in the spice mixture. Marinate for 20 minutes.

Place a large skillet over high heat until very hot. Add the pork to the dry skillet.

Cook 7 minutes on each side, until the pork chops are crispy and the internal temperature is 145 degrees.

Serve with ½ cup of instant potatoes or rice and ½ cup of warmed canned vegetables.

## Golden Salmon Patty with Rice and Veggies

Makes 4 servings

**Calories: 345**

**Fat: 17g**

**Carbohydrates: 24g**

**Protein: 16g**

Ingredients:

1 14- to 15-ounce can salmon (not fresh)  
1 Tbsp lemon juice  
cold water  
2 large eggs  
½ cup bread crumbs or cracker crumbs  
½ chopped onion  
1 Tbsp vegetable oil

*\*If you prefer, use Jack Mackerel to make patties.*

Drain the liquid from the salmon can/packet into a liquid measuring cup. Add the lemon juice and enough cold water to the measuring cup to make ½ cup of liquid.

Place the salmon into a separate mixing bowl with the chopped onion. Beat the eggs, and add them to the bowl with the salmon and onion.

Add the liquid ingredients to the bowl, along with the bread crumbs. Mix thoroughly.

Use clean hands to form about ⅓ cup of the mixture into a patty. Repeat with the rest of the mixture to make 4 to 6 patties.

Heat the vegetable oil in a skillet, and cook the patties until golden brown on each side.

Serve with cooked rice and warmed canned vegetables.

Refrigerate leftovers within 2 hours, and eat within 3 to 5 days.

# How Much Chicken Do You Really Need?



A recipe calls for some cooked, deboned chicken.  
How much chicken do you need to cook or buy?

## Split chicken breasts

The average split chicken breast half weighs  
**5.25 ounces**

=

**1 cup**  
shredded chicken

## Boiled chicken breasts

**1**  
boiled chicken breast

=

**1 cup**  
cubed chicken

## Rotisserie chickens

The average rotisserie chicken weighs about  
**2 pounds**

**1 whole chicken** = **3 cups** deboned chicken

**white meat only** = **2 cups** deboned chicken

**dark meat only** = **1 cup** deboned chicken

## Fryer chickens

A **2 ½ - 3 pound** fryer chicken

=

**2 -3 cups**  
cubed chicken



[dinnertonight.tamu.edu](http://dinnertonight.tamu.edu)



Graphic created by Texas A&M AgriLife Extension

If you are looking for ways to increase your protein intake without meat, or if you are low on meat, don't forget about vegetables, fruits, grains, dairy, eggs, nuts, and seeds that are also great protein sources.

<b>PROTEIN IN COMMON NONMEAT FOODS</b>			
<b>Food</b>	<b>Amount of protein</b>	<b>Food</b>	<b>Amount of protein</b>
<b>Vegetables</b>		<b>Dairy and eggs</b>	
Lima beans	11.6 grams per cup	Low-fat Greek yogurt	8.5–15.0 grams per cup
Green peas	8.6 grams per cup	Skim milk	8.0 grams per 8-ounce glass
Spinach	5.3 grams per cup	Whole milk	7.5 grams per 8-ounce glass
Black-eyed peas	5.2 grams per cup	Full-fat, plain yogurt	3.5–8.5 grams per cup
Collard greens	5.2 grams per cup	Dehydrated milk	8.4 grams per ¼ cup
Sweet corn	4.7 grams per cup	Buttermilk	7.9 grams per 8-ounce glass
Asparagus	4.3 grams per cup	One large egg	6.3 grams
Sweet potatoes	4.2 grams per cup		
Brussels sprouts	4.0 grams per cup	<b>Nuts</b>	
Mushrooms	3.9 grams per cup	Almonds	6.0 grams per ounce
Broccoli	3.7 grams per cup	Pistachios	6.0 grams per ounce
Mustard greens	3.6 grams per cup	Cashews	4.3 grams per ounce
		Walnuts	4.3 grams per ounce
<b>Fruits</b>		Hazelnuts	4.3 grams per ounce
Avocados	4.0 grams per cup	Pecans	2.6 grams per ounce
Blackberries	2.0 grams per cup		
Oranges	1.7 grams per cup	<b>Seeds</b>	
Bananas	1.3 grams per cup	Pumpkin seeds	8.5 grams per ounce
Cantaloupes	1.5 grams per cup	Peanuts	6.9 grams per ounce
Peaches	1.4 grams per cup	Sunflower seeds	5.5 grams per ounce
		Flaxseeds	5.2 grams per ounce
<b>Grain products</b>			
Yellow cornmeal (uncooked)	9.9 grams per cup		
Quinoa	8.1 grams per cup		
Egg noodles	7.3 grams per cup		
Pasta	7.2 grams per cup		
Wild rice	6.5 grams per cup		
Brown rice	5.5 grams per cup		
White rice	4.3 grams per cup		
Grits	2.9 grams per cup		
Canned hominy	2.4 grams per cup		

Data from USDA Agricultural Research Service Food Data Central at <https://fdc.nal.usda.gov/>

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