



# Fridge, Freezer & Pantry ESSENTIALS

We understand time is tight and you may not always have time to plan a well-balanced meal. Here is a list of pantry essentials that will save you time and money while grocery shopping and meal planning, and aid in putting a quick and nutritious meal on the table.

## BEEF

- Deli Roast Beef
- Fully Cooked Pot Roast
- Ground Beef
- Tenderloin Steak
- Tri-Tip Roast
- Top Loin Steak
- Top Round Steak
- Top Sirloin Steak



## FRIDGE & FREEZER

### CONDIMENTS

- BBQ Sauce
- Beer
- Asian-Sesame Dressing
- Blue Cheese Dressing
- Coleslaw Dressing
- French Salad Dressing
- Honey Mustard Dressing
- Ranch Salad Dressing
- Vinaigrette Dressing
- Honey Mustard
- Hot Chili Sauce

### DAIRY

- Cheddar Cheese
- Goat Cheese
- Herbed Cheese Spread
- Monterey Jack Cheese
- Sour Cream
- Swiss Cheese

### PRODUCE

- Asparagus
- Avocado

- Baby Spinach
- Bell Peppers
- Poblano Peppers
- Broccoli
- Carrots
- Celery
- Corn on the Cob
- Cucumber
- Mushrooms
- Arugula
- Napa Cabbage
- Salad Greens
- Sugar Snap Peas
- Tomato
- Yellow Squash
- Zucchini
- Apples
- Mango
- Pear
- Pineapple
- Lemons
- Limes
- Garlic



- Green Onions
- Red Onion
- Sweet Onion
- Yellow Onion
- Cilantro
- Parsley
- Basil
- Thyme

### OTHER REFRIGERATED ITEMS

- Bacon
- Buttermilk Biscuits
- Coleslaw Mix
- Eggs
- Hummus
- Prepared Guacamole

## PANTRY

### CONDIMENTS

- Creamy Peanut Butter
- Hoisin Sauce
- Honey
- Olive Oil
- Sesame Oil
- Sesame Seeds
- White Wine Vinegar

### DRY GOODS

- Black Beans
- Garbanzo Beans
- Northern Beans

- Brown Rice
- Couscous
- Quinoa
- Cheese Dip
- Chipotle Peppers in Adobo Sauce
- Corn Tortillas
- Flour Tortillas
- Canned Corn
- Dried Cranberries
- Dried Cherries
- Golden Raisins
- Bagel

- English Muffin
- Hamburger Buns
- Hoagie Roll
- Whole Wheat Sandwich Bread Thins
- Pecan Nuts
- Walnuts
- Black Olives
- Green Olives
- Chunky Salsa
- Whole Grain Spaghetti
- Taco Shells
- Tortilla Chips

### HERBS & SPICES

- Black Pepper
- Salt
- Chili Powder
- Ground Cumin
- Ground Ginger
- Cayenne Pepper Sauce
- Taco Seasoning

