
Off the Shelf Recipes

Healthy recipes and food ideas when you can't leave your home.

Provided by Chelsey Clark, Registered Dietitian at Livingston HealthCare.



Things that freeze well:

- Bread
- Tortillas
- Veggies
- Fruit
- Meat
- Nuts

Things that last up to 2 weeks in the fridge:

- Eggs
- Apples
- Tortillas
- Bread
- Onions
- Cheese
- Potato or sweet potato

Shelf stable goods:

- Canned meats such as sardines, tuna, chicken, etc.
- Canned beans
- Dried beans and lentils
- Rice
- Pasta
- Polenta
- Canned veggies such as tomatoes, green beans, corn, pickled beets, etc.
- Canned Fruit
- Applesauce
- Popcorn
- Salsa

Breakfast Ideas:

- Oatmeal with raisins, nuts and shelf-stable milk product (dried milk, almond or other shelf-stable milk)
- Toast with peanut butter
- Scrambled eggs with frozen veggies and toast
- French Toast
- Pancakes (add an extra egg for extra protein if you have extra eggs or put peanut butter on it instead of syrup)
- Overnight oats (½ cup oatmeal, ½ cup liquid (milk, juice or water), 1 cup fruit—frozen or canned) Make the night before and keep in fridge.
- Breakfast burrito (2 eggs, ¼ cup black beans, salsa in whole wheat tortilla)



Lunch Ideas:

- Tuna melt sandwich
- Black bean quesadilla (use canned black beans, any veggies you have, cheese on a tortilla. Heat on low/med heat until melted, serve with salsa)
- PB & J sandwich with applesauce
- Grilled cheese with tomato soup (home-made or canned)
- Leftovers



Dinner Ideas:

- Pasta with canned diced tomatoes or marinara sauce, ground meat like elk, venison or ground turkey. Frozen veggies if you have them.
- Stir Fry using frozen veggies, rice and whatever protein source you have available (canned chicken, frozen edamame, or frozen meat you may have)
- Mexican lasagna (use tortillas in place of the noodles, use beans in place of meat if you don't have any meat, canned tomatoes, taco seasoning. Layer like a lasagna)
- Chili (canned beans, chili spices, ground meat or canned chicken, canned tomatoes, canned corn or canned mushrooms)
- Crock-pot curry with chick-peas (simply put a can of coconut milk, curry spices or paste, frozen veggies like broccoli, carrots, can of diced tomatoes and can of chickpeas. Let cook in crock pot for approximately 2 hours or if cooking on the stove until veggies are heated through)
- Tuna or chicken casserole (make with canned meat, pasta, mushroom soup or make your own sauce using chicken broth and milk, canned or frozen peas or carrots are really good in this as well)
- Easy lentil tacos (lentils, onion or onion powder, garlic or garlic powder, taco seasoning, olive oil. Cook lentils according to package. Sauté garlic and onion or sauté the lentils in onion and garlic powder with taco seasoning after they are cooked. Serve in tortilla with any taco toppings you have, like olives, salsa, tomato, lettuce, cheese)

