

## Stocking Your Kitchen For Health

### Cooking Fats

- ☐ Butter
- ☐ Extra Virgin Olive Oil

### Pastas, Breads, Grains, Flours

- ☐ Stuffed pasta
- ☐ Soup pasta
- ☐ Strand or shaped pasta
- ☐ Grains of choice (ex. bulgur, quinoa, couscous)
- ☐ Oats
- ☐ Flour of choice
- ☐ Fresh bread of choice (or tortillas)
- ☐ Rice

### Canned Goods

- ☐ Broth (canned or boxed)
- ☐ Beans of choice (canned or dried)
- ☐ Tuna/salmon
- ☐ Tomato sauce/paste/diced

### Fruits and Vegetables

- ☐ Local and in-season fruits and vegetables
- ☐ Frozen vegetables of choice
- ☐ Onions
- ☐ Garlic
- ☐ Potatoes

### Dairy and Eggs

- ☐ Milk
- ☐ Cheese
- ☐ Yogurt

### Additional Ingredients

- ☐ Balsamic vinegar (or other kind)
- ☐ Brown mustard
- ☐ Nuts of choice
- ☐ Spices of choice
- ☐ Condiments and sauces that contain primarily real ingredients

### Other Items You Want to Add:

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*Create some menus for the week. Take a look at recipes you would like to prepare. Make a list of the ingredients you will need to purchase. In addition, keep a running list of staple ingredients you are running low on. This will be helpful for you when you visit the grocery store.*