

# Stocking Your Refrigerator for Quick, Inexpensive Meals Throughout the Week

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# CREATE A GROCERY GAME PLAN

## GROCERY LIST

### FRUITS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### GRAINS (BREADS, PASTAS, RICE, CEREALS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### DAIRY (MILK, YOGURT, CHEESE)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### VEGETABLES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### PROTEIN FOODS (MEAT, SEAFOOD, BEANS & PEAS, NUTS, EGGS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### OTHER

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

NOTES:

_____
_____

# Grocery List: Produce

- Greens- spinach is versatile and has a decent shelf life
  - Tip: if your produce is damp, transfer it to a dry container or place a paper towel in with it
- Romaine or butter lettuce cups
- Celery
- Carrots
- Bell peppers
- Avocados
- Mushrooms
- Zucchini
- Tomatoes
- Cilantro, thyme, other herbs you use often
- Lemon/Lime
- Fruits of choice
  - What's in season?



# Grocery List: Dairy/Dairy Alternatives

- Milk or milk alternative
- Cheese- sliced and shredded, or block of cheese (but pre-sliced/shredded is more on theme with “quick”)
- Plain greek yogurt
- Cottage cheese



# Grocery List: Proteins

- Rotisserie chicken
- Ground turkey or beef
- Eggs
- Tofu or tempeh (they don't *have* to be cooked!)



# Grocery List: Other

- Kimchi
- Salsa/Pico de Gallo
- Hummus or tzatziki
- Condiments
- Dijon



# Meal Prepping for the Week!

- Save money
- Reduce food waste
- Save time
- Control- you decide the ingredients and portions served!
- Can contribute to an overall more nutritionally balanced diet
- Can reduce stress as you avoid last minute decisions about what to eat, or rushed preparation

