

!!! Happy 2026 !!!

Save \$\$\$ - Great Meals

Combine Food Pantry Supplies & Aldi Shopping List

Easy High Protein | High Fiber | Lower Processed Food Meal Plan

The 6 meals below are designed to be **high in protein and fiber** while remaining **under 30% highly processed foods** (minimizing ultra-processed additives by using whole canned beans, and grains). Each meal provides at least **4 servings** from **400 - 700 calories per serving**.

Protein is great for maintaining or building muscle and helps you feel fuller longer. **Fiber** is a cornerstone of long-term wellness. It is essential for Gut Health and helps with cardiovascular health, weight loss and can help with insulin sensitivity.

Fast-Food is so expensive and mostly unhealthy made with highly processed foods.

Save Money - , The cost per meal is low, less than \$14 per meal (using items from the pantry, less the \$10) There is even a shopping list from **Aldi** provided and **many of the items** on the list are here at the food pantry, **bagged up and ready to go home with you today**.

The 5-Day Pantry Meal plan is provided to show an example of meals, prep instructions and costs. Use your own judgement in preparing meals and know that everyone is different, so if you have health issues or allergies, you may want to check with a doctor before following any plan.

The 5-6-Day Pantry Meal Plan: Meals

1. Three-Bean Pantry Chili

A thick, hearty chili using shelf-stable protein sources. A great meatless meal low that is low in saturated fat.

- **Prep Ease:** Very Easy (One-pot, 20 mins)
- **Preparation:** Sauté 1 diced onion in olive oil. Add 1 can each of black, kidney, and pinto beans (drained). Stir in 1 can of diced tomatoes and 1 small can of tomato paste. Season with chili powder and cumin. Add 1.5 cups chicken/veggie broth. Simmer for 15 minutes. Serve over 1 cup of cooked brown rice per person.
- **Nutrition (per serving:(4)):** ~515 kcal | 33g Protein | 28g Fiber | 57.6g Carb | 6.7 Fat g
- **With Meat:**
- Add 1 lb of 80/20 ground beef (**serves 6**) 532 kcal | 40g protein | 19g Fiber | 38g Carb | 17g Fat

2. Creamy Red Lentil & Coconut Curry

Red lentils cook fast and provide a "creamy" texture without dairy.

- **Prep Ease:** Moderate (Simmering, 25 mins)
- **Preparation:** Rinse 1.5 cups of dry red lentils. Sauté an onion in olive oil. Add 2 tbsp of curry powder, stir until fragrant. Simmer in 1 can of coconut milk and 2 cups of chicken broth. Add 1 can of diced tomatoes. Add lentils and simmer until lentils are soft. Serve over 1 cup of cooked brown rice.
- **Nutrition (per serving(4)):** ~670 kcal | 26g Protein | 15g Fiber | 72g Carbs. | 27g Fats
- **With meat:**
- Add 1 lb of chicken tenderloins (**serves 4**) 745 kcal | 44g protein | 15g Fiber | 72g Carb | 28g Fat

3. Mediterranean Tuna & Artichoke Pasta

A bright, calorie-dense pasta utilizing canned "gourmet" items from Aldi.

- **Prep Ease:** Easy (Boil & Toss, 15 mins)
- **Preparation:** Boil 1 box of whole wheat noodles. In a large bowl, mix 3 cans of tuna (in water, drained), 1 tbs of olive oil, 1 jar of marinated artichoke hearts (drained & chopped), and 1/2 jar of Kalamata/Black olives. Toss with the hot pasta. Top with dried oregano. (To make is southern, use Dukes mayonnaise instead of olive oil).
- **Nutrition: without mayo (per serving (4)):** ~ 615 kcal | 41g Protein | 12g Fiber | 75 Carbs | 14g Fat.

4. Zesty Southwest Bean & Corn Grain Bowls

Refreshing but dense enough for a full dinner.

- **Prep Ease:** Very Easy (No-cook assembly, or heat beans and corn if preferred)
- **Preparation:** Combine 2 cans of black beans, 1 can of corn, and 1 jar of chunky salsa. Mix in 4 cups of cooked brown rice (prepared ahead). Top with a dollop of Greek yogurt (Aldi "Friendly Farms") for extra protein and creaminess.
- **Nutrition (per serving(4)):** ~450 kcal | 18g Protein | 17g Fiber | 75g Carb | 3g Fat
- **With meat:**
- **Add 1 lb of cooked chicken** tenderloins **(per serving (4))** 560 kcal | 44g protein | 17g Fiber | 74g Carb | 3g Fat

5. Salmon Patties, Mashed Potatoes and Green Peas

Comfort food at its finest.

Ingredients

- 1 large egg
- 1 x 15-oz can salmon 425 grams, drained
- ½ cup almond flour
- 1 tbsp Dijon mustard
- ¼ cup mayonnaise
- 1 tsp garlic powder
- 1 tsp lemon juice
- 2 tbsp green onion minced finely, about 3 small
- 2 tbsp fresh parsley or fresh dill + more to serve
- 1 tbsp avocado oil or olive oil
- tartar sauce Greek yogurt or sour cream, to serve - optional (leave out yogurt and sour cream to keep paleo/Whole30)
- lemon wedges to serve

Instructions

Preparation: Salmon Patties: Crack the egg in a large bowl and beat with a fork. Drain and clean salmon add to the bowl, add flour, Dijon mustard, mayonnaise, garlic powder, lemon juice, green onion and parsley. Using your fork, break down the salmon and mix to combine. Scoop out and make patties (about 1/3 cup each). Fry in a skillet with olive or avocado oil 3-4 min. Remove from the skillet and serve immediately with a squeeze of lemon juice, some fresh chopped parsley, and a dollop of Greek yogurt, sour cream or homemade healthy tartar sauce.

Peel, salt and boil potatoes, add butter and mash to desired consistency. Heat a can of green beans or peas. **Nutrition: (per serving (4))** 604 kcal | 37g Protein | 9g Fiber | 36 Carb | 30g fat

6. Left-Over Hearty "Kitchen Sink" Vegetable Bean Soup

The ultimate budget-friendly nutrient booster.

Left-over Ideas: The shopping list includes Eggs and extra Chicken/Veggie Broth. Options for left-overs might be: **Add eggs to the left-over Salmon Patties** for a meal; Make **Omelets** with left-over veggies/beans and eggs; Pat out left-over mashed potatoes into patties (add onions) and fry in a little olive oil (**potato cakes**); Add broth to left-over beans and veggies and pasta to make "**kitchen sink**" **vegetable soup**.

- **Prep Ease:** Easy (One-pot, 20 mins)
- **Preparation:** Combine 1 carton of vegetable broth, (items are suggested below, but this could be done with leftovers as well)
- 2 cans of Great Northern beans, 1 can of peas, 1 can of green beans, and 1 can of diced potatoes. Add 1 cup of small pasta (ditalini or broken spaghetti). Boil until pasta is soft. Stir in a spoonful of pesto or olive oil before serving.
- **Nutrition (per serving):** ~420 kcal | 15g Protein | 10g Fiber.