

Pantry & Freezer Essentials Checklist

Instructions:

Keeping the right basics on hand makes healthy eating almost automatic. Restock these items monthly or as needed.

Everyday Basics:

- ☐ Olive or canola oil
- ☐ Low-sodium broth
- ☐ Whole grains (rice, oats)
- ☐ Dried beans, lentils, or canned versions

Quick Meals:

- ☐ Frozen vegetables
- ☐ Frozen fish or poultry
- ☐ Pre-portioned soups or stews
- ☐ Cooked brown rice or quinoa

Flavor Boosters:

- ☐ Lemon juice or vinegar
- ☐ Garlic, onions, herbs
- ☐ Nuts, seeds, dried fruit
- ☐ Low-sodium seasoning blends

 **Key Takeaway:** When your pantry works for you, healthy choices become the easy ones.