

Fridge Essentials

Fresh Produce

An essential to healthier living is to eat more fruits and vegetables.

A few staples include:

Lettuce
Onions
Bell peppers
Cucumbers
Celery
Tomatoes
Carrots
Spinach
Mushrooms
Lemons
Apples
Oranges
Berries

Quick produce alternatives

Pre-cut and pre-washed fruits and vegetables and cut varieties are now available.

A few of those convenience produce items include:

Cherry tomatoes
Pre-sliced carrots
Baby carrots
Pre-rinsed lettuce
Pre-sliced mushrooms

Steam in the bag vegetables (broccoli, snow peas, sugar snap peas, California Blend, etc.)

Additional foods to stock the fridge with

Eggs
Liquid egg whites
Nonfat Greek yogurt.
1% or skim milk
Reduced fat cheese
1% or non-fat cottage cheese
Wholly Guacamole 100 calorie packs
Laughing Cow light cheese spread
Light whipped butter (unsalted)
Turkey or center cut bacon
Salad dressings: Balsamic Vinaigrette, Reduced Fat Ranch Dressing, Raspberry Vinaigrette
100% Natural Fruit Spread
Sabra Hummus and single pack hummus
Rotisserie Chicken

Freezer Essentials

Frozen vegetables (green peas, edamame, broccoli, spinach, etc.)
Unsweetened fruit such as blueberries, strawberries, blackberries, mango, peaches
Boneless skinless chicken breast
Ground turkey breast
Lean ground beef (90% lean or higher)
Fish such as tilapia, catfish, and salmon
Garden Burger veggie patties

Pantry Essentials

Whole-wheat flour/pasta
Quinoa
Couscous
Brown rice and instant brown rice
Quick cooking barley
Bran flakes
Whole wheat bread, pita bread and wraps
Old-fashioned oats and steel cut oats
Fiber One cereal (Original)
Canned Beans (black, Lima, pinto, kidney, navy) (when possible purchase low sodium)
Diced tomatoes (low sodium)
Tomato sauce
Salsa
Roasted bell peppers
Pure Pumpkin
Pineapple chunks in own juice
No sugar added applesauce
Water packed tuna and salmon
Reduced sodium chicken, beef and vegetable broth

Nuts, Seeds, Fats and Oils

Almonds
Walnuts
Nut butter (such as peanut butter, almond butter, or soy butter)
Sunflower seeds
Pumpkin seeds
Pine nuts
Extra-virgin Olive oil
Canola oil
Avocados