



STOCKING UP ON STAPLES

PANTRY ITEMS

Protein

- Canned or Dried Beans: *Kidney, Pinto, Cannellini, Black, Red, Chickpeas*
- Lentils
- Canned Fish: *Tuna, Salmon, Sardines, Anchovies*
- Protein Bars (E.g. *RX, KIND*)
- Nut or Seed Butter: *Peanut, Almond, Sunflower Seed*
- Nuts: *Walnuts, Almonds, Cashews, Peanuts, Pine Nuts*
- Seeds: *Chia, Pumpkin, Sunflower, Sesame, Hemp*
- Unopened Shelf-Stable Milks: *Soy, UHT Milk, Powdered Milk, Plant-Based Milks (E.g. Almond)*

Grains

- Rice: *Brown, Wild, White*
- Pasta: *Whole Wheat, White*
- Whole Grains: *Quinoa, Farro, Bulgur*
- Whole Grain Cereals (E.g. *Bob's Red Mill, Kashi, Total, Raisin Bran, Cherrios, Grape-Nuts*)
- Whole Grain Crackers (E.g. *Triscuits, Ak Mak*)
- Brown Rice Cakes
- Oatmeal or Granola
- Couscous
- *Whole Grain Breads, English Muffins, Pita
(Look for 2 to 3 Grams Fiber Per Slice or Serving)

Fats

- Plant-Based Oil: *Olive, Canola, Grapeseed*
- Canned or Jarred Olives
- Mayonnaise
- *Avocado

Produce

- Dried Fruit: *Raisins, Apricots, Prunes, Figs*
- Canned Fruit (In Juice or Water)
- Canned or Jarred Vegetables: *Tomatoes, Peas, Corn, Peppers, Green Beans, Giardiniera*
- Dried or Canned Mushrooms
- Applesauce
- *Garlic and Onions

Other

- Reduced-Sodium Canned Soup (E.g. *Health Valley, Amy's*)
- Low-Sodium Broth: *Bone, Vegetable, Chicken*

COLD ITEMS

Protein

- Frozen Fish: *Cod, Salmon, Halibut*
- Frozen Shellfish: *Shrimp, Mussels, Scallops*
- Frozen Soybeans (Edamame)
- Frozen Veggie Burgers (E.g. *Sunshine Burger, Boca, MorningStar, Dr. Praeger's*)
- Eggs
- Yogurt
- Hummus
- Aged Cheese: *Parmesan, Cheddar, Swiss*
- *Poultry: *Ground Turkey, Chicken Breast, Turkey Bacon or Sausage*
- *Red Meat: *90% Lean Ground Beef, Stew Meat, Ham*
- *Tofu
- *Tempeh

Grains

- *Whole Wheat or Corn Tortillas
- *Pizza Dough
- Frozen Whole Grain Breads

Produce

- Frozen Vegetables: *Spinach, Peas, Corn, Broccoli, Kale*
- Frozen Fruits: *Mango, Berries, Peaches*
- *Fresh Fruits: *Bananas, Grapes, Apples, Oranges, Lemons, Limes*
- *Fresh Vegetables: *Carrots, Squash, Cabbage*

Other

- Frozen Meals (E.g. *Amy's, Luvo, Kashi*)

HEALTHY SNACKS

- Roasted Chickpeas (E.g. *Biena*)
- Parmesan Crisps
- Popcorn

FLAVOR BOOSTERS

- Spices: *Cinnamon, Ginger, Cumin, Chili Powder, Red Pepper Flakes, Oregano*
- Vinegars: *Balsamic, Red Wine, White*
- Condiments: *Ketchup, Mustard, Hot Sauce, Salsa, Reduced-Sodium Soy Sauce*

*ASTERISKED ITEMS CAN BE FROZEN