



Many healthy “gurus” will recommend shopping on the perimeter of the grocery store only. While, yes, the perimeter of the store typically includes fresh produce, meat, and dairy products, there are some hidden gems in the middle aisles that will make your life a whole lot easier. Making sure your kitchen is stocked with shelf-stable items can help you avoid food waste and keep useful ingredients on hand at all times.

### **WHOLE GRAINS**

Brown rice, quinoa, oats, whole wheat pasta, and whole grain bread are excellent sources of fiber and provide sustained energy.

### **LEGUMES**

Beans, lentils, and chickpeas are rich in protein, fiber, and essential minerals. They can be used in various dishes like soups, stews, salads, and dips. You can purchase them dried or canned.

### **NUTS AND SEEDS**

Almonds, walnuts, chia seeds, flaxseeds, and pumpkin seeds are packed with healthy fats, protein, and essential nutrients. They can be eaten as snacks, added to salads, or used in baking and cooking.

### **HEALTHY OILS**

Olive oil, avocado oil, and coconut oil are great options for cooking and flavoring food. They contain heart healthy fats and can be used for sautéing, baking, and dressing salads.

### **HERBS AND SPICES**

Stock your pantry with a variety of herbs and spices like turmeric, cinnamon, ginger, garlic, cumin, oregano, and basil. They not only add flavor to your dishes but also provide anti-inflammatory and antioxidant benefits.

### **CANNED FISH**

Canned tuna, salmon, and sardines are excellent sources of omega-3 fatty acids and protein. They are convenient options for quick and easy meals like salads or sandwiches.

### **NUT BUTTER**

Natural nut butters like almond butter or peanut butter without added sugars or hydrogenated oils are nutritious spreads. They can be used on toast, in smoothies, or as a dip for fruits and vegetables.

### **FROZEN GOODS**

Fill up your freezer with frozen goods. Many frozen foods are equally nutritious as fresh foods. Frozen fruits are perfect for smoothies or can be thawed and topped on oatmeal or pancakes. Frozen vegetables can often be steamed in a microwavable bag or air fried from frozen. It is also a good idea to stock up on frozen meat and fish.