

## UTENSILS

- Measuring cups
- Measuring spoons
- 10" non-stick skillet
- 12" non-stick skillet
- 3 gallon stock pot
- Large saucepan
- Good knives – paring, carving, chopping
- Vegetable peeler
- Potato masher
- Garlic press
- Steamer basket
- Plastic cutting boards (dishwasher safe)
- Containers for refrigerator and freezer
- Zip closure bags
- Immersion blender, blender, or food processor
- Slow cooker

## REFRIGERATOR

- Fresh, cleaned fruit and vegetables
- Fresh herbs: Parsley, basil, cilantro
- Salad fixings
- Filtered water
- Lean sandwich meat (turkey, ham, roast beef)
- Eggs or egg substitute
- Fat-free or low fat milk
- Low fat yogurt
- Cabot 50% and 75% Reduced Fat Cheddar
- Cabot Serious Snacking Bars
- Reduced sodium ketchup, Dijon mustard
- Reduced sodium soy sauce

## FREEZER

- Extra lean ground beef and turkey
- Boneless, skinless chicken breasts
- Frozen veggies (no sauce added)
- Frozen fruit
- Home-made chicken, vegetable or beef broth
- Whole wheat bread, English muffins
- "Savings account" meals

## PANTRY

- Low sodium chicken, vegetable and beef broth
- Extra virgin olive oil
- Canola oil
- Vinegar: cider, wine, balsamic
- Whole grain, high fiber cereal
- Oatmeal
- Whole grain tortillas
- Tuna fish, salmon, packed in water
- Canned tomatoes
- Pasta sauce, low sodium
- Pasta, whole grain, protein added
- Brown rice, barley, quinoa and whole wheat cous cous
- Beans (black and kidney)
- Roasted almonds
- Nut butters (peanut, almond)

## KITCHEN STAPLES

- Potatoes
- Sweet potatoes
- Onions
- Garlic
- Lemons
- Sea salt
- Pepper mill
- Dried Herbs and Spices