MHealthy Nutrition: THE WELL STOCKED KITCHEN

## Foods to Keep on Hand for Quick Meals

### Fresh Produce
- Chopped garlic
- Fresh Herbs
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### Fresh Meat
- Chicken or turkey breast
- Pork tenderloin
- Ground beef or turkey
- Fish
- Lunchmeat
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### Grains
- Rice
- Whole wheat pasta
- Quinoa
- Whole wheat couscous
- Whole wheat breads
- Whole wheat pizza crust
- Whole grain cereal
- Oatmeal
- Whole grain flour tortillas
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### Dairy
- Milk
- Cheese
- Yogurt
- Eggs
- Egg Substitute
- Cottage Cheese
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### Baking Items
- Baking powder
- Baking soda
- Flour
- Sugar
- Vinegar
- Canola oil
- Olive oil
- Dried herbs & spices
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### Condiments
- Ketchup
- Mustard
- Salad dressings
- Soy sauce
- Margarine/spreads
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**Note:** The list above includes recommended items for a well-stocked kitchen to help with quick meal preparations. It's important to consider dietary restrictions and preferences when selecting items.
MHEALTHY NUTRITION: THE WELL STOCKED KITCHEN

CANNED/JARRED PRODUCTS
☐ Canned Fruit (no sugar added)
☐ Canned vegetables (no sodium added)
☐ Canned beans
☐ Peanut butter
☐ Tuna packets or canned in water
☐ Salmon packets or canned in water
☐ Chicken broth
☐ Vegetable broth
☐ Cream soups
☐ Soups
☐ Pizza sauce
☐ Pasta sauce
☐ __________________________
☐ __________________________
☐ __________________________

FROZEN
☐ Vegetables (no sodium added)
☐ Fruit (no sugar added)
☐ Edamame
☐ Shrimp
☐ Vegetarian “burgers”
☐ Veggie crumbles
☐ Rice
☐ Frozen meals
☐ __________________________
☐ __________________________

SNACKS
☐ __________________________
☐ __________________________
☐ __________________________