



# The Well-Stocked Kitchen

## **Canned/Bulk Goods:**

Low-sodium tomatoes and tomato sauce  
Water-packed tuna  
Low-sodium chicken or vegetable broth  
Natural peanut butter or other nut butter  
Unsweetened applesauce  
Canned beans – rinsed or low-sodium (black, kidney, garbanzos, pinto, etc.)  
Dry lentils

## **Condiments:**

Low-sodium soy sauce  
Mustard (regular and Dijon)  
Mayonnaise (light or olive oil)  
Honey  
Worcestershire sauce  
Salsa

## **Oils/Vinegars:**

Olive oil  
Canola oil  
White vinegar  
Red wine vinegar  
Balsamic vinegar

## **Spices/Herbs:**

Cinnamon  
Ginger  
Basil  
Oregano  
Garlic powder  
Cumin  
Cayenne pepper  
Chili powder  
Curry powder  
Bay leaves  
Crushed red pepper  
Black pepper

## **Grains:**

Assorted whole grain pastas  
Quinoa  
Whole wheat flour  
All-purpose flour  
Rice (brown and wild)  
Oats (old-fashioned and steel-cut)  
Whole wheat bread crumbs

## **Fresh Produce:**

Lemons and limes  
Garlic bulbs  
Onions  
Sweet potatoes  
Whole carrots  
Greens (spinach, leaf lettuce, romaine, kale, etc.)  
Other fruits and vegetables (buy in season)

## **Refrigerator/Freezer:**

Unsalted butter  
Eggs  
Low-fat cheeses (parmesan, mozzarella, feta)  
Nuts (almonds, walnuts)  
Lean meats/poultry/fish  
Low-fat milk  
Low-fat plain yogurt  
Frozen fruits and vegetables (no salt or sugar added)

## **Baking:**

Cornstarch  
Baking powder  
Baking soda  
Sugar (granulated and brown)  
Dried fruits (raisins, dates, etc.)  
Vanilla extract