Four Quick meals with pantry staples

1) Pasta with tomato sauce, nuts and seeds added, I also like to add nuts (15min max).

2) Mixed beans salad (you can always add any veggies you have in the fridge like cucumbers and tomatoes).

3) Frittata (milk and eggs), using up any tired vegetables you have left in the fridge, (10 minutes max).

4) Pasta or quinoa salad with beans, nuts and seeds (15 min max)

With any canned beans, make sure to always rinse well to get rid of all the thick canned liquid so that you really taste the beans.