


Meals In Minutes

Make Meals in Minutes using food from each Food Category.

For example:

<u>Protein</u>	<u>Vegetable</u>	<u>Starch</u>	<u>Sauces</u>	
Beans Tuna Chicken	Peas Carrots Cucumbers	Potatoes Rice Pasta	Broth Gravies Soups	
Protein	Vegetable	Starch	Other foods	DISH
Tuna	Peas and Carrots	Leftover rice	Canned cream of mushroom soup	CREAM TUNA

Food Categories

ONE POT MEALS

Protein

Beef Cheese
Eggs Shellfish
Pork Chicken
Fish



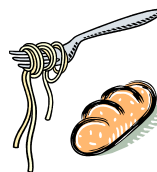
Vegetables

Canned
Fresh
Frozen



Starch

Rice
Pasta
Cereal
Bread
Potatoes



Sauces

Broth
Gravies
Packaged mix
Soups

SANDWICHES

Protein

Beef Eggs
Pork Cold cuts
Leftover meats



Vegetables

Alfalfa Tomato
Lettuce Onion
Cucumber
Watercress



Starch

Bagel
Tortillas
Wheat bread
White bread



Sauces

Mayonnaise
Pickles Mustard
Ketchup Relish
Hummus



STIR FRY DISHES

Protein

Beef Pork
Chicken
Seafood Tofu



Vegetables

Cabbages
Zucchini
Sugar peas
Carrots



Onion
Cauliflower
Broccoli
Chop suey mix

Sauces

Broth
Oyster sauce
Chili/hot sauce
Teriyaki sauce

LEFTOVERS



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For NEW-SNAP-Ed nutrition education programs, contact the University of Hawaii Cooperative Extension Service at 1955 East-West Road, Agricultural Science Building 306, Honolulu, Hawaii 96822; (808) 956-4124

