

SIMPLE
START
NUTRITION

10 FOODS TO KEEP IN YOUR KITCHEN TO MAKE 10 EASY MEALS

FOR NIGHTS SHORT ON TIME OR ENERGY

SIMPLE START NUTRITION



Welcome!

Don't feel like cooking dinner tonight? Run out of groceries by the end of the week? Need dinner on the table FAST? Then this free guide is exactly what you need. Skip take out and check your pantry!



ABOUT US

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Amanda and Chris opened Simple Start Nutrition in 2021 after spending years working as dietitians in a hospital. They wanted to spend the time connecting with their clients on an individual level and be able to make custom recommendations for each of their clients.

Use this guide to help stock your kitchen with non-perishable foods that can be used in a pinch to whip up a quick and healthy dinner. Save some money on take out and make a home cooked meal, it's a win/win!

All recipes are customizable. Don't like brown rice, sub couscous. Hate broccoli, try green beans. Season the recipes to your liking! Use this guide as a jump start to getting you in the kitchen and those creative cooking juices flowing!

Happy Cooking!

Amanda and Chris



10 NON-PERISHABLE FOODS TO ALWAYS KEEP ON HAND

PANTRY (6 ITEMS)

- Canned salmon or tuna
- Canned tomato (sauce, stew, diced, crushed)
- Pasta (whatever kind or shape you like)
- Grains (quinoa, 5 minute rice, couscous)
- Canned beans (black, chickpea, kidney, white)
- Broth (low sodium chicken or vegetable)

FREEZER (4 ITEMS)

- Vegetables (greenbeans, corn, broccoli, peppers, onions)
- Frozen Meatballs (beef, turkey, veggie)
- Frozen Shrimp
- Frozen Ground beef, turkey, chicken, or veggie crumbles

EXTRA PANTRY STAPLES (YOU PROBABLY HAVE THESE ON HAND ALREADY)

- Lemons, or lemon juice
- Oil (Olive, Canola, Safflower, etc)
- Garlic (powder, jarred, fresh)
- Basic spices: salt, pepper, chili powder, cumin, parley, oregano
- Flour
- Onions (fresh, frozen, dried)

RECIPES

SHIRMP AND QUINOA (SERVES 4)

Quinoa
2 tbsp Olive oil
16 oz Frozen peppers and onion blend
12-16oz Shrimp (defrosted according to package)
1 can diced tomatoes
Salt and Pepper

1. Cook quinoa (4 serving) according to package
2. Sauté shrimp with olive oil for 5-7 minutes over medium heat, remove shrimp from pan and set aside
3. Add peppers and onions to same pan and sauté for 5-10 minutes until soft
4. Add can of diced tomatoes and cooked shrimp
5. Simmer an additional 5 minutes or so until liquid is mostly absorbed
6. Feel free to season as desired- garlic, pepper, salt, red pepper flakes
7. Serve $\frac{1}{4}$ rice and $\frac{1}{4}$ shrimp/pepper mixture in a bowl
8. Top with hot sauce, some low fat sour cream, avocado, etc

PASTA AND MEATBALLS (SERVES 4)

Pasta of your choice
12 ounces of frozen meatballs
Frozen vegetables

1. Add 1 jar pasta sauce or can of tomatoes to a saucepan over low-medium heat.
2. Add frozen meatballs and let cook for 25 minutes covered
3. While meatballs are cooking, cook pasta according to package for 4 servings
4. Cook frozen vegetables according to package
5. Serve $\frac{1}{4}$ of pasta with $\frac{1}{4}$ of sauce/meatball mixture and $\frac{1}{4}$ cooked vegetables

RECIPES

CHILE (SERVES 4-6)

16 ounces onion pepper blend (or 1 medium onion diced)
2 tbsp Olive oil
16 oz defrosted ground meat or veggie crumbles
1 can (14-16oz) diced tomatoes
1 can (15oz) kidney beans
Seasonings of your choice (oregano, salt, pepper, chili powder, etc)

1. In large pot, sauté peppers and onions (1 medium onion diced) with oil about 5 minutes until cooked through
2. Add meat (or veggie crumbles) cook another 8-10 minutes until meat is browned
3. Add can of diced tomatoes (with liquid)
4. Add kidney beans (drained)
5. Add seasonings (consider oregano, chili powder, cumin)
6. Let simmer for about 10 minutes, if too thick, can add water or broth
7. Top with hot sauce, some low fat sour cream, avocado, etc

CHICKPEA PATTIES (SERVES 6)

2 cans (15oz) chickpeas
1/2 cup minced onion (or dried onion)
2 tbsp flour
Fresh lemon or lemon juice
Olive oil (2-4 tbsp)
Pinch of salt, pepper
Parsley (1-2 tbsp fresh or dried)
Frozen vegetables
Couscous (1 box)

1. Cook couscous according to package (to serve 6)
2. Rinse and drain chickpeas and add to bowl
3. Mash chickpeas with fork or potato masher
4. Mix in onion, flour, lemon, and seasoning
5. Form mixture into 6 patties of equal size
6. Heat oil in a large skillet and cook patties 3-4 minutes on each side until golden brown
7. Top patties with yogurt, hot sauce, lemon
8. Serve with steamed veggies and couscous

RECIPES

BEANS AND RICE (SERVES 4)

16 ounces onion pepper blend
2 tbsp Olive oil
2 cans black beans (drained and rinsed)
1 can (14-16oz) diced tomatoes
1/2 tsp garlic salt (or garlic powder or fresh)
Pepper (spice it up with cayenne or chili powder if desired)
Brown rice to serve 4

1. Cook brown rice according to package (try 5 minute rice)
2. Sauté peppers and onions with oil until soft over medium heat for about 8 minutes
3. Add black beans, tomatoes, and seasoning
4. Simmer about 10 minutes or until most of the liquid is gone
5. Serve 1/4 bean mixture with 1/4 rice
6. Top with sour cream, salsa, hot sauce, guacamole, avocado, etc

SALMON AND PASTA (SERVES 4)

Pasta of your choice (4 servings)
1 can (14.75 oz) salmon (or tuna)
1 tbsp garlic
Olive oil (1-2 tbsp)
3/4 cup of broth
Pinch of salt, pepper
Parsley (1-2 tbsp fresh or dried)
16 oz Frozen vegetables (broccoli, spinach, peas, etc)

1. Cook pasta according to the package
2. In large pan over medium heat, sauté garlic in olive oil until fragrant
3. Add broth and salmon (drained), cook for about 5-10 minutes
4. Season with pepper, salt, parsley (anything else you might want)
5. Add vegetables here if desired (spinach, peas, broccoli, etc)
6. Drain pasta (reserve some cooking liquid) and add to pan
7. Mix well. Add pasta water if desired
8. Serve 1/4 of pasta, can serve with vegetables on the side if desired

RECIPES

TACO SOUP (SERVES 6)

16 ounces ground meat thawed	16 oz frozen corn
1 cup frozen or fresh onion	1 can (8 oz) tomato sauce
1 can (15 oz) kidney beans	2 tsp chili powder
1 can (15 oz) black beans	1 tsp cumin
1 can (15 oz) diced tomatoes	1 tsp oregano
8 ounces broth or water	salt and pepper to taste

1. In a large pot, brown meat and onions (drain fat if needed) over medium heat
2. Add all other ingredients (do not drain any items)
3. Simmer about 10 minutes
4. Add broth or water (try refilling the tomato sauce can with water)
5. Serve and top with sour cream, salsa, hot sauce, guacamole, avocado, etc

SHRIMP AND VEGETABLE SHEET PAN (SERVES 4)

1 pound frozen shrimp	1 tsp Garlic powder or fresh
12-16 ounces frozen broccoli florets	1-2 tbsp Lemon (fresh or juice)
Quinoa or grain of your choice	2 tbsp olive oil
	Pinch of salt, pepper

1. Start cooking quinoa according to package to serve 4
2. Heat oven to 450 degrees
3. Line sheet pan with foil and spray with cooking spray, or spray pan directly, put frozen broccoli on pan and put in oven while the oven is heating
4. While broccoli is defrosting in oven, defrost and shell shrimp under running water
5. Take broccoli out of oven (should have been in the oven about 10 minutes). Add shrimp, oil, lemon, and seasoning- toss to coat.
6. Put back in the oven and cook for 10 another minutes.
7. Serve 1/4 quinoa with 1/4 shrimp/vegetables
8. Can top with parsley, green onion, hot sauce, etc

RECIPES

VEGETABLE MEATBALL SOUP (SERVES 6)

6 cups broth
16 ounce mixed vegetables
1 can (14 oz) stewed or diced tomatoes
12 ounces frozen meatballs
Pinch of pepper
12 ounces pasta (consider shells)
Bay leaves (3 if you have them)

1. Put it all ingredients in the pot (except the pasta) and set to medium/low heat
2. Simmer 10 minutes
3. Add pasta, cook about another 10 minutes until pasta is al dente
4. Serve and enjoy

PASTA WITH BEANS (SERVES 4)

1/2 box pasta (suggest spaghetti)
1 cup frozen (or fresh) chopped onion
1 tbsp olive oil
1 tbsp garlic
1 cans (15 oz) diced tomatoes
Parsley (1-2 tablespoons fresh or dried)
1 can beans rinsed (suggest cannellini)
2 tbsps lemon juice
red pepper flakes (optional)

1. Start boiling water for pasta
2. Meanwhile, in large pan over low heat, sauté garlic and onion in olive oil until onion has softened about 5-7 minutes
3. Once water is boiling, add pasta and cook according to package
4. Add tomatoes, parsley, beans, lemon, to onions/garlic in pan and simmer until thickened
5. Toss pasta with sauce and serve



OTHER QUICK FIX MEALS

Need other ideas? Missing a few ingredients from the recipes above? Don't worry, you can probably still whip something up with the foods you have in your kitchen. Here are a couple more ideas:

BREAKFAST FOR DINNER

- Pancakes, waffles or French toast
- Eggs- pair them with waffles, or make an egg bake/frittata with some vegetables and cheese
- Egg sandwich
- Yogurt parfait with toast

SANDWICHES

- Tuna melt
- Grilled cheese
- Grilled lunchmeat and cheese
- Quesadillas (cheese, beans, vegetables, anything really!)

MORE IDEAS

- Fried rice
- Loaded baked potato
- English muffin pizza
- Pasta salad



WANT TO LEARN MORE?

Helping individuals be comfortable choosing foods that best fuel their body is our goal at Simple Start Nutrition. Nutrition counseling is often covered by insurance. If not, we have several packages to fit all budgets.

To see if we can work together to find a path that works for your unique situation, feel free to email or call us.

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