



IMAGINE DIETITIANS

COVID-19

Healthy pantry list

DRY

- Brown rice
- Couscous
- Quinoa
- Barley
- Wholewheat pasta
- Oats
- Chickpeas (dry/canned)
- Lentils (dry/canned)
- Beans (dry/canned)
- Canned diced tomato
- Potatoes
- Butternut
- Sweet potato
- Gem squash
- Ginger, garlic, onions
- Coconut milk
- Almond/ peanut butter
- Eggs
- Tinned tuna
- Long life milk
- Nuts and seeds
- Chia seeds
- Self raising flour
- Bran/wholewheat flour
- Sugar
- Salt, spices, curry powder

FRIDGE

- Baby spinach
- Tomatoes
- Cucumber
- Broccoli
- Cauliflower
- Lemons
- Bananas
- Apples
- Pears
- Citrus fruits
- Plain full cream yoghurt
- Feta cheese
- Basil pesto

FREEZER

- Low GI bread
- Wholewheat wraps
- Wholewheat pitas
- Cooked rice
- Mince (raw/cooked)
- Chicken breasts (raw/cooked)
- Whole chicken
- Beef strips (raw/cooked)
- Steak
- Tofu / tempeh
- Frozen broccoli
- Frozen cauliflower
- Frozen corn
- Frozen peas
- Frozen stir-fry
- Frozen green beans
- Frozen banana
- Frozen berries
- Yoghurt
- Butter
- Grated cheese

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SNACKS & DRINKS

- Popcorn
- Fruit
- Vegetable sticks
- Hummus / chickpeas
- Cottage cheese
- Rice cakes
- Dates
- Dark chocolate
- Roasted seaweed
- Biltong
- Tea, coffee, cocoa powder
- Homemade juice: Carrot, beetroot, spinach, celery, cucumber, apples, lemon, ginger, cayenne pepper, mint,
- Nuts & seed mix: almonds, sunflower seeds, flax, coconut shavings



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COVID-19 Meal ideas

BREAKFAST

- Peanut butter & banana oats
- Overnight oats
- Chia seed breakfast pot
- Fruit salad & yoghurt
- All bran banana carrot muffin with cheese
- Oat flour flapjacks topped with fruit and yoghurt
- Green smoothie
- Almond butter & banana/fig slices on toast
- Egg muffin (can freeze)
- Egg on toast
- Omelette
- French toast topped with fruit, nut butter & yoghurt
- Mexican eggs and beans
- Avocado toast with poached egg
- Scrambled tofu on toast
- Chickpea smash on toast
- Butter beans on toast (baked beans alternative)
- Baked corn cakes with poached egg

LIGHT LUNCH

All lunches served with side salad or roasted veggies

- Leftovers
- Tuna mayo open sandwich
- Chicken mayo open sandwich
- Cheese and tomato open sandwich
- Cucumber, hummus and toasted seeds on an open sandwich
- Pesto, mozzarella, tomato sandwich
- Chicken salad
- Barley, chickpea, sweet potato salad
- Wholewheat pasta salad with tuna
- Fishcakes with yoghurt dressing
- Potato salad made with full cream yoghurt served with a whole chicken
- Wholewheat pita pockets
- Chicken & beans burrito wraps
- Quiche

DINNER

All dinners served with side salad or roasted veggies

- Mince & lentil bobotie with brown rice
- Braai & roasted butternut
- Chicken kebabs with couscous & yoghurt dressing
- Wholewheat pasta, chicken & broccoli bake
- Whole chicken with home made potato chips
- Mexican bowls: beans & mince with brown rice
- Green bean stew & brown rice
- Chicken, coconut, sweet potato curry & brown rice
- Lentil & butternut curry with barley
- Chicken strips (coconut & oat flour crumb)
- Spicy 3 bean stew with barley
- Butternut soup
- Chicken, vegetable stir fry
- Steak & potato chips
- Lentil lasagne
- Sweet potato cottage pie

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SNACKS & DRINKS

- Popcorn
- Fruit + nut butters
- Vegetable sticks & dip
- Nuts & seed mix
- Roasted chickpeas
- Pita chips with dip
- Healthy muffins
- Dark chocolate
- Roasted seaweed
- Dates / date balls
- Boiled egg
- Biltong
- Frozen plain yoghurt
- Yoghurt, fruit and seeds
- Healthy oats cookies
- Chia seed 'pudding'
- Rice cakes
- Cinnamon apples with full cream yoghurt
- Tea, coffee, hot cocoa
- Fresh vegetable juices