

HEALTHY PANTRY GUIDE

FRESH/FROZEN EDITION

FROZEN FRUIT/ VEGETABLES

- PEAS
- CORN
- CHOPPED SPINACH
- MIXED BERRIES

DAIRY, CHEESE & SUBSTITUTES

- ALMOND MILK
- PARMIGIANO-REGGIANO CHEESE
- EGGS
- MOZZARELLA (SHRED IT AND FREEZE IT)

A NOTE ABOUT DAIRY: I DON'T DRINK MILK OR EAT YOGURT ANYMORE – BUT I LOVE CHEESE! I BUY MOZZARELLA CHEESE, SHRED IT, AND FREEZE IT SO I ALWAYS HAVE IT FOR PIZZA. IF YOU BUY YOGURT, I THINK THAT WHOLE, PLAIN YOGURT IS YOUR MOST VERSATILE OPTION.

MEAT (CAN BE HELD FROZEN)

- CHICKEN THIGHS
- CHICKEN BREASTS
- GROUND BEEF OR TURKEY

FRESH FRUIT

- LEMONS
- ORANGES
- APPLES
- BANANAS
- SEASONAL OPTIONS

A NOTE ABOUT CITRUS: I USE FRESH LEMON AND ORANGE JUICE TO DRESS SALADS. DON'T BE AFRAID TO BUY A 3-LB BAG OF EITHER AND JUICE THEM. FREEZE THE JUICE IN ICE CUBE TRAYS AND HAVE IT ON HAND ANYTIME YOU NEED IT!

FRESH VEGETABLES

- SALAD GREENS
- TOMATOES
- CUCUMBER
- GREEN ONIONS
- YELLOW ONIONS
- CARROTS
- SPINACH
- GARLIC
- GINGER (CAN BE HELD FROZEN)

FRESH HERBS

- PARSLEY
- CILANTRO
- BASIL

A NOTE ABOUT FRESH HERBS: THEY MAY FEEL

LIKE A TOTAL LUXURY, BUT WHEN YOU HAVE THEM AROUND, YOU WILL USE THEM. YOU CAN ALWAYS MAKE A SMALL AMOUNT OF PESTO WITH LEFTOVERS BECAUSE YOU ALSO HAVE WALNUTS, OLIVE OIL AND PARM!

OTHER THINGS YOU WILL FIND IN MY FREEZER

- PUFF PASTRY
- NUTS (I BUY IN BULK AND FREEZE THEM)
- LEMON JUICE
- CHIPOTLE PEPPER PURÉE (I BUY THE CAN, PURÉE THE WHOLE THING, AND FREEZE IT IN ICE CUBE TRAYS)
- BREAD FOR SANDWICHES/ TOAST
- PARM RINDS (SAVE THEM FOR SOUP!)
- LEFTOVERS PACKED AS SINGLE MEALS FOR THOSE NIGHTS WHEN...

GET COOKING!

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