# Meals In Minutes

Make Meals in Minutes using food from each Food Category.

For example:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Vegetable</th>
<th>Starch</th>
<th>Other foods</th>
<th>DISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna</td>
<td>Peas and Carrots</td>
<td>Leftover rice</td>
<td>Canned cream of mushroom soup</td>
<td>CREAM TUNA</td>
</tr>
</tbody>
</table>

## Food Categories

### ONE POT MEALS

**Protein**
- Beef
- Eggs
- Pork
- 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
- Onion
- Zucchini
- Cauliflower
- Sugar peas
- Broccoli
- Carrots
- Chop suey mix

**Sauces**
- Broth
- Oyster sauce
- Chili/hot sauce
- Teriyaki sauce

### LEFTOVERS

For example:

- Tuna
- Peas and Carrots
- Leftover rice
- Canned cream of mushroom soup
- CREAM TUNA

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For NEW-SNAP-Ed nutrition education programs, contact the University of Hawaii Cooperative Extension Service at 1965 East-West Road, Agricultural Science Building 306, Honolulu, Hawaii 96822; (808) 956-4124