

## BASIC KITCHEN FOODS LIST

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Use these foods as an inspiration for creating your own grocery list. Add and/or remove food according to personal preferences. For more purchase and storage information: <https://bit.ly/BasicKitchenFoods>

### PROTEIN FOODS

#### Pantry

- Canned meat
- Canned beans
- Packaged dry beans/lentils
- Nut and seed butters (almond, peanut, etc.)
- Nuts (i.e. walnuts, almonds, etc.)

#### Refrigerator/Freezer

- Ground beef or turkey
- Beef stew meat
- Chicken breasts
- Pork chops
- Pork tenderloin
- Frozen fish
- Other meat, poultry, fish as desired
- Edamame
- Eggs

**Additional Foods:** \_\_\_\_\_

### VEGETABLES

#### Pantry

- Canned diced tomatoes
- Other canned vegetables
- Sweet potatoes, other potatoes, onions and garlic
- Whole winter squash

#### Refrigerator

- Whole carrots
- Fresh leafy greens
- Bagged coleslaw
- Red peppers

#### Freezer

- Leafy greens
- Corn
- Peas
- Mixed vegetables

**Additional Foods:** \_\_\_\_\_

### FRUITS

#### Pantry

- Canned fruits
- Dried fruits

#### Refrigerator

- Apples

- Citrus Fruits

#### Freezer

- Berries

**Additional Foods:** \_\_\_\_\_

### DAIRY

#### Pantry

- Instant nonfat dry milk
- Shelf-stable milk (refrigerate after opening)
- Evaporated milk (refrigerate after opening)

#### Refrigerator

- Milk
- Calcium-fortified soymilk
- Yogurt
- Cheese

**Additional Foods:** \_\_\_\_\_

### GRAINS (preferably whole grain)

#### Pantry

- Bread
- Ready-to-eat cereal
- Oatmeal
- Rice
- Pasta
- Crackers
- Popcorn
- Tortillas
- Chips

**Additional Foods:** \_\_\_\_\_

### MISCELLANEOUS

- Ketchup
- Mustard
- Mayonnaise
- Salad dressing(s)
- Canola oil or other mild-flavored oil
- Vinegar
- Seasonings (i.e. salt, pepper, Italian seasoning, vanilla, chili powder, cinnamon, thyme, minced or powdered onion and garlic)
- Butter or margarine
- Chicken/beef broth, stock, bouillon granules, etc.
- Sauces (i.e. salsa, pizza, barbecue, spaghetti)
- Baking soda, baking powder, flour, yeast
- Sugar, honey, syrup, jelly/jam
- "Personal necessities": This might include coffee, tea, chocolate, ice cream, etc.

**Additional Foods:** \_\_\_\_\_