

REAL FOOD ESSENTIALS

Switching to healthier eating habits may involve re-stocking your kitchen, and it may be difficult to know where to start. By focusing on healthy, real food staples, you can keep your grocery list simple and feel confident that healthy, nutritional choices will always be readily available whenever you're hungry!

Keeping your kitchen stocked with real food essentials will encourage you to choose nutritious foods throughout the week, and help you steer clear of fake food. Below are some ideas on how to stock your kitchen, so that you always have real food options readily available.

What to keep in your freezer:

Be sure to always utilize your freezer with pre-made meals that you can take to work or heat up at home for a quick, nutritious dinner. Keep your freezer stocked with:

- Frozen fruit and veggies
- Pre-made soups
- Pre-made breakfast burritos
- Pre-made dinners
- Pre-made smoothies
- Lean meats
- Seafood

What to keep in your pantry:

For most people, the pantry is usually the goldmine of fake foods. Restock your pantry to include:

- Dried fruit
- Sweet potatoes
- Air-popped popcorn
- Nuts
- Seeds
- Baking essentials: 100% virgin olive oil, baking soda, spices, vinegar
- 100% whole-grain products: whole-wheat flour, whole-grain cereals, whole-grain crackers, whole-wheat bread, brown rice, quinoa
- Canned whole foods: black beans, tomatoes, corn, peaches, pears

What to keep in your fridge:

Restocking your fridge with healthy staples will help you whip up nutritious meals and snacks with little effort:

- Assorted fruits and veggies: onions, tomatoes, zucchini, apples, berries, cucumbers, spinach, avocados
- Dairy products: milk, plain Greek yogurt, cheese
- Eggs
- Butter or lard
- Olives
- Spreads and condiments: hummus, soy sauce, tzatziki, mustard, DIY salad dressings

