

Feel Your Best

Stock for Success

Having a well-stocked kitchen makes meal planning, prep and assembly so much easier.

What you have on hand is what you are most likely to eat, so stock a variety of foods to help you reach your health goals.

Use this list as a reference or for inspiration.

Pantry

whole grain cereal, oats, granola

brown rice, whole grain pasta, quinoa, tortilla chips, whole grain crackers, popcorn

fruit (canned, dried, cups), nuts, nut butter, seeds, trail mix

beans, canned tomatoes/sauce, veggies, pasta sauce, soup

can/pouch seafood, chicken

potatoes, yams, onions, garlic

oil, vinegar, herbs & spices

broth, stock, salsa, pesto, sauces, dressings, marinades

Fridge

milk, yogurt, kefir

fresh fruit

fresh veggies

cheese

eggs

hummus, tofu

whole grain wraps

fresh seafood

fresh meat, poultry

Freezer

veggies

fruit

whole grains

seafood

chicken, turkey

steak, pork

ground meat

Counter

bananas

apples, oranges

tomatoes

avocados

squash

whole grain bread, pitas & naan

Wegmans