



MHealthy Nutrition: THE WELL STOCKED KITCHEN



FOODS TO KEEP ON HAND FOR QUICK MEALS

FRESH PRODUCE

- Chopped garlic
- Fresh Herbs
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FRESH MEAT

- Chicken or turkey breast
- Pork tenderloin
- Ground beef or turkey
- Fish
- Lunchmeat
- _____
- _____

GRAINS

- Rice
- Whole wheat pasta
- Quinoa
- Whole wheat couscous
- Whole wheat breads
- Whole wheat pizza crust
- Whole grain cereal
- Oatmeal
- Whole grain flour tortillas
- _____
- _____

DAIRY

- Milk
- Cheese
- Yogurt
- Eggs
- Egg Substitute
- Cottage Cheese
- _____
- _____

BAKING ITEMS

- Baking powder
- Baking soda
- Flour
- Sugar
- Vinegar
- Canola oil
- Olive oil
- Dried herbs & spices
- _____
- _____

CONDIMENTS

- Ketchup
- Mustard
- Salad dressings
- Soy sauce
- Margarine/spreads
- _____
- _____
- _____

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

- _____
- _____
- _____