

Nourished Woman Nation

Nina approved ready-made foods!

As much as I'd like everyone to be making home-made meals all the time, I know it's not always realistic.

Sometimes we just need something ready-made.

These ready-made products include snacks, small meals or dinner-starters.

Here's why I like and use these ready-made foods.

- They are made with real food
- They don't contain refined sugars
- They are mostly organic
- They are all gluten-free

These ready-made foods can be found at most health food stores or at Vitacost (use this [link](https://www.vitacostrewards.com/SNzJRz) for \$10 off - <https://www.vitacostrewards.com/SNzJRz>)

Snacks:

- SeaSnax: Olive oil seaweed snacks
- San-J- Black Sesame Crackers
- Mary's Gone Crackers
- Hilary's Eat Well: Veggie Bites
- Edwards & Son's: Instant Miso Soup

Small meals

Amy's frozen roasted vegetable tamales

Amy's frozen black bean enchilada

Amy's organic curried lentil soup

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Dinner starters:

Noodles:

- Explore Asia Black Bean Pasta – protein rice
- Explore Asia Mung Bean Pasta – protein rice
- Eden foods Mung Bean Noodles
- Miracle Noodle Shirataki Angel Hair pasta

Add sautéed veggies, any protein and Asian seasoning (tamari, toasted sesame oil, brown rice vinegar, garlic, ginger) to either of the above noodles for an easy and delicious Asian noodle dish.

Veggie Burgers:

- Hilary's Eat Well: World's Best Veggie Burger (their original burger)
- Hilary's Eat Well: Root Veggie Burger
- Amy's Sonoma Burgers

Grains & Legumes:

Seeds Of Change: Instant brown rice and quinoa
Eden: Brown rice & Caribbean black beans