

Pick up these ingredients and you'll be able to eat (and eat well!) all week long

GRAINS, LEGUMES, & STARCHES

Always have:

- High-fiber cereal
- Oats
- Panko breadcrumbs
- Sweet potatoes or yams



Always have at least one of the following:

- Whole-wheat or gluten-free pasta
- Brown rice
- Quinoa



Always have at least one of the following:

- Whole-wheat, gluten-free, or sprouted bread
- Whole-wheat wraps
- Whole-wheat English muffins

MEAT/PROTEIN

Always have:

- Boneless, skinless chicken breast
- Wild salmon
- Filet, hanger, flank, sirloin, or 93% lean ground beef
(Ideally grass-fed and organic)
- Turkey bacon



Vegetarians and vegans, always have:

- Firm tofu
- Tempeh
- Frozen edamame

PRODUCE

Always have:

- Onions
- 3 in-season fruits*, including 1 berry
- 5 in-season vegetables*, including 1 leafy green

**Aim for one new fruit and one new vegetable (or ones you haven't had in a while)*



DAIRY

Always have:

- Nonfat milk or non-dairy milk
- Low-fat or nonfat plain Greek or regular yogurt
- Eggs

Optional:

- Parmesan cheese
- Low-fat cheese



CANNED GOODS

Always have:

- Tomato sauce
- Low-sodium vegetable and/or chicken broth
- 1 can no-salt-added beans or lentils
- 1 can chunk light or Albacore tuna
- Low-sodium soup



Optional:

- Canned sardines with bones

OILS, VINEGARS, & CONDIMENTS

Always have:

- Extra-virgin olive oil
- White wine vinegar
- Mustard
- Low-sodium soy sauce



Optional:

- Canola oil
- Other vinegars (balsamic, rice, red wine)
- Ketchup
- Horseradish
- Low-sodium Worcestershire sauce

SEASONINGS

Always have:

- Kosher salt
- Black pepper
- Lemons or limes
- Fresh or bottled minced garlic
- Agave

Optional:

- Sea salt
- Fine salt
- Capers



DRIED HERBS & SPICES

Always have at least two of your favorites, such as:

- Cinnamon
- Cumin
- Crushed red pepper
- Rosemary
- Thyme
- Turmeric



FROZEN FOODS

Always have at least one of each of the following:

- Vegetables
- No-sugar-added berries or other fruit

Always have one of the following:

- Extra-lean ground turkey meat
- Vacuum-sealed fish
- Shrimp



Always have at least one of the following:

- Vegetable burgers
(no more than 200 calories, at least 4g protein and 4g fiber; be sure vegetables are in the ingredients list)
- Healthy meals
(with no more than 500mg sodium per serving)