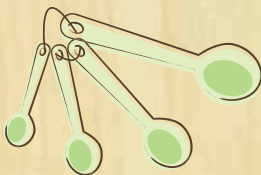


STOCK A HEALTHIER PANTRY FOR ABOUT \$50!

Wondering where to start?

We put together this list of pantry ingredients to keep on hand for healthier meals *and* a healthier budget.

Pick up these pantry staples for about \$50, then add fresh ingredients, herbs and spices to cook 14 of our favorite recipes (see reverse).



- 1 lb black beans
- 1 lb lentils
- 1 lb quinoa
- 2 lbs brown rice
- 3 (32-oz) boxes vegetable broth
- 1 (32-oz) box chicken broth
- 1 lb rolled oats
- 2 cans cannellini beans
- 1 lb orchiette pasta
- 1 lb pasta, your favorite kind
- 1 can black beans
- 1 jar unsweetened applesauce
- 1 (32-oz) box unsweetened soy milk
- 1 (32-oz) box unsweetened almond milk
- 1 (5-oz) can tuna
- 3 (15-oz) cans diced tomatoes
- 1 package no-oil sundried tomatoes
- 1 jar pasta sauce



All of these pantry items and more are available in our 365 Everyday Value® line, which means:

- No artificial flavors, colors, sweeteners or preservatives
- Never any hydrogenated fats or high-fructose corn syrup
- Many organic options and all are sourced to avoid GMOs
- Value prices every day of the year

Be sure to visit our bulk department and keep an eye out for sales for even more value.

PANTRY RECIPES

With our suggestions for pantry staples (see reverse) plus some fresh ingredients, herbs and spices, you'll be able to cook all of these recipes:

Simple Black Bean Soup

Beef and Quinoa Meatballs

Zesty Quinoa with Broccoli and Cashews

Lentil Chili

Brown Rice with Chicken and Broccoli

Oatmeal-Apple Pancakes

Overnight Oatmeal

Tuscan Tuna Salad

Mexican Taco Stew

**Orecchiette with Broccoli Rabe,
Sundried Tomatoes and White Beans**

Almond Brown Rice Pudding

Learn to Cook: Brown Rice

Learn to Cook: Quinoa

Simple Oatmeal

Some of these recipes make six servings and some make four. Altogether you'll get a total of 66 servings as well as some leftover ingredients for future recipes.

Find these recipes featuring healthier pantry ingredients and more at wholefoodsmarket.com/recipes.

WIN PANTRY STAPLES FOR A YEAR!

Visit our Whole Story blog for details on your chance to win pantry staples for a year or a \$50 pantry stock up.

blog.wholefoodsmarket.com/2011/12/pantry-stock-up-contest

