

A well-stocked kitchen

Keep your kitchen stocked with these healthy ingredients and meal ideas. You'll always be able to prepare a nutritious snack or meal.

Pantry

- | | |
|---|---|
| <input type="checkbox"/> Beans, canned bortoli, red kidney, baked and chickpeas | <input type="checkbox"/> Dried fruit |
| <input type="checkbox"/> High-fibre breakfast cereals | <input type="checkbox"/> Low-fat crackers, pretzels |
| <input type="checkbox"/> Weetbix | <input type="checkbox"/> Canned and fresh tomatoes |
| <input type="checkbox"/> Porridge | <input type="checkbox"/> Canned fruit |
| <input type="checkbox"/> Breakfast bars | <input type="checkbox"/> Diet jelly crystals |
| <input type="checkbox"/> Olive or canola oil | <input type="checkbox"/> Instant noodles |
| <input type="checkbox"/> Vegetable cooking spray | |
| <input type="checkbox"/> Pancake mix | |
| <input type="checkbox"/> Low-fat muffin mix | |
| <input type="checkbox"/> Stir-fry sauces, jars | |
| <input type="checkbox"/> Honey | |
| <input type="checkbox"/> Pasta, dried packet (↓GI) | |
| <input type="checkbox"/> Popcorn | |
| <input type="checkbox"/> Creamed corn | |
| <input type="checkbox"/> Rice, basmati or doongara (↓GI) | |
| <input type="checkbox"/> Tuna, canned in water | |
| <input type="checkbox"/> White flour | |

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The fridge

- Skim or reduced fat milk
- Cottage cheese
- Light mozzarella cheese
- Low-fat sliced ham, chicken, turkey
- Evaporated skim milk
- Low-fat mayonnaise
- Mineral water
- Eggs
- Low fat vanilla custard
- Sustagen, Up and Go drinks
- Low-fat yoghurt
- Fresh vegetables – carrots, broccoli, lettuce, corn,

The freezer

- Lean red meat
- Chicken breast
- Fish fillets
- Lean mince
- Peas, mixed vegetables
- Healthy Choice, Lean Cuisine meals
- Oven-baked potatoe wedges
- Low-fat prepared desserts
- Crumpets, English muffins

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Herbs, spices, sauces

- | | |
|---|---|
| <input type="checkbox"/> Basil, dried | <input type="checkbox"/> Stock – powder, cube or ready-made cartons |
| <input type="checkbox"/> Chilli powder | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Cinnamon sugar | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Cloves, ground | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Coriander, fresh or ground | <input type="checkbox"/> Vanilla |
| <input type="checkbox"/> Crushed red pepper | <input type="checkbox"/> Vinegars – balsamic, red wine |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Worcestershire sauce |
| <input type="checkbox"/> Curry powder | <input type="checkbox"/> Salsa sauce |
| <input type="checkbox"/> Dried fruit | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Dry mustard | <input type="checkbox"/> Sweet chilli sauce |
| <input type="checkbox"/> Garlic, fresh | |
| <input type="checkbox"/> Garlic powder | |
| <input type="checkbox"/> Ginger, ground | |
| <input type="checkbox"/> Italian dressing (LF) | |
| <input type="checkbox"/> Lemon juice | |
| <input type="checkbox"/> Nutmeg | |
| <input type="checkbox"/> Oregano, dried | |
| <input type="checkbox"/> Oyster sauce | |
| <input type="checkbox"/> Paprika | |
| <input type="checkbox"/> Pepper, black and white | |
| <input type="checkbox"/> Rosemary | |