



Freezer Aisle Wins

Quick, nutritious staples to keep on hand (no pods needed for edamame).

Protein + Fiber

10–15 minute meals

Budget-friendly

Minimal prep

Protein

- Shelled edamame (soybeans)
- Cooked shrimp (thaw fast)
- Salmon or white fish fillets
- Chicken or turkey meatballs
- Veggie burgers (check fiber/protein)

Veggies That Get Used

- Frozen spinach (smoothies, eggs, soups)
- Broccoli florets or stir-fry mix
- Peppers and onions blend
- Green beans
- Riced cauliflower (volume booster)

Fruit

- Frozen berries (topper or smoothie)
- Mango or pineapple (smoothies)
- Cherries (dessert swap)
- Banana slices (blendable)
- Mixed fruit for quick snacks

Quick Carbs + Starters

- Frozen brown rice or quinoa packs
- Corn (bowls, soups, salads)
- Sweet potato chunks (sheet-pan)
- Whole-grain waffles (fast base)
- Cauliflower rice blends (mix 50/50)

The 10–15 Minute Formula

Pick 1 protein + 1 veggie + 1 carb + a sauce/seasoning = a complete meal.

Example: edamame + stir-fry veggies + frozen rice + teriyaki (or garlic-ginger).