



Cooking with Kitchen Staples

Pantry Staples

- Canned beans
- Canned tomatoes
- Canned tomato sauce
- Canned tomato juice
- Canned broth (chicken, veggie, etc.)
- Potatoes
- Garlic
- Onions
- Vinegars (balsamic, rice, apple cider, etc.)
- Oils (olive oil, sesame, canola, etc.)
- Dried herbs (parsley, pepper, dill, oregano, thyme, etc.)
- Minute brown rice
- Quinoa
- Canned tuna
- Quick oats

Refrigerator Staples

- Parmesan cheese
- Eggs
- Tortillas
- Lemon/lime juice
- Low-sodium soy sauce
- Ketchup
- Dijon mustard
- Milk
- Plain yogurt
- Butter
- Carrots
- Celery
- Ham Cubes

Freezer Staples

- Pie crusts
- Frozen veggies (spinach, peas, corn, etc.)
- Frozen fruit (berries, peaches, etc.)
- Chicken
- Shrimp
- Lean ground beef or ground turkey

Contact your onsite Health Coach for more information:

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