

## What Do I Have on Hand?

### In the Pantry

- Canned vegetables
  - 1 can green beans
  - 1 can pinto beans
  - 1 can diced tomatoes
  - 1 can carrots
- Canned fruit
  - 1 can pineapple chunks
- Canned meat
  - 1 (5-ounce) can tuna
- Dry
  - 1/2 (1-lb) bag lima beans
  - 1/2 (1-lb) bag brown rice
  - 1/2 (18-ounce) container whole oats
  - 1/2 (5 lb) bag all-purpose flour
  - 1 (8-ounce) can cooking spray
  - 1 (16-ounce) bottle apple cider vinegar
  - 1 (16-ounce) jar peanut butter
  - 1 sweet potato
- Spices
  - Salt
  - Black pepper
  - Garlic powder
  - Cumin
  - Italian seasoning

### In the Fridge

- 1 (8-ounce) block cheddar cheese
- 2 eggs
- 1 red apple
- 1/2 (32-ounce) bottle ketchup
- 1/2 (14-ounce) bottle yellow mustard
- 1/2 (16-ounce) bottle Ranch dressing
- 1 (6-ounce) cup vanilla yogurt
- 2 pieces (breast and thigh) leftover chicken

### In the Freezer

- 1 pound ground beef
- 1 (10-ounce) package frozen spinach
- 1 (10-ounce) package mixed vegetables
- 1 (10-ounce) package mixed berries

