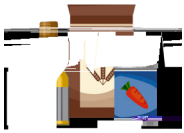


Heart-Healthy Essentials *for Meal Prep*

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

Ha a i a a i a a i



“Dinner builder” items: a i i i
a a i a
a i a a i i a a
a i a a

Canned vegetables (no-salt and low-salt):
a i i a i i a i a

Whole grains: a
a i a a a a
a i a a a a i
tortillas in the freezer); whole-grain flour or
a a

Cooking oils: a a
a a a i

Nuts, seeds and nut butters: a i
a a i a a

Broths: a i
a a i a

Dried herbs and spices: a a
a i a i a a a
i