



My Weight

What To
Know

Go To **PANTRY MEALS**

YOU'RE RUNNING LATE – AND THE DINNER HOUR IS APPROACHING.

There's no time to go to the store, but you really don't want to get fast food or have an unhealthy meal out. The usual standby of scrambled eggs for dinner just doesn't sound appealing...but what else can you make? Keep your pantry and freezer stocked with the following staples and you can whip up a nutritious meal in less than 30 minutes. While many canned foods (veggies, beans, meats) are higher in sodium than their fresh counterparts, they can really be helpful when time is tight! Also, rinse them thoroughly (if the recipe doesn't call for the juices) to reduce the salt.

PANTRY STAPLES	FREEZER STAPLES
CANNED MEATS AND VEGGIES Diced tomatoes Green and yellow beans Black beans, chick peas, kidney beans Tuna and/or Salmon	QUICK THAW & EAT MEATS & FISH Chicken tenders Shrimp Fish fillets
DRIED GOODS Whole grains: brown rice, quinoa Lentils Whole wheat pasta	VEGGIES Bell peppers and onions Spinach, broccoli, carrots, cauliflower Veggies spirals (<i>zucchini</i>) Cauliflower rice
OTHER Stir fry sauce, salsa, hot sauce, flavorings	OTHER Bagged salads (<i>can last at least a week</i>) Eggs, cheese Long lasting fruit and veggies: carrots, celery, apples

FIVE QUICK DINNER MEALS

1

CHICKEN & VEGGIE
STIR FRY
BROWN RICE

2

PASTA CON CECI
GREEN SALAD

3

BAKED SHRIMP
WITH TOMATOES
AND FETA

4

SALMON PATTIES
STEAMED BROCCOLI
QUINOA

5

BLACK BEAN SOUP
CARROTS
& CELERY STICKS



RECIPES

CHICKEN AND VEGGIE STIR FRY

MAKES 2 SERVINGS

265 cal, 26g carbs, 20g protein, 4g fiber

1 Tbsp canola oil

4 Tbsp stir fry sauce (*to taste*)

12 oz bag stir fry frozen veggies (*broccoli, carrots, sugar snap peas, red pepper, etc.*)

4-6 oz chicken tenders, cut in chunks

Heat oil in pan. Sauté the chicken chunks until nearly cooked. Remove from pan. Cook the frozen veggies and then combine with chicken and stir fry sauce. Serve with brown rice if desired.

** This is a great way to use leftover fish and meats. Stock some easy-to-thaw chicken tenders or add canned chicken to boost the protein, or use canned beans if you're going meatless.*



RECIPES

PASTA CON CICI (PASTA WITH CHICKPEAS)

MAKES 2 SERVINGS

480 cal, 57g carbs, 15g protein, 13g fiber

4 Tbsp olive oil

3 cloves garlic, peeled and smashed

3 Tbsp tomato paste

1 tsp kosher salt

1 can (15 oz) chick peas (drained)

½ cup uncooked small pasta (*ditalini* or *macaroni*)

2 cups boiling water

Crushed red pepper flakes, for serving

In a large heavy-bottomed pot, heat the olive oil. Add the garlic and cook, stirring until it becomes lightly browned and fragrant. Stir in the tomato paste and salt, cook for about 30 seconds. Add the chickpeas, pasta, and boiling water. Stir to scrape up any browned bits on the bottom of the pot, lower the heat, and simmer until the pasta is cooked and most of the liquid has been absorbed, about 15 to 20 minutes. Taste and adjust seasoning. To serve, ladle the pasta into shallow bowls, sprinkle with crushed red pepper flakes, and drizzle a bit of extra-virgin olive oil on top.

** If you subtract the fiber, this brings you to about 45 grams of carb per serving. Rinse the chick peas to reduce the sodium. The garlic and red pepper flakes adds lots of flavor.*



RECIPES

BAKED SHRIMP IN TOMATO FETA SAUCE MAKES 2 SERVINGS

240 cal, 12g carbs, 25g protein, 2g fiber

1 Tbsp olive oil
1 medium onion, chopped
2 cloves garlic, minced
2 (15 oz) cans of diced tomatoes
1 tablespoon Italian seasoning

1 to 1 ¼ pounds medium sized raw shrimp, peeled
& deveined (*can leave tails on*), thaw if frozen
Pinch of salt, more to taste
Pinch black pepper, more to taste
3 ounces feta cheese (*about 2/3 cup, crumbled*)

Preheat oven to 425°F. Coat the bottom of a large, oven proof skillet with oil and heat on medium high. Add the onions and sauté 3-5 minutes or until soft. Add garlic and cook for about 30 seconds more. Add tomatoes. Simmer for 5- 10 minutes until the juices thicken up a bit. Remove from heat. Stir in herbs, shrimp and feta cheese. Add salt and pepper to taste. Place pan in oven and bake, uncovered until shrimp are pink and cooked through, about 10-12 minutes. Serve immediately.

** Shrimp thaw quickly when placed in cold water. Unopened feta cheese can last about a week past the printed date on the carton. Feta is great to add to salads and other veggies. Serve with a low-carb frozen veggie and a crusty whole grain bread or brown rice to soak up the yummy juices.*



RECIPES

SALMON PATTIES **MAKES 4 SERVINGS** **224 cal, 9g carbs, 22g protein**

1 (14.45 oz) can salmon

1 egg

¼ cup chopped onion

½ cup seasoned bread crumbs

1 Tbsp olive oil

Drain and reserve liquid from salmon. Mix egg, onion, bread crumbs and salmon together. Make into 8 small patties. If mixture is too dry, add a little of the reserved liquid from the salmon. In frying pan, heat oil and brown patties on each side turning gently. Brown on each side, turning gently. Drain on paper towels. Serve with a lemon wedge or tartar sauce.

**There is lots you can do with canned meats: chicken, tuna and salmon. Add to salads, stir fries and soups. This classic recipe is quick and rich in healthy omega-3 fats. Serve with a whole grain such as quinoa and a salad.*



RECIPES

BLACK BEAN SOUP

MAKES 2 SERVINGS

500 cal, 90g carbs, 30g protein, 25g fiber

2 (15.5 oz) cans black beans (with liquid).

1 cup chicken broth

15 can diced tomatoes (*or diced tomatoes with chilies or other flavors*)

½ tsp ground cumin

Optional: Stir in a few spoons of salsa or drops of hot sauce for a little kick

Combine all ingredients in a medium pot. Bring to a boil and simmer for 10 minutes. Remove from stove and blend using an immersion blender. Optional garnishes: sour cream, slivered green onions, shredded cheese, jalapenos, cilantro.

** If you're counting carbs, this soup may be higher than your goal. However, notice that there are 25 grams of fiber. Subtract that from the total carbs and you have about 60 grams of carbs for your meal. Add a low carb salad or veggies and you'll likely be within your carb guidelines.*