



WELL STOCKED

go-to meal items

FRIDGE	
Lemons & limes	Squeeze on tacos. Make into a pasta sauce. Add to salad dressings and salsas.
Apples	Chop on salads. Add to sandwiches. Eat whole.
Cabbage	Green or red. This stores well. Turn into a slaw. Add to salads or tacos.
Corn tortillas	Bake into chips. Make into tacos or quesadillas.
Butter	Use for baking and cooking.
Eggs	Make a scramble or frittata with vegetables for breakfast or dinner. Use to bake.

FREEZER	
Chicken	Throw into the slow cooker for a hearty meal. Shred for tacos. Add to salads.
Raw shrimp	Cook up quickly for tacos, to add to pastas or polenta, or toss into salads.
Breads and pita	Warm up in the oven to serve with salads or soups. Turn pita into mini pizzas.
Fruit	Try peaches, berries, pineapple, and cherries. Blend into smoothies. Stir into yogurt or cottage cheese.
Vegetables	Green beans, peas, spinach, kale, carrots, peppers, and onions work well. Try blends too. Use as a side. Stir into soups and chili. Stir fry or add to eggs.
Ground flax seed	Add to oatmeal and baked goods.
Cheese	Shredded parmesan, cheddar, and mozzarella. Stir into pasta. Make into vegetable quesadillas. Use for pizza.



GRAINS	
Whole grain pasta	Mix with beans, pesto, and spinach or kale. Top with seasoned stewed tomatoes and parmesan cheese.
Rolled oats	Cook with apples, nuts, and cinnamon or canned pumpkin and spices.
Cornmeal	Whip up cornbread. Cook into polenta or grits.
Flours (whole wheat, etc.)	Bake muffins, breads, and cookies.
Whole grains	Varieties include quinoa, couscous, brown rice, farro, and bulgur. Turn into Asian, Greek, or Mexican salads with protein, vegetables, and dressing. Make fried rice.

PROTIEN	
Tuna, salmon, or crab	Top salads. Make into a sandwich.
Canned or dried beans	Varieties include black, pinto, garbanzo, kidney, and cannellini. Stir into soups, grains, salads, or burritos. Make bean spreads & dips.
Peanut butter	Make a sandwich with or dip for bananas or apples. Use in sauces.
Nuts	Varieties include walnuts, pecans, almonds, peanuts, and cashews. Top a salad, stir into a stir fry, add to muffins.
Lentils	Make into a salad or soup.

CANNED/BOXED	
Diced or stewed tomatoes	Mix with spices for pasta sauce. Stir into rice. Use as a chili base.
Tomato or vegetable juice	Turn into minestrone or vegetable soup.
Salsa	Top tacos. Add to rice. Make a sauce for chicken.
Soups	Find low sodium options with vegetables. Serve with a sandwich and salad.
Broth/bouillon cubes	Add flavor to grains, soups, and sauces.
Fruit	Pineapple, mandarin oranges, peaches (canned in juice). Add to salads. Top meat. Mix with cottage cheese. Broil for dessert. Unsweetened applesauce for pork or baking.
Olives	Top a pizza. Add to a salad. Stir into pasta.
Coconut milk	For curries and baking.
Evaporated milk	Use in place of cream in cooking. Use in baking.
Mushrooms (canned, dried)	Add to sauces, pastas, omelets.
Whole grain crackers	Serve with cheese, vegetables, and fruit. Top with bean dips or peanut butter.



CONDIMENTS

Vinegars	Varieties include balsamic, white, cider, rice wine, and red wine. Make into salad dressings.
Mustard	Try different flavors. Add to sandwiches and salad dressings.
Soy sauce	Use for fried rice and stir fries.
Pesto	Add to pasta or pizza. Serve with chicken or on sandwiches.
Oils	Olive is good for cooking and finishing dishes. Canola is good for baking and cooking. Both can be used for salad dressings.
Dried fruit	Raisins, golden raisins, apricots, cranberries, and sun-dried tomatoes. Add to salads. Cook with meats.
Jams	Look for all-fruit options. Add to chicken. Stir into yogurt.
Sweeteners	Honey and real maple syrup. Use for breakfast. Add to salad dressings.
Chia seed	Stir into yogurts. Add to smoothies.

HERBS & SPICES

Salt, Pepper/Peppercorns, Cumin, Chili powder, Garlic powder, Italian seasoning, Red pepper flakes, Rosemary, Thyme, Oregano, Cinnamon, Nutmeg, Ginger, Clove, Garam Masala/curry blend, Paprika

My go-to meals

To get you started, check out these recipe websites: Allrecipes.com, Delish.com, Cooking.nytimes.com, www.ohmyveggies.com, www.cooksmarts.com, www.pinterest.com/broncofitdietitian.

