

Ingredients



Dried Goods // Baking Supplies //

Canned

- Canned Salmon/Tuna
- Tomato Sauce
- Tomato Paste
- Diced Tomatoes
- Diced Chiles
- Pasta sauce
- Beans, Chickpeas
- Coconut Milk
- Stock

Oil & Vinegar

- Olive oil
- Sesame Oil
- Cooking Spray
- Rice wine vinegar
- Balsamic vinegar
- Apple cider vinegar

Spices

- Salt, pepper
- Garlic powder, onion powder
- Paprika
- Chili powder
- Cumin
- Oregano
- Thyme
- Bay leaves
- Red pepper flakes
- Curry
- Turmeric
- Ginger

Condiments

- Sriracha, hot sauce
- Pesto: basil, tomato
- Hoisin Sauce, Soy Sauce
- Balsamic Glaze, Worcestershire
- Dijon Mustard, yellow mustard
- Mayonnaise
- Ketchup
- BBQ Sauce, Buffalo Sauce
- Curry Paste

Baking Supplies

- All purpose flour
- White Sugar
- Brown Sugar
- Baking powder
- Honey
- Agave nectar
- Baking soda
- Coco powder
- Vanilla
- Nut butter
- Dried fruit: cranberries, cherries
- Nuts: pecans, walnuts, almonds

Other

- Pasta, Noodles
- Rice
- Barley
- Breadcrumbs, cornmeal
- Cornstarch
- Tortillas, Bread, Bagels

Note: Condiments should be refrigerated after opening.

Ingredients



Fresh // Frozen // Refrigerated //

Meats

- Poultry: eggs, chicken breasts, tenderloins, thighs, ground turkey
- Beef: steaks, ground meat, stew meat, chuck roast
- Pork: chops, tenderloins
- Seafood: salmon, tilapia, shrimp
- Sausage: links, smoked breakfast sausage, ground
- Deli Meat: ham, roast beef, pastrami, turkey
- Plant-based legumes: lentils, beans, chickpeas, edamame

Dairy

- Heavy Cream
- Butter
- Hard cheese, shredded cheese: cheddar, mozzarella, parmesan
- Cream cheese
- Sour cream
- Yogurt
- Non-dairy alternatives (almond milk, coconut milk)

Freezing Tips:

- **All meats can be frozen for later use (except for eggs)**
- **Butter and cheeses can be frozen for later use**
- **All fruits and vegetables can be frozen for later use**

Fruits

- Berries: blueberries, raspberries, strawberries
- Citrus: lemon, lime, oranges
- Pineapple
- Mango
- Cherries
- Watermelon
- Bananas
- Grapes
- Apple
- Pears

Vegetables

- onions, garlic, celery, carrots
- Herbs: cilantro, green onions, basil
- Greens: kale, spinach, arugula, bok choy, broccoli/broccolini, swiss chard
- Red/orange: acorn squash, butternut squash, spaghetti squash, bell peppers, sweet potatoes, tomatoes
- Starchy: corn, peas, parsnips, plaintains, potatoes
- Other: artichokes, asparagus, brussels sprouts, cabbage, cauliflower, cucumber, eggplant, green beans, jicama, mushrooms, snow peas, yellow squash, zucchini

**Be sure to practice safe food handling.
Go to www.fda.gov/food for food safety tips.**

Tips



Before you shop:

- Before you go to the store, double-check and take note of what you already have in your kitchen. If you already have fresh items on hand and use that first.
- As you create your grocery list, plan to buy foods that you and your family would actually eat. That way, if you don't end up eating all your canned, pantry, and frozen foods, then you can always incorporate them into your weekly meal plans down the road.
- The goal is to include servings from a variety of food groups. You'll need protein, fruits, and veggies, and grains when you eat. Here are the options to help build your meals.

Building your meals:

Let's start with the protein options

- If fresh meat is available, stock up on a few because you can also freeze these when you get home.
- If fresh meat is not available, frozen meat, poultry, and seafood can be just as nutritious. Frozen patties, sausage meat, bacon, and deli meat can also be options used in simple recipes. These items can also be frozen and used at a later time.
- Eggs, yogurt, and hard cheeses also provide a great source of protein and can last a few weeks in the refrigerator
- Canned Meat: canned salmon or tuna
- Plant-based sources such as lentils, chickpeas, beans, and edamame are protein-rich
- Nuts or seeds can also boost protein

Tips



You also want to ensure you get enough of your daily intake of fruit and vegetables.

- If fresh options are available, the following vegetables can last a few weeks if stored correctly:
 - Cabbage, Brussel sprouts, broccoli, cauliflower
 - Green beans, asparagus, snap peas
 - Peas, corn, stir fry veggie mix
 - Potatoes, sweet potatoes, beets
 - Bell peppers, carrots, a variety of squash
 - Onions, garlic, celery
 - Apples, oranges, limes, lemons
 - Note: Any vegetables that are about to spoil can be kept in the freezer and used at a later time in recipes such as soups or stir fry recipes
- Frozen vegetables and fruit are often more budget-friendly than fresh and can last longer. Berries, pineapple, and mango are great for smoothies. Cauliflower rice and squash spirals are great low carb sources. You can also use frozen chopped spinach or kale to add to smoothies.
- When picking canned fruit or vegetables, opt for reduced sugar canned fruit or low sodium vegetables

Grains:

- If rice or pasta is not readily available, try getting barley, quinoa, couscous, orzo pasta, or polenta as options
- Bread, bagels, muffins, and tortillas can also be frozen for longer storage
- Oats and instant oatmeal are good for breakfast