

Produce

(Fresh, Frozen, or Canned)

- ☐ Apples
- ☐ Bananas
- ☐ Oranges
- ☐ Frozen fruit (berries, mango, pineapple)
- ☐ Canned fruit in 100% juice
- ☐ Carrots | baby carrots
- ☐ Celery
- ☐ Leafy greens (spinach, kale, romaine)
- ☐ Broccoli
- ☐ Bell peppers
- ☐ Frozen vegetables (mixed, peas, corn, green beans)
- ☐ Canned vegetables (low-sodium)
- ☐ Tomatoes
- ☐ Onions
- ☐ Garlic
- ☐ Potatoes | sweet potatoes

Proteins

- ☐ Eggs
- ☐ Greek yogurt
- ☐ Cottage cheese
- ☐ Hummus
- ☐ Peanut butter | almond butter | sunflower seed butter
- ☐ Canned beans (black beans, chickpeas, kidney beans)
- ☐ Lentils (dried or canned)
- ☐ Tofu | tempeh
- ☐ Mixed nuts (unsalted)
- ☐ Roasted chickpeas
- ☐ Canned fish
- ☐ Chicken thighs

Whole Grains & Bread

- ☐ Rice cakes
- ☐ Oats | oatmeal
- ☐ Brown rice
- ☐ Quinoa
- ☐ Whole-grain bread | tortillas
- ☐ Whole-grain pasta

Healthy Fats

- ☐ Olive oil
- ☐ Avocado oil (only if on sale; olive oil is fine for most cooking)
- ☐ Chia seeds
- ☐ Sunflower seeds
- ☐ Avocados (buy bags rather than single units when possible)

Affordable Pantry Staples

- ☐ Canned soups (low-sodium)
- ☐ Broth or bouillon
- ☐ Salsa
- ☐ Rice noodles or ramen (upgrade with veggies/protein)
- ☐ Spices: garlic powder, onion powder, chili powder, cinnamon
- ☐ Salt & pepper

Quick, Healthy Snacks

- ☐ Popcorn kernels
- ☐ Fruit cups (in 100% juice)
- ☐ Whole-grain crackers
- ☐ Celery sticks
- ☐ Nut butter packets (almond, peanut, or sunflower)
- ☐ Trail mix (unsalted)
- ☐ Dried fruit (unsweetened)
- ☐ String cheese or cheese slices

