



Pantry Staples

SETTING YOUR KITCHEN UP FOR SUCCESS

Fridge Staples

- Milk or Non-Dairy Milk
- Eggs
- Cheese
- Lemons/Limes
- Apples/Oranges/Pears
- Ground flaxseeds
- Celery
- Carrots
- Maple Syrup
- Mustard
- Mayonnaise
- Pickles/Olives
- Sambal Oelek or Sriracha

Freezer Staples

- Frozen Berries / Fruit
- Frozen Cauliflower
- Frozen Mixed Vegetables (corn, peas)
- Frozen Leafy Greens (kale, chard)
- Frozen Wild Fish
- Frozen Meat / Poultry
- Ginger Root
- Lemongrass
- Rosemary
- Sage
- Thyme

Pantry Staples

Starch

- Rice
- Noodles/Pasta
- Rolled Oats
- All Purpose Flour
- Arrowroot Starch

Protein

- Canned Beans
- Lentils
- Legume-Based Pasta
- Chickpea Flour
- Canned Fish

Fat

- Avocado oil
- Olive Oil
- Sesame Oil
- Coconut Milk
- Nuts (cashews)

- Seeds
- Nut Butters
- Butter

Flavouring Agents

- Cinnamon
- Coriander
- Cumin
- Garlic Powder
- Smoked Paprika
- Pepper
- Pepper Flakes
- Salt
- Turmeric
- Dried Oregano

- Honey
- Vanilla Extract
- Apple Cider Vinegar
- Balsamic Vinegar
- Soy Sauce/Tamari
- Baking Powder
- Baking Soda
- Cooking Onions
- Garlic
- Broth in tetra box

SELECT 5 FRESH INGREDIENTS OF YOUR CHOICE. GET CREATIVE, BE REALISTIC.

- #1 Broccoli
- #2 Baby Arugula
- #3 Red Bell Peppers
- #4 Mushrooms
- #5 Sirloin Steak

BRAINSTORM 3 MEALS YOU COULD CREATE WITH THESE 5 INGREDIENTS AND THE STAPLE INGREDIENTS.

Protein:

Grilled Sirloin Steak

Fat:

Butter/Olive Oil

Vegetable(s):

Sauteed Mushrooms

Arugula Salad

Carb (opt.):

Flavouring Agent:

Vinegar, Salt, Pepper,
Garlic, Thyme

Protein:

Canned Chickpeas

Fat:

Feta Cheese/Olive Oil

Vegetable(s):

Broccoli

Red Bell Pepper

Carb (opt.):

Rotini Pasta

Flavouring Agent:

Dried Oregano, Garlic,
Pepper, Lemon

Protein:

Frozen Shrimp

Fat:

Coconut Milk

Vegetable(s):

Frozen Veggie Mix

Carb (opt.):

Rice

Flavouring Agent:

Lemongrass, Ginger,
Garlic, Pepper Flakes

SELECT 5 FRESH INGREDIENTS OF YOUR CHOICE. GET CREATIVE, BE REALISTIC.

#1

#2

#3

#4

#5

BRAINSTORM 3 MEALS YOU COULD CREATE WITH THESE 5 INGREDIENTS AND THE STAPLE INGREDIENTS.

Protein:

Fat:

Vegetable(s):

Carb (opt.):

Flavouring Agent:

Protein:

Fat:

Vegetable(s):

Carb (opt.):

Flavouring Agent:

Protein:

Fat:

Vegetable(s):

Carb (opt.):

Flavouring Agent:

