# The Well-Stocked Kitchen

## Healthy Foods to Keep on Hand for Quick Meals

### Fresh Produce
- [ ] Chopped garlic
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

### Fresh Meat
- [ ] Lunchmeat
- [ ] Chicken or turkey breast
- [ ] Pork tenderloin
- [ ] Ground beef or turkey (90% lean)
- [ ] Fish
- [ ]

### Grains
- [ ] Brown rice
- [ ] Whole wheat pasta
- [ ] Quinoa
- [ ] Whole wheat couscous
- [ ] Whole wheat breads
- [ ] Whole wheat pizza crust
- [ ] Whole grain cereal
- [ ] Oatmeal
- [ ] Whole grain flour tortillas
- [ ]
- [ ]

### Dairy
- [ ] Low fat milk
- [ ] Low fat cheese
- [ ] Low fat yogurt
- [ ] Eggs
- [ ] Egg Substitute
- [ ] Low fat 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
- [ ]
- [ ]
CANNED/JARRED PRODUCTS
☐ No sugar added canned fruit
☐ No sodium added canned vegetables
☐ Canned beans
☐ Peanut butter
☐ Tuna packets or canned in water
☐ Salmon packets or canned in water
☐ Low sodium chicken broth
☐ Low sodium vegetable broth
☐ Lower fat cream soups
☐ Lower sodium soups
☐ Pizza sauce
☐ Pasta sauce
☐ _________________________
☐ _________________________

FROZEN
☐ No sodium added vegetables
☐ No sugar added fruit
☐ Edamame
☐ Shrimp
☐ Vegetarian “burgers”
☐ Veggie crumbles
☐ Brown rice
☐ Healthier frozen meals
☐ _________________________
☐ _________________________

SNACKS
☐ _________________________
☐ _________________________
☐ _________________________