

# MEAL PREP PANTRY STAPLES

## PROTEIN



Snack portion  
canned chickpeas



Snack portion  
tuna in brine  
or springwater



Boiled eggs



High protein (10-15g)  
yoghurt tub



Canned  
edamame



Hummus dip



Pre-cut  
blocks of  
cheddar cheese



Mixed nuts



Yoghurt-based  
drink



Kefir



Chia puddings  
and chia seeds



Whole milk or  
milk alternatives

## CARBOHYDRATES



Wholegrain or  
wheat crackers



Microwavable or  
uncooked  
brown rice



Microwavable or  
uncooked quinoa



Canned  
four-bean mix



Canned  
chickpeas



Canned beans



Microwavable or  
uncooked rolled oats



Popcorn



Corn or rice thins



Trail mix



Microwaveable  
fibre-filled pasta



Pulse pasta

## FRUIT AND VEGGIES



Frozen berries



Frozen microwavable  
veggie steam bags



Canned tomatoes



Frozen  
mixed vegetables



Frozen banana



Packaged  
mixed salad



Oranges (bulk buy)



Cauliflower



Broccoli



Carrots



Sweet potato



Capsicum