

This shopping list only for the four current Eat. Move. Save. Meal Kits.
These shopping lists were adapted from Minnesota Extension.

Southwestern Style Rice Bowl Meal Kit

Fresh produce

- 2 ears of corn
- 2 jalapeno peppers
- 2 red bell pepper
- 1 yellow bell pepper
- 1 pound bag of carrots
- 1 head of celery

Canned and dry goods

Vegetables:

- 1 15-ounce chickpeas
- 1 15-ounce cans black beans
- 1 8-ounce taco sauce (optional)

Cereal, pasta and grains

- 1-pound white rice

Pantry staples

- Salt
- Pepper
- Garlic powder
- Onion powder
- Extra Virgin Olive Oil

Chicken Skillet with Vegetables Meal Kit

Fresh produce

- 1 pound bag of carrots
- 1 16-ounce white mushrooms
- 2 zucchini squash
- 2 broccoli crowns

Canned and dry goods

Soup:

- 1 32-ounce chicken stock

Cereal, pasta and grains

- 1-pound white rice

Pantry staples

- Salt
- Pepper
- Soy sauce
- Extra Virgin Olive Oil

Meat and dairy

- 3-pounds diced chicken breast

Salmon Bowl Meal Kit

Fresh produce

- 1 head of kale
- 2 broccoli crowns
- 2 lemons

Cereal, pasta and grains

- 1 pound penne pasta

Pantry staples

- Salt
- Pepper
- Mustard
- Extra Virgin Olive Oil

Meat and dairy

- 2-pound salmon
- 32-ounce plain yogurt

Cooking Essentials Box Meal Kit

Pantry staples

- Salt
- Pepper
- Garlic powder
- Onion powder
- Chili powder
- Dried oregano
- Paprika
- Cayenne
- Soy sauce
- Mustard
- Extra Virgin Olive Oil

EAT. MOVE. SAVE.



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