PANTRY MAKEOVER

The key to eating a balanced and varied diet is to be prepared. The best way to be prepared is to stock your pantry, fridge, and freezer with healthy food options!

The Pantry

It is easy to pack your pantry full of highly processed foods, but there are other shelf-stable options you want to stock up on as well!

- Dried beans
- Whole grains
- Rolled or steel-cut oats
- Popcorn, rice cakes, whole grain crackers
- Low sodium broth
- Peanut or almond butter
- Dried fruit
- Olive oil

- Canned beans (low sodium)
- Whole wheat pasta
- High fiber cereal
- Canned tomatoes (I like the ones with herbs already added)
- Canned tuna or salmon
- Nuts and seeds
- Vinegar (balsamic, red wine, champagne)

The Fridge

The fridge is not where leftovers should go to die. Stock it full of fresh fruits and vegetables, dairy, eggs, and even fully prepared meals and snacks for the week.

- Fruits and vegetables
  - Most produce should be stored in the fridge. (Exceptions: bananas, avocados, tomatoes, and pears ripen well at room temperature)
  - You should store your onions and potatoes in a cool, dark, and dry place (like the pantry)
- Cut up the fruit and veggies ahead of time. They appear more appetizing when they’re cut and all ready for you to eat!

- Hummus
- Milk
- Yogurt → Plain Greek yogurt is great to have on hand for baking, in salad dressings, as a substitute for sour cream
- Cheese
- Eggs
  - Have a few hardboiled eggs on hand for a quick snack.
  - Bake some mini frittatas at the beginning of the week. I make mine with spinach, onion, mushroom, and goat cheese. Heat them up in the microwave when you’re ready for a delicious breakfast!

- Meat and fish → If you’re not going to cook it in the next couple days, put it in a freezer bag and toss it in the freezer!
- Prepared meals → One of my favorite things to pack for lunch are mason jar salads!
- Fresh herbs
- Quick and easy dinner options → Trader Joe’s has some great choices (I love their ravioli and pre-marinated meats)

![](Yogurt.png)  ![](Trader Joe's Ravioli.png)  ![](Mason Jar Salad.png)

**The Freezer**

The freezer is your friend! Pack it full of prepared meals that you can just heat up and serve!

![](Chicken chili.png)  ![](Bolognese Sauce for Spaghetti.png)  ![](Amy's Tofu Scramble.png)

- Homemade pasta sauce
- Raw or cooked meats
- Muffins
- Casseroles
- Homemade soup or chili
- Prepared frozen meals
- Pizza dough
- Check out the blog by The Pioneer Woman about freezer cooking ideas!
- Frozen herbs. I LOVE Dorot Frozen herbs. We always have basil, garlic, and ginger on hand!

Want to learn more? Contact us at (301) 474-2499 or admin@rbitzer.com