

LIMITED GROCERIES: EASY FUEL IDEAS



Mix and Match Items from the Pantry & Freezer

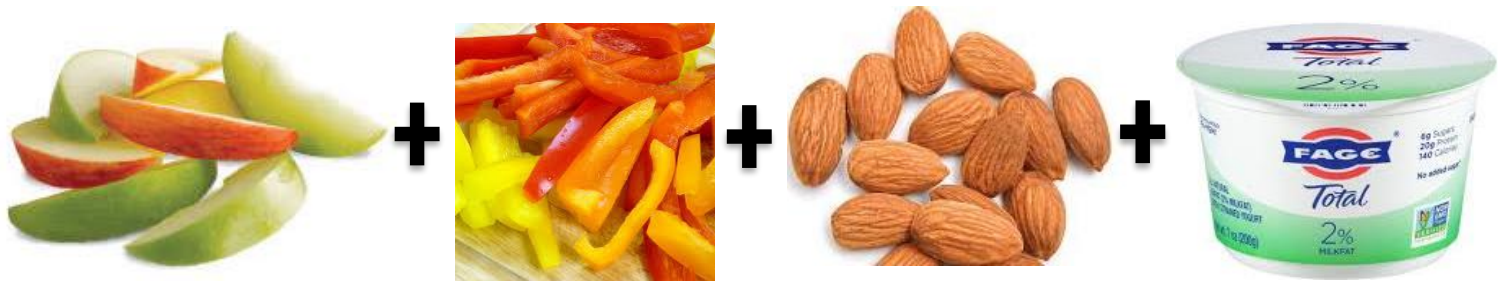
Oats with berries topped with walnuts. Side: hard-boiled egg



Tortillas: chicken + rice + black beans + shredded lettuce + avocado



Apple slices + bell pepper slices + raw almonds + plain Greek yogurt



Wild-Caught Salmon + quinoa + sweet potatoes + asparagus



Michelle Riccardi, MS, MS, RD, CSSD
Team Performance Registered Dietitian

CANNED GOODS



Basic Staples for Cupboards:

BEANS

- ☐ Black Beans
- ☐ Lentils
- ☐ Chickpeas
- ☐ Kidney Beans
- ☐ Great Northern Beans
- ☐ Baked Beans
- ☐ Navy Beans

VEGETABLES

- ☐ Green Beans
- ☐ Carrots
- ☐ Mushrooms

STARCHY VEGETABLES

- ☐ Corn
- ☐ Peas

FISH

- ☐ Tuna
- ☐ Salmon
- ☐ Anchovies
- ☐ Sardines
- ☐ Source of protein and omega-3 fatty acids

CHICKEN

- ☐ Swanson Chicken Breast, White Premium

SOUPS & CHILI

FRUITS

- ☐ Peaches
- ☐ Mandarins
- ☐ Pineapple
- ☐ Grapefruit
- ☐ Pears
- ☐ Pumpkin

• TIPS:

- Look for: BPA-Free can linings.
- Avoid canned foods with artificial preservatives.
- Look for canned fruit with No Added Sugar.
- Look for low-sodium canned vegetables and soups. Low sodium is 140 mg or less of sodium per serving.



PANTRY ITEMS



Basic Staples for Pantry:

Pick the items that meet the needs of your family

STARCHES

- ☐ Quinoa
- ☐ Brown Rice
- ☐ Jasmine Rice
- ☐ Barley, Bulgur, Farro
- ☐ Tortillas
- ☐ Wheat Bread [aim for 3g fiber]

HOT CEREALS

- ☐ Steel Cut Oats
- ☐ Quick Oats [1 ingredient: oats]
- ☐ Gluten-free oats options
- ☐ Cream of Rice
- ☐ Cream of Wheat
- ☐ Hot Buckwheat (gluten free)

PASTA

- ☐ Wheat Pasta or Gluten-Free Options
- ☐ Plant-Based Options: Black Bean Pasta
- ☐ Red Lentil Pasta

STOCKS

- ☐ Chicken, Beef
- ☐ Vegetable
- ☐ Use as a base for soups. They can also be used to flavor quinoa, rice and grains

SEEDS & OILS

- ☐ Chia Seeds & Flax Seeds
- ☐ Raw sunflower seeds
- ☐ Olive Oil, Avocado Oil
- ☐ Chia and flax seeds provide alpha-linolenic fatty acids which have anti-inflammatory effects.
- ☐ Store seeds in refrigerator and nuts in freezer to extend freshness.

NUTS & NUT BUTTERS

- ☐ Peanut Butter [1 to 2 ingredients: peanuts, salt]
- ☐ Almond Butter, Cashew Butter
- ☐ Raw nuts: almonds, walnuts, pecans, pistachios, cashews

DRIED FRUITS

- ☐ Raisins, Cranberries, Cherries, Dates
- ☐ Apricots, Mango, Banana Chips, Prunes



FROZEN FOODS



Longer Storage Items

Pick the items that meet the needs of your family

FROZEN STARCHES

- ☐ Quinoa
- ☐ Brown Rice
- ☐ Potatoes, Sweet Potatoes
- ☐ Corn, Peas

STARCH EXAMPLES

- ☐ Birds Eye Steam Fresh
- ☐ Market Pantry Steam in Bag
- ☐ Trader Joe's Brown Rice
- ☐ Organic Truth: Quinoa

FROZEN PROTEINS

- ☐ Chicken
- ☐ Turkey
- ☐ Pork Chops / Pork Loin
- ☐ Beef: loin cuts, round cuts
- ☐ Fish
- ☐ Salmon, Halibut
- ☐ Shrimp, Cod
- ☐ Edamame

FROZEN FRUITS

- ☐ Blueberries
- ☐ Strawberries
- ☐ Raspberries
- ☐ Pineapple
- ☐ Mango
- ☐ Cherries
- ☐ Peaches

FROZEN VEGETABLES

- ☐ Broccoli
- ☐ Cauliflower Florets
- ☐ Cauliflower Rice
- ☐ Brussels Sprouts
- ☐ Asparagus
- ☐ Green Beans
- ☐ Spinach
- ☐ Carrots
- ☐ Zucchini

