

NON-PERISHABLE MEAL EXAMPLES

Delicious and Healthy Meals for Any Situation

Breakfast



Instant Oats



Dried Fruits or Nuts



Oatmeal with
Fruits and Nuts

Lunch



Pasta
Noodles



Tomato Sauce



Canned
Veggies



Pasta with
Veggies

Dinner



Rice



Canned
Beans



Canned
Tomatoes



Canned
Veggies



Rice and Chili

Soup



Canned
Chicken



Chicken
Broth



Pasta
Noodles



Canned
Veggies



Chicken
Noodle Soup