



## Pantry – Grocery List

**These items constitute ingredients that the majority of meals and snacks are prepared with over the course of the year for many differing food diets. These are largely fresh, whole food-based and less or non-processed food options. When consuming the majority of meals/snacks from this list, families can strategically plan for convenience foods, take-out meals and less healthy snacks/meals on occasion, too.**

### **Protein**

Albacore tuna, packed in water  
Beef, Flank Steak  
Beef, Ground (Lean)  
Catfish Filets  
Chicken Breast, Boneless, Skinless  
Ham, in natural juices (diced)  
Ham, low sodium deli meat  
Pork Tenderloin  
Pork Chops, trimmed  
Protein Powder  
Protein Bars  
Salmon, wild  
Soy Burger  
Soy Sausage  
Tilapia Filets Tuna Filets  
Tofu, Extra Firm  
Turkey, low sodium deli meat  
Turkey Burgers  
Turkey, Ground (Lean)  
Turkey Bacon  
Veggie Burger

### **Fruit**

Apples  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Grapes  
Honeydew  
Kiwi  
Lemons

### **Canned Items / Pantry**

Artichoke Hearts  
Beans, Canned (Pinto, black, etc)  
Beans, Dried (Pinto, Black, etc.)  
Capers  
Corn  
Green beans, Cut  
Lentils  
Mushrooms  
Olives  
Pasta Sauce (Eden Organic or Muir Glen)  
Pumpkin Pie filling  
Refried beans  
Soup, low sodium  
Tomato Sauce, low sodium  
Tomatoes (Diced)  
Tomato (Paste)  
Tomatoes (Crushed)  
Water chestnuts

### **Dairy**

Coffee Creamer  
Cool Whip, Light  
Cottage cheese, low fat  
Eggs  
Egg Beaters  
Feta cheese, low-fat  
Greek Yogurt  
Milk (Soy, fat-free skim, almond, etc.)  
Mozzarella, part skim (shredded, sticks, whole)  
Parmesan Cheese  
Provolone, slices  
Ricotta cheese, Low-fat  
Soy Cheese / Cheese Replacement

**Fruit (continued)**

Mango  
Nectarines  
Oranges  
Orange juice, fresh (low sugar)  
Papayas  
Peaches  
Pears  
Pineapple  
Pearapple  
Raspberries  
Strawberries  
Watermelon

**Condiments / Seasonings / Other**

Broth, Chicken Low sodium/low-fat  
Broth, Vegetable  
Mustard (Yellow, Dijon)  
Mayonnaise, low-fat  
Ketchup, No High Fructose Corn Syrup  
Fruit preserves, no added sugar  
Lemon juice  
Lime juice  
Maple syrup, natural  
Pesto  
Red Pepper Flakes  
Pine Nuts  
Ranch dressing, Light  
Soy sauce, low-sodium  
Vinegar and Oil Italian Dressing  
Vinegar, Balsamic  
Vinegar, Red Wine  
Worcestershire sauce  
Almonds, Sliced  
Honey  
Celery Seed  
Wheat Germ  
Flax Meal/Seed  
Stevia-based sweetener  
Cinnamon  
Nutmeg  
Cloves  
Lemon-Pepper  
Paprika  
Cumin  
Herbs, dried (oregano, basil, rosemary, thyme)  
Blackened seasoning  
Taco Seasoning

**Carbohydrates (grains, pasta, legumes)**

Bagels, whole grain  
Barley, Pearl  
Bread, whole grain  
Breadcrumbs (Traditional and Panko)  
Cereals (Wheatabix, Kashi, Barbara's, Ezekial)  
Cereals, kids (Cheerios, Rice Krispies, Granola, Kix)  
Couscous  
Croutons  
English Muffins, Whole grain  
Oats, Old Fashioned (whole oats)  
Oats, steel cut  
Pancake Mix (light and/or whole wheat)  
Pastas, whole grain  
Pita, whole wheat  
Polenta  
Rice, Brown (short and medium grain)  
Rice, White (short grain and basmati)  
Tortillas, whole wheat  
Waffles, whole grain

**Fats**

Almond Butter  
Butter (tub), Smart Balance  
Canola Oil  
Olive Oil, extra virgin  
Peanut Butter, Natural

**Snacks**

Almonds, raw  
Almonds, lightly salted  
Applesauce, natural and no added sugar  
Dried fruit (apricots, figs, raisins, etc.)  
Fruit cups, no added sugar  
Hummus  
Peanuts  
Popcorn Kernels (and popping oil)  
Pretzels, sourdough  
Salsa  
Soy nuts  
Tortilla Chips, Multigrain  
Turkey jerky / Turkey Sticks  
Turkey Pepperoni  
Walnuts  
100-calorie snack packs

## **Vegetables**

Arugula  
Asparagus  
Avocado  
Basil, fresh  
Bok Choy  
Beets  
Broccoli  
Brussel Sprouts  
Eggplant  
Cabbage (Red, Green)  
Cauliflower  
Carrots  
Celery  
Cilantro, fresh  
Corn  
Cucumber  
Edamame  
Garlic  
Ginger  
Green Beans  
Kale  
Lettuce (iceberg, romaine, boston, spring)  
Mushrooms (Portobello, button, etc.)  
Onion, green  
Onion, red  
Parsnips  
Pepper, green  
Pepper, red  
Potatoes (Red, Russet, Sweet)  
Radishes  
Shallot  
Spinach  
Sprouts  
Squash (Butternut, Yellow)  
Tomatoes, cherry  
Tomatoes, Roma  
Zucchini

## **Drinks**

Coffee  
Crystal light, zero calorie  
Green tea  
Water, bottled  
Wine, Red (Shiraz, Cabernet, Merlot)