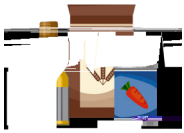


Heart-Healthy Essentials *for Meal Prep*

For hassle-free healthy meal prep, be prepared with a stocked pantry.

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“Dinner builder” items: a i i i
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Canned vegetables (no-salt and low-salt):
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Whole grains: a
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tortillas in the freezer); whole-grain flour or
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Cooking oils: a a
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Nuts, seeds and nut butters: a i
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Broths: a i
a a i a

Dried herbs and spices: a a
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