

## Family of 4 Food List Ideas

- **Soup, add in fresh vegetables, beans, canned chicken**
- **Chicken and rice, add spices**
- **Spanish rice: ground meat, rice, canned tomatoes**
- **Chili**
- **Baked pasta: cook pasta, add meat, vegetables, spaghetti sauce, put in baking dish, sprinkle top with cheese, and bake till melted**
- **Black bean brownies**
- **Bean salad**
- **Stuffed peppers: meat, rice, spaghetti sauce**
- **PB and fruit (banana, apple)**
- **Fruit crisp (fruit and oatmeal packets)**
- **Pasta Salad: fresh/canned vegetables, cooked pasta**
- **PB oatmeal**
- **PB roll-ups: tortilla with PB and banana**
- **Homemade salsa**