

# Fast & Fresh Shopping List

Make nutrient-rich choices from all the food groups

Fast & Fresh cooks value simple, healthy and quick scratch cooking without spending loads of time in the kitchen. Add some of these ingredients to your kitchen to prepare great-tasting balanced meals and snacks.



## Dairy

- Milk, low-fat or fat-free
- Cheeses (pre-shredded to speed meal preparation)
- Cottage cheese
- Hard cheeses—Colby, Gouda, jack, Parmesan, Swiss
- Soft cheeses, Brie or mozzarella
- Yogurt, Greek or regular



## Vegetables

- Avocado
- Broccoli florets
- Bell peppers
- Cabbage, coleslaw or shredded
- Edamame, frozen
- Mushrooms, dried (great in soup)
- Spaghetti squash
- Spinach, frozen (add to soups and casseroles)



## Fruits

- Cherries
- Frozen berries (add to smoothies and oatmeal)
- Melons, cantaloupe or honeydew
- Oranges
- Pears
- Tangerines



## Grains

- Brown rice
- Multi-grain pancake mix
- Oatmeal
- Orzo
- Pasta (try whole grain)
- Pearled barley (great in a slow cooker)
- Pita, whole-wheat full or mini size
- Pre-made pizza dough or crust
- Quinoa
- Soba noodles (buckwheat)



## Protein

- Beef/pork (cuts with “loin” are generally lean)
- Canned chicken, salmon or tuna
- Canned beans—black, garbanzo, pinto, refried (rinse beans to lower the sodium)
- Chicken—grilled strips, rotisserie, skinless white meat
- Fish, frozen fillets
- Hamburger or vegetarian patties
- Hummus
- Nuts
- Peanut or other nut butters
- Shrimp, frozen (great on salads or pasta)
- Tofu

## Oils and flavorful “extras”

- Basil, chives, miso soup, olive oil, olives, pesto, rosemary, sage, sesame oil

Additional items for my shopping list

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