

## This list was originally provided to me by Coach Russ of BeachBody.com

### AT HOME . . . Load Up on the Good Stuff

Consider home the base for all your healthy eating. Keep it clear of the crap you know you shouldn't be putting into your body so that whatever you pick when you're hungry won't leave you second-guessing yourself. We've put together a complete shopping list of foods you should always have on hand—everything you need to fill your fridge, freezer, and pantry. Think of these lists as the foundation for your healthy diet.

#### FOR THE PANTRY:

- Dried fruits (such as raisins or cranberries)
- Canned veggies and veggie-based products (including corn and all types of tomato products)
- Canned beans (especially black, garbanzo, and kidney)
- Sweet Potatoes
- Garlic
- WHOLE-WHEAT OR OAT-BRAN BREAD
- Whole-wheat English muffins
- Whole-wheat tortillas
- Whole-wheat Pancake or waffle mix
- Cold cereals, preferably whole-grain
- Oatmeal (unflavored instant is OK)
- Brown wild rice
- Whole-wheat pasta (such as penne, linguine, and spaghetti)
- Couscous
- Popcorn (unsalted, bagged, or kernels)
- Whole-wheat pretzels
- Natural peanut butter
- Walnuts or almonds
- Oils (including canola and extra-virgin olive)
- Balsamic vinegar
- Nonstick cooking spray
- Vanilla extract
- Chicken broth (low-sodium)
- Plenty of spices and dried herbs (such as cayenne pepper, chili powder, coriander, cumin, cinnamon, chipotle pepper, ginger, ground mustard, nutmeg, oregano, red pepper flakes, parsley, rosemary, and tarragon)

#### FOR THE FRIDGE:

- FRESH FRUITS (such as apples, melon, grapefruit, red and green grapes, kiwifruit, oranges, pears, and berries)
- RAW VEGETABLES (such as asparagus, celery, broccoli, baby carrots, onions, peppers, squash, zucchini, and tomatoes)
- Spinach salad, ROMAINE LETTUCE

- 100% ORANGE JUICE
- Fat-free milk
- LOW-FAT OR NONFAT PLAIN YOGURT
- CHEESE (including grated Parmesan, low-fat shredded cheddar, and low-moisture, part-skim mozzarella)
- Chicken breast and turkey deli meat (low-fat, lower-sodium)
- Chunk white or light canned tuna, packed in water
- LARGE EGGS
- Sour cream (low-fat or nonfat)
- Salsa
- SALAD DRESSINGS such as Italian or reduced-fat ranch
- Natural or unsweetened applesauce

**FOR THE FREEZER:**

- Frozen veggies (chopped spinach, broccoli florets, peas, green beans, and any others you prefer—as long as they don't have added salt)
- Frozen fruits (blueberries and any others you prefer—as long as they don't have added sugar)
- Low-fat frozen yogurt
- LEAN GROUND BEEF and Turkey
- BONELESS, SKINLESS CHICKEN BREASTS
- Pork chops
- WILD SALMON FILLETS
- Whole-grain waffles