

✔ 15 CONVENIENT KITCHEN STAPLES

1

WHOLE GRAIN CEREALS

e.g. Shredded Wheat, muesli or rolled oats.

2

FROZEN FISH OR SHRIMP

Quick to defrost and easy to cook for weeknight dinners.

3

PLAIN GREEK YOGURT

Greek yogurt is higher in protein than other yogurts.

4

WHOLE FRUIT

5

CANNED FISH & SMOKED OYSTERS

6

HUMMUS

7

EXTRA FIRM OR SMOKED TOFU

Great to add to a quick stir fry.

8

FROZEN FRUIT & VEGETABLES

Without added sugar or sauces!

9

PRE-WASHED SALAD GREENS & BAGGED SALADS

Or, wash your own to save money. Store them in an airtight container lined with paper towel.

10

ROTISSERIE CHICKEN

Use for sandwich meat or serve with a salad and a whole grain like quinoa, brown rice or barley.

11

EGGS

Keep on hand for quick meals like frittatas and scrambles.

12

QUINOA

Cooks quickly in just 15 minutes.

13

WHOLE GRAIN PASTA

14

CANNED BEANS & LENTILS

15

NUT BUTTER

Check the ingredient list! Look for products with 100% nuts and no added sugar or fat.