

TOP 10 15-MINUTE MEALS FROM KITCHEN BASICS

Now that you have a well-stocked kitchen, you're ready to put easy, nutritionally balanced meals on the table while saving time and money! Use our top ten 15-minute meals using kitchen basics for some inspiration.



1

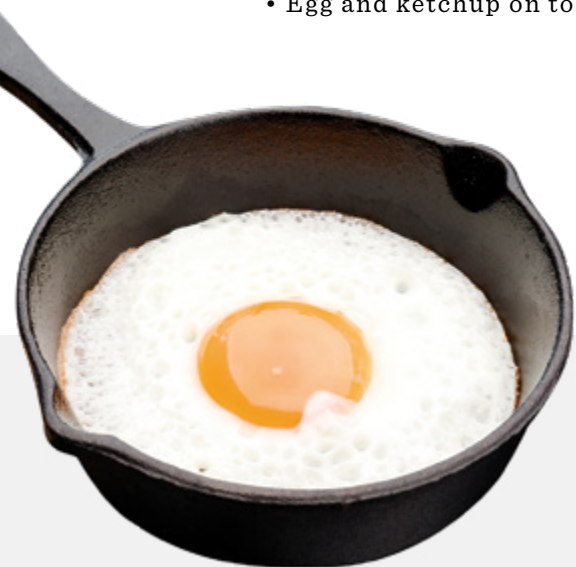
NAAN BREAD WITH VEGGIES

- BBQ chicken pizza
- Mushroom, pepper & tomato basil pizza
- Pesto chicken with spinach
- "Fridge-cleaner" - top your pizza with ingredients in your fridge - like an egg!

2

FRIED EGG

- Fried egg on English muffin with cheese
- Egg & cheese wrap
- Egg and ketchup on toast



3

LENTIL OR BEAN SALAD

- Greek lentil salad
- Mixed bean salad
- Quinoa salad with protein (shrimp/chicken/tofu) and veggies
- Potato salad with eggs



4

PICNIC MEAL OR BENTO BOX

- Bento box with crackers, hummus, hard-cooked egg, veggies and fruit

5 EGG BUDDHA BOWL OR COBB SALAD

- Cobb salad with blue cheese, egg, tomato, cucumber, quinoa and black beans
- Fridge-cleaner Buddha bowl

6 SMOOTHIE BOWL OR YOGURT PARFAIT

- Yogurt, fruit and granola parfait
- Chia seed pudding with fruit
- Greek yogurt and homemade muffin
- Strawberry-banana smoothie

7 QUESADILLA WITH VEGGIES

- Black bean and chicken
- Peanut butter and cinnamon with sunflower seeds
- Breakfast quesadilla with egg, ham and cheese

8 FRIDGE-CLEAN GNOCCHI OR QUICK COOKING PASTA

- Pesto and green pea gnocchi
- Carbonara pasta
- Shrimp and couscous pasta with parsley
- Fridge-cleaner gnocchi with tomato and cream sauce

9 WRAPS OR SANDWICHES

- Tuna salad wrap
- Curried egg salad on pita
- Black bean wraps with eggs, veggies and feta

10 FRENCH TOAST

- With cinnamon and berries
- Stuffed with brie, mushroom & caramelized onions
- Topped with bananas and peanut butter

