

# Stock your pantry

This is a great list of recipe staples.  
Check off the items you want; skip what you don't need.

## PRODUCE

- Fresh fruit
- Fresh vegetables
- Fresh herbs
- Leafy greens, coleslaw mix, or shredded carrots for salads
- Pre-cut fresh vegetables for soup, stir-fries, and kabobs
- Corn
- Peas (green, sugar snap, snow, etc.)
- Silken or firm, regular or low-fat tofu

## MEAT + POULTRY + FISH

- Skinless chicken or turkey breast, chicken thighs
- 98% fat-free ground turkey or chicken
- Lean pork chop or pork loin
- Lean, trimmed flank steak, beef tenderloin, or strip sirloin
- Fish
- Shellfish



## DAIRY + EGGS

- Eggs, whole or egg substitute
- Fat-free or low-fat milk
- Regular soy milk (plain)
- Almond milk
- Nonfat plain yogurt
- Reduced-fat or regular cheese
- Low-fat shredded or string cheese
- Crumbled feta or Parmesan cheese
- Reduced-fat cream cheese
- Nonfat cottage cheese
- Part-skim ricotta cheese



## BREAD + CEREAL

- Reduced-calorie bread
- Thin sandwich bread or English muffins
- Whole-wheat or corn tortillas
- Plain oatmeal
- Unsweetened shredded wheat or whole-grain cereal
- Pizza dough

## DELI

- Roasted whole chicken
- Lean deli meats
- Hummus

## GRAINS + PASTA

- Whole-grain or regular pasta
- Brown rice or white rice
- Bulgur, quinoa, or barley

## CANNED FOODS + STAPLES

- Tomato sauce or jarred marinara sauce
- Diced tomatoes
- Fat-free salsa
- Black beans or chickpeas
- Vegetables (without added salt, sugar, or oil)
- Unsweetened fruit (in water)
- Chicken or vegetable broth
- White tuna (in water), canned salmon
- Peanut or other nut/seed butter

## SNACKS

- Air-popped popcorn
- Popcorn kernels for at-home popping
- Baked potato

or tortilla chips

- Almonds
- Pistachio nuts

## FROZEN

- Edamame
- Vegetables (without added sauce and salt)
- Unsweetened fruit
- Veggie burgers (with 2 g of fat or less)
- Vegetarian ground "meat"
- Whole-grain waffles
- Sorbet



## SEASONINGS + CONDIMENTS

- Cooking spray, oil, and vinegar
- Salt and pepper
- Dried herbs and spices, seasoning mixes, dry rubs
- Hot sauce
- Mustard
- Ketchup
- Reduced-sodium soy sauce