

Great Food Fast* Pantry List



Having a good supply of simple, nutritious foods in your cupboards, fridge and freezer ensures that you'll have everything you need to make meals in a hurry. The following list includes some of the key ingredients you need to make a variety of nutritious meals. Stock up on these basics to get a head start on your meal-making.

In the Cupboard

- Beans and lentils, canned: baked beans in tomato sauce, black beans, kidney beans, chick peas, white pea or navy beans, lentils
- Bread: whole grain breads, rolls, pita bread, bagels, biscuit baking mix, crackers
- Cereals: bran, whole grain, quick rolled oats
- Condiments and flavourings: mustard, ketchup, vinegar, soya sauce, bouillon cubes
- Fish, canned: tuna, salmon, clams
- Flour: white and whole grain
- Fruit, canned (packed in juice or light syrup): peaches, pears, pineapple, mandarin orange segments, applesauce
- Fruit, dried: raisins, cranberries, apricots, dates
- Herbs and spices: pepper, basil, garlic, ginger, oregano, thyme, tarragon, coriander and cumin
- Milk: canned evaporated, skim powdered
- Nuts and seeds: almonds, walnuts, peanuts
- Oil: olive oil, vegetable oil
- Pasta: fusilli, rotini, spaghetti, penne, bow-ties, couscous, ready to bake lasagna noodles
- Pasta sauces: Prepared tomato and vegetable
- Rice: white or brown, quick-cooking rice
- Sweeteners: sugar, honey, syrup, jam,
- Vegetables, canned: stewed or diced tomatoes, corn kernels, pumpkin
- Vegetables, fresh: potatoes, sweet potatoes, onions
- Wheat bran, cornmeal

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On the Counter

- Bananas, cantaloupe, tomatoes

In the Fridge

- Cheese: Cheddar, Parmesan, ricotta, mozzarella, cheese slices
- Eggs
- Fats: margarine, butter
- Fruit, fresh: oranges, kiwi, apples, grapes, pears
- Juice: tomato, vegetable, fruit, lemon
- Meat and poultry: chicken, turkey, beef, lean ground beef or pork, pork, veal
- Milk: skim, 1%, 2%, whole milk, or buttermilk
- Soy products: Tofu, soy beverage
- Vegetables: carrots, red and green peppers, broccoli, romaine lettuce, spinach, green onions, celery, mushrooms, zucchini
- Yogurt: plain and flavoured

In the Freezer

- Bread: pita bread, flour tortillas, flat bread rounds
- Frozen fish and seafood: sole, perch, halibut, or haddock, cooked shrimp
- Fruit: strawberries, raspberries, blue berries
- Fruit juice concentrate
- Vegetables, plain or mixed: peas, corn, broccoli and cauliflower, oriental mix

Personalize this list by adding the ingredients for your favourite recipes.

* From Dietitians of Canada - *Great Food Fast* by Bev Callaghan RD and Lynn Roblin RD (published by Robert Rose) ©2000
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