

Kitchen Stocked for Success!

Oh! Where to start with preparing convenient healthy delicious meals?

The grocery store and your kitchen!

It is so important to surround yourself with foods that are good for you and that help promote a healthy weight.

Common misconceptions about healthy foods:

- They spoil too quickly
- They take too long to prepare
- They are too expensive

There are many healthy foods that are affordable, easy to prepare, convenient, and keep well. Read on!

Freezer

Your freezer is a great place to start when keeping your kitchen stocked with healthy foods. Most frozen foods can be kept in your freezer up to 6 months. Make sure to check each package for freezing recommendations and expiration dates. Remember, you can also vacuum pack your own foods to store in the freezer. Always label and date the product. A resource such as the “Is My Food Safe” phone app can be a useful food storage guide.

<u>Food</u>	<u>Examples/Suggestions</u>
<input type="checkbox"/> Unseasoned vegetables (whole, chopped, sliced)	Ex. Broccoli, onions, vegetable blends, spinach
<input type="checkbox"/> Low fat/low sodium flavored vegetables	Avoid creamed and buttered options (Steamable varieties may be more convenient)
<input type="checkbox"/> Fresh fruits/vegetables on sale or from garden	Stock up, chop, and freeze in individual bags
<input type="checkbox"/> Any fruits or fruit blends (no sugar added)	Ex. Mixed berries, mango, peaches
<input type="checkbox"/> Chicken breasts (non-breaded)	Thaw in fridge 1 day before use
<input type="checkbox"/> Turkey, bean, or veggie burgers	Make them homemade and freeze for later
<input type="checkbox"/> Fish, shrimp, or other seafood (non-breaded)	Precooked shrimp just needs to be reheated
<input type="checkbox"/> Edamame	Quickly steam, sauté, roast, etc. Toss into stir-fry, soup, or salad in place of meat
<input type="checkbox"/> Fresh nuts (to increase shelf life)	Add a few to salads, yogurt, cereal, etc.
<input type="checkbox"/> Homemade high fiber/protein bars, energy bites	Let thaw for a snack or breakfast (ask for recipe)
<input type="checkbox"/> Whole grain, low fat waffles and pancakes	Top with 1 Tbsp. peanut butter and fruit (Store bought or make a batch of your own and freeze)
<input type="checkbox"/> Healthy individual frozen meals	Ask about frozen meal suggestions
<input type="checkbox"/> Make a batch of your favorite healthy casserole/bake, lasagna, burritos, or soup.	Cool, separate into single serving containers, and freeze. Pull out and reheat for quick meals or bring to work for lunch. Ask for recipes.

Pantry

Keep your pantry filled with healthy non-perishable foods. Many of these foods can be stocked in your pantry for months until opened. Always look at the expiration date and when needed, refrigerate after opening.

- Canned no- or low sodium vegetables (rinsed and drained)** Corn, green beans, roasted red peppers
- Tomato products** Sauce, paste, chopped, crushed, etc.
- Low sodium broth based soups and stocks** Avoid cream based soups. Try Amy's brand
- Canned fruit in own juice** Drain juice. Enjoy for a snack or top on salad
- Unsweetened applesauce (individual packs)** Use to replace some of fat & sugar in baking recipes
- Canned low sodium beans (rinsed and drained)** Black, garbanzo, pinto, great northern
- Peanut or almond butter** Use a measuring tablespoon, limit to 1-2 Tbsp.
- Canned light tuna or salmon packed in water** Low calorie high protein choice for salads, sandwiches, wraps; Look for low sodium
- Variety of nuts, seeds, and dried fruit** Look for 100 calorie packs for quick snacks
- Oats/oatmeal (no sugar added)** Quick cooking, oat bran, steel cut, old fashioned
- Rice (brown, wild)** Instant (10 min.), precooked (reheat in microwave) or individual microwave cups
- Quinoa and other ancient grains** Most cook in 10-15 minutes, use in place of rice, add to soups
- A variety of whole grain pastas and couscous** Look for a whole grain as first ingredient
- 6in. corn or low calorie tortillas, whole wheat pita bread, sandwich thins, etc.**
- Low sodium/low calorie popcorn** Look for 100 calorie portioned packs
- Granola bars** (<10gm sugar, >4gm fiber, >5 gm protein)
- Whole grain, low sugar cereals** (>2.5gm fiber and <5gm sugar per serving)
- Rice cakes, whole grain crackers** Once opened portion out 1 serving in snack bags
- Salsas (any variety)** Top on baked potato, chicken, fish, taco, etc.
- Vinegars (red wine, balsamic, rice, apple cider)** Add some zing to meats, veggies, salads, etc.
- Olive and canola oil and cooking spray** Use a tsp. or few sprays at a time to cook with
- Dried herbs and no-salt seasoning blends** Mrs. Dash, McCormick no salt blends, etc.
- Spices** Red pepper flakes, cumin, chili powder, garlic powder, cinnamon

Fridge

Your fridge can generally keep items fresh between 3 days and a few weeks, depending on the food. Make sure to go through and clean out your fridge every 1-2 weeks. Keep it stocked with the items below weekly. By planning your meals for the week you can be prepared with how many of these items to get.

- Variety of fresh fruits and vegetables, 100% fruit/vegetable juice**
- Low fat cheese: string cheese, low fat crumbled or shredded cheeses, low fat slices**
- Hummus, soy products, precooked lentils**
- Lean protein: chicken breast, loin or round beef or pork, fish, low fat deli meats, extra lean ground meats**
- Low fat/fat free milk and yogurt (dairy, soy, almond, coconut, lactose free, rice, etc.) and cottage cheese**
- Eggs or egg beaters – hard boil a batch to enjoy as a snack or use in meals throughout the week**

To make room for the foods listed above and on the previous pages, clear out high calorie items such as frozen pizzas, breaded chicken/fish sticks, high calorie frozen meals, ice cream tubs, chips, cream based sauces and soups, high sugar low fiber cereals, sodas and other sweetened beverages etc.

Now it is time for you to clean out and re-stock your kitchen. Use this list to stock up on frozen and shelf stable items and items you will use for meals this week. Get to the store and stock up for success!