

OUR ~~BACK-UP~~ MEALS

MEAL	Tortilla Pizza	Tortilla Quidice	Soup	Wraps	Baked Pasta	Pizza	Coconut Stir-fry			
PANTRY / FREEZER										
Corn				○						
Tortilla Shell	○	○		○						
Black Beans				○						
Canned Tomato					○					
Pasta					○					
Rice			○	○			○			
Kidney Beans			○							
Coconut Milk							○			
Pasta Sauce	○				○					
Pizza Sauce						○				
Pizza Shell						○				
Soup Stock			○							
FRIDGE										
Cheese	○				○	○				
Veggies	○	○	○	○	○	○	○			
Eggs		○								