

THE SKINNY MEALS

RESTOCK YOUR PANTRY

SHOPPING LIST

DRINKS

Herbal tea
Coffee or espresso
Seltzer water
Protein powder (egg protein powder or whey protein isolate)

COOKING OILS, VINEGARS, CONDIMENTS, AND PICKLED THINGS

Olive oil (and an olive oil mister so that you can control the amount you use in cooking)
Toasted sesame oil
Coconut oil
Bragg Liquid Aminos
Agave syrup
Good-quality balsamic vinegar—red or white, or both
Red wine vinegar
Apple cider vinegar
Worcestershire sauce
Tabasco sauce
Sriracha hot sauce
Capers
Black olives (canned or fresh, pitted)
Green olives (canned or fresh, pitted)
Small cans of chipotle chiles in adobo sauce
Dijon mustard

BAKING AISLE INGREDIENTS

New containers of your favorite dried herbs: basil, bay leaf, cayenne pepper, chili powder, cinnamon, cumin, curry powder, garlic powder, ginger, herbes de Provence, onion powder, oregano, rosemary, tarragon, thyme

Vanilla extract

Baking powder

Baking soda

Rolled oats

Ground flaxseed (be sure to store this in your fridge)

DAIRY AND CHEESE

Unsweetened almond milk

Block of parmesan cheese

CANNED GOODS

Cans or packets of water-packed tuna

Low-sodium canned beans—white (cannellini), black, garbanzo and kidney beans

Low-sodium chicken and vegetable broth

Low-sodium canned crushed tomatoes

Tomato paste

NUTS AND SEEDS

Pre-portioned packets of raw or dry-roasted almonds

Almond butter or all-natural peanut butter (no sugar added)

Walnuts

Cashews (unsalted, raw)

Pine nuts

Unsalted pepitas (pumpkin seeds)

GRAINS AND PASTA

Whole-grain pasta—pick any shape you like

Quinoa

Farro

Lentils

Brown rice (individual precooked packages are the best for portion control)

AROMATICS

Yellow onions

Red onions

Shallots

Several bulbs of garlic

Ginger root

Restock Your Refrigerator (Weekly)

A dozen eggs (those with added omega-3s are best)

Lean ground turkey

Boneless, skinless chicken breasts

Fish fillets (wrap separately and store in the freezer if you're not going to eat within two days)

Tempeh

Low-sodium sliced turkey breast

6-ounce containers of plain nonfat Greek yogurt

Small containers of low-fat cottage cheese

Avocados

Apples

Berries—fresh or frozen (with no added fruit juice or sugars)

Cucumbers (Persian)

Lemons, limes, and oranges (for use in many recipes and to flavor your water)

Sweet potatoes

Mixed salad greens

Spinach and kale and any vegetables you want to try—either in your main meals or for snack time (see page 17 for my list of “As Much as You Want, Anytime Veggies”)

Tomatoes

Fresh herbs (parsley, basil, and cilantro show up in many of my recipes)