**PANTRY ESSENTIALS**

Use this list to stock your pantry with some essentials so that you will always be ready to create a flavorful and healthy meal!

### Let's Look in Our Ideal Pantry!

#### Lean Proteins
- Canned & dried beans
- Lentils
- Canned tuna
- Lean meats*  
- Seafood*

*Buy & freeze in portions

#### Whole Grains
- Brown rice
- Whole grain pasta
- Whole wheat flour
- Quinoa
- Corn tortillas
- Breadcrumbs
- Oats

#### Canned Tomato Products
- Diced
- Crushed
- Sauce
- Paste

Look for low sodium or no salt added

#### Produce
- Onions
- Garlic
- Carrots
- Celery

#### Nuts & Nut Butters
- Walnuts
- Almonds
- Peanuts
- No-sugar added peanut butter

*No added sugar or sauces/seasonings

### What Else Can We Add?

#### Condiments & Sauces
- Low sodium soy sauce
- Dijon mustard
- Worcestershire sauce
- Hot sauce

#### Oils & Vinegars
- Olive/canola oil
- Apple cider vinegar
- Balsamic vinegar
- Rice vinegar

#### Dried Herbs & Spices
Use your favorites to make blends, without added salt:
- All-Purpose, Taco, Creole, etc.