



PRO PANTRY STAPLES

- Peanut Butter or Almond Butter
 - Oatmeal
 - Raw Nuts
 - Jerky
 - Applesauce
 - RX Bars
 - Almond Milk
 - Dried Fruit (*no sugar added*)
 - Protein Powder
 - Rice Cakes or Rice Rollers
 - Corn Tortillas
 - Olive Oil, Coconut Oil, Avocado Oil (*one with a high heating point + one for dressings/sautéing.*)
 - Variety of Vinegars (*Balsamic, Red Wine, Rice*)
 - Dried or Canned Beans
 - Variety of Brown Rice Grains (*Pasta, Rice*)
 - Canned Tomatoes or Jarred Marinara Sauce
 - Canned Tuna
 - Canned Vegetables
 - Broth (*Chicken, Vegetable, Bone Broth*)
- Canned Pumpkin or Squash
 - Salsa + Hot Sauce
 - Variety of Spices
- ADD YOUR OWN:
- _____
 - _____
 - _____

MET PRO FREEZER STAPLES

- Lean Meat
- Fish
- Vegetables
- Ezekial Bread
- Fruit
- Microwaveable Brown Rice

ADD YOUR OWN:

-
-
-

ITEMS + MEALS THAT FREEZE WELL

1. Sauces
2. Soups
3. Home Cooked Beans
4. Homemade Stock
5. Energy Balls
6. Fresh Bread, Muffins, Tortillas
7. Fresh Herbs

**Tip! Try putting them in ice cubes with broth or olive oil and they'll be ready next time you want to use them!*