

# The Stretch Pantry - Rice Planner

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*Inspired by the "Cook Once, Eat Three Times" Series, Week 2*

Meal #	Meal Name	Main Ingredients	Sides / Tips	Storage Notes
1	Fried Rice w/ Leftover Veggies	Cooked rice, leftover vegetables, egg, chicken/shrimp, soy sauce	Use 'shito', 'suya' or any spice of choice; great fridge-cleanout option	Refrigerate for 3 days or freeze flat
2	Plain Rice & Tomato Stew	Cooked plain rice, tomato stew (freshly made)	Serve with air-fried plantain, egg, coleslaw	Store stew & rice separately in fridge
3	Rice Salad	Cold rice, lettuce, cucumber, onion, tomato	Dress with olive oil/lemon; add grilled chicken	Assemble fresh; do not freeze
Bonus	Coconut Rice Pudding	Rice, coconut milk, condensed/evaporated milk, cinnamon	Sweeten with dates or sugar; top with fruit/nuts	Store 2-3 days in fridge; freeze extra if needed

 **Stretch Pantry Tip:** Let your rice work double duty — today's side can become tomorrow's main. Add new seasonings, a sauce, or fresh veggies, and you've stretched your pantry *and* your budget beautifully.