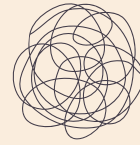


The Ultimate Back-Up Meal Pantry

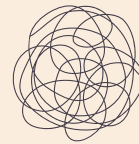


When it comes to managing your mental health and nutrition, it is all about being prepared. Understanding and accepting at times that your mental health concerns, such as anxiety, depression or adhd for example, may at times impair your daily functioning. Whether that be you are feeling too anxious to go to the grocery store, too low to even think about planning a meal or forgetting to get groceries ahead of the meal time.

Managing ahead of time to limit the amount of impact it can cause and supporting yourself to still be able to nourish and care for your body through difficulties periods is key. Ensuring your body is well fuelled will reduce anxiety symptoms, improve your mood and support your day to day functioning.

That's why we have compiled the 'Ultimate Back Up Meal Guide' for you. This is a list of essential items to have pre-stocked in your pantry, fridge and freezer ahead of time.

Ensuring you have these go-to items readily available will support you to still be able to feed yourself adequately and nutritiously through those difficult times.



PANTRY STAPLES

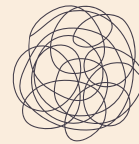
- Long life milk
- Extra virgin olive oil
- Oats
- Pasta
- Rice
- Potatoes
- Polenta
- Flour
- Brown sugar
- Baking Powder
- Vanilla Essence
- Honey
- Nut butter
- 2 different nuts (eg almonds, cashews, walnuts)
- 2 different seeds (hemp, chia, pumpkin)
- 4 different spice/herb blends (eg Mexican, Moroccan, Italian Herbs, Dukkah)
- Tin of coconut milk
- Tin of 4 bean mix
- Tin of lentils
- Tin of chickpeas
- Tin of corn
- Tin of diced tomatoes
- Jar of pasta sauce
- Jar of pesto
- 2 tins/sachets of low sodium soup
- Packet of tortilla chips

FRIDGE STAPLES

- Eggs
- Shredded cheddar cheese
- Parmesan cheese
- Feta cheese
- Butter
- Minced Garlic
- Spice paste
- Mayonnaise
- Dijon mustard
- Soy sauce
- Sweet chilli sauce
- Lemon juice

FREEZER STAPLES

- Frozen berries & bananas
- Frozen spinach
- Frozen roast & stir fry vegetables
- Frozen SteamFresh vegetable packs
- Frozen shelled edamame
- Frozen fish fillets & frozen crumbed chicken
- Bread
- Dinner rolls



MEALS YOU CAN MAKE FROM THE BACK-UP PANTRY:

- Soup + dinner roll or cheese toastie
- Chickpea curry & rice
- Mexican rice bowl
- Nachos
- Soy & sweet chilli fish, stir fry veg & coconut rice
- Tuna & edamame sushi bowl
- Chickpea pesto pasta salad
- Lentil spaghetti bolognese
- Egg, chickpea or tuna salad (for sandwiches)
- Dukkah potato salad
- Chicken parmigiana & roast veg
- Dukkah baked fish, polenta & steamed veg
- Honey garlic chicken, stir fry veg & rice
- Creamy tuna pasta bake
- Spinach, feta and dukkah omelette
- Scrambled eggs on toast
- Moroccan roasted chickpeas & roast veg
- French toast
- Tuna melt
- Crepes with berry compote
- Loaded Italian or Mexican potatoes
- Roast veg & feta frittata
- Breakfast polenta
- Porridge

SNACKS YOU CAN MAKE FROM THE BACK-UP PANTRY:

- Berry oat muffins
- 5-ingredient banana pancakes
- Pikelets
- Spicy roasted chickpeas
- Warm salty edamame
- Boiled eggs
- Polenta chips & pesto dip
- Overnight oats
- Chia pudding
- Anzac biscuits
- Honey nut granola bars